

acubalance

wellness centre

MOXA RULES

This is a fire hazard!!!!!! Keep away from flammable items! (bed sheets, hair, etc.)

Use in well ventilated area.

Do not touch yourself with the moxa stick. Hold the moxa about 1 inch above your skin.

To light the moxa stick, hold over a candle until the tip is golden. Put out the moxa stick in a cup full of dirt or sand. (Never in water)