

Mother Warming

For best post natal care do 5 days post birth

Mother warming is a one off healing treatment done 5-6 days post-birth. It's used to energise you and aid your recovery. It is a boosting and tonifying technique done with a moxa stick. It can be done by yourself, but preferably 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

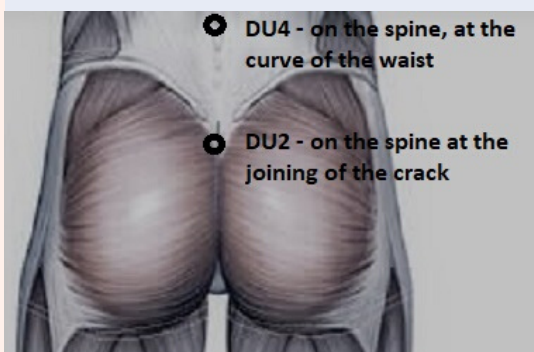
Light the end of the moxa stick with a lighter or by holding over a candle. This can take a few minutes. You will know it is alight when you can feel the heat coming off it from a few cm's away. Hold and then move over the area to be treated. Have the moxa stick 2-3cm from the skin. Never let the moxa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

ABDOMINAL TREATMENT

Using your lit moxa stick, warm the abdomen up and down between your pubic bone & your belly button. Do this for 10 mins or until a pleasant warm sensation is felt. Make sure you stay on the central straight line down from your belly button to your pubic bone.



(BONUS) BACK TREATMENT

Lie on your abdomen and have your partner/support person use the moxa stick to warm the area on her lower back from Du 2 to Du 4