

Basic Direct Moxibustion Technique

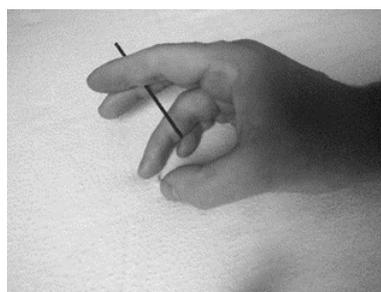
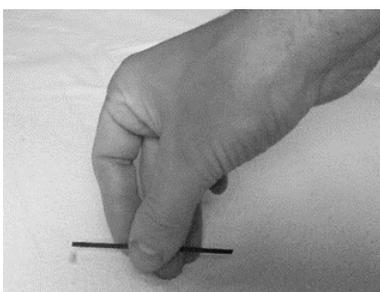
Left Hand Technique

1. A loose ball of moxa floss is held very gently in the palm of the hand using the middle, ring and little fingers to stabilize it.
2. The thumb is used to separate a small segment of moxa floss from the ball by pressing the nail against the index finger.
3. The thumb and index finger are used to roll the moxa floss into a desired size and density.
4. The right hand removes the moxa cone and places it on the patient (see right hand technique).
5. Repeat step 3 until segment is used up
6. Repeat step 2 to create new segments



Right Hand Technique

1. A moxa cone is placed on the point using the tip of the index finger and thumb.
2. Touch the tip of the middle finger to the skin next to the moxa cone.
3. Hold the incense parallel to the skin. *Do not point the tip downward.*
4. Using the index finger and the thumb, roll the incense down until the tip lights the moxa cone. *Keep the incense parallel to the skin while rolling.*
5. Roll the incense back up after the cone is lit. *If the incense is lifted straight up, rather than rolling it, the moxa may stick to the tip of the incense.*
6. Place the edge of the ring finger and thumb next to the moxa cone to control the amount of oxygen it is exposed to. *Bring the fingers closer together to slow the burn and decrease heat. Widen the gap to speed up the burn and increase heat.*
7. Bring the ring finger and thumb together to remove the cone. *It is not always necessary to burn the moxa cone to the skin. 80% burn is very common.*
8. Repeat as until desired result is achieved.



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Type	Density	Size	Heat	Dose
Tonifying AcuPoint	Loosely rolled	Sesame to rice	Gentle Warming	Until area is warm or red
Reducing AcuPoint	Tightly rolled	Very Thin, ½ rice or sesame	Hot Slight sting	1-3 Cones
Warming Area Effect	Medium density	Bean or Dime	Gentle warming	Until area is warm or red
Cooling Area Effect	Medium Density	Bean or Dime	Gentle warming	Induce Sweating
Scarring AcuPoint	Tightly Rolled	Rice sized	Hot Can be Painful	Until a blister is raised. May be repeated in follow up treatments.