

Calm and Ground

Moxa on Kidney 1

Using warming herbal Moxibustion or Moxa on a specific Acupuncture point can be done daily for ultimate calming and grounding. It can be done by yourself, but also by your partner or support person. For best results Any questions, please email us! hello@embraceacupuncture.com.au

HOW TO USE YOUR MOXA STICK

What you will need;

- A lighter
- A small ceramic or glass dish
- A glass jar with a lid & a thick layer of rice in the bottom to extinguish the moxa

Light the end of the moxa stick with a lighter or by holding over a candle. This can take a few minutes. You will know it is alight when you can feel the heat coming off it from a few cm's away. Hold and then move over the area to be treated. Have the moxa stick 2-3cm from the skin. Never let the moxa come in direct contact with the skin. The area will begin to feel pleasantly warm.

Ash that forms on the end of the moxa stick can be brushed off using the edge of the small dish, do this every few mins to ensure it doesn't fall on you.

When you are finished put the moxa stick into the glass jar with the rice and close the lid. The moxa will soon go out. You can use the same moxa stick the next time and repeat the steps.

KIDNEY 1 MOXA

Using your lit moxa stick, cross your legs & rest your hand with the moxa in it on your upper leg. Hold the moxa about 1-2cm away from Kidney 1 point.

Kidney 1 is in the middle, at the base of the 'ball of the foot' (1/3 from the base of the toes to the heel)
Moxa for 5-10 mins each side or until a pleasant warm sensation is felt continuously.

