

## **Shuhe Moxa Stick Usage Guide**

### **What Is a Moxa Stick?**

A moxa stick is a traditional warming therapy tool made from mugwort (*Artemisia argyi*).

By igniting the stick and applying gentle heat to specific acupoints, it helps:

Relieve fatigue

Improve cold hands and feet

Strengthen the spleen and stomach

Boost immunity



Shuhe Moxa Stick Raw Material: 3–5-Year Aged Mugwort

1. Softer and gentler heat, not harsh or burning
2. More stable medicinal properties with stronger penetration
3. Cleaner, purer aroma—no sharp or irritating smell

4. More stable burning—does not break or extinguish easily
5. Superior warming effect for dispelling internal cold
6. Better aligned with traditional moxibustion requirements
7. More consistent quality and suitable for a wider range of users

### **How to Use a Moxa Stick**

Step 1 — Ignite the Moxa Stick

Light one end of the moxa stick until it forms a glowing red ember.

Gently blow away the open flame, leaving only the heated core.



Step 2— Aim the Moxa Stick at the Acupoint or Affected Area



Step 3—You may apply heat using the following hand techniques:

Keep the moxa stick still above the acupoint

Use a circular motion around the acupoint

Move it up and down like gentle tapping (without touching the skin)



Warm Reminder:

Before moxibustion, you may drink some warm tea to help activate circulation and enhance the effect.

During treatment, avoid air conditioning, cold wind, or cold objects.

After moxibustion, do not wash hands with cold water or expose yourself to cold air.

For More Information, Contact Us

Email: [shuhehealth@gmail.com](mailto:shuhehealth@gmail.com)

Phone: +86 187 3455 9454

Address: No.1029, 1st-2nd Floor, Building 13, Longcheng Street, Xiaodian District, Taiyuan City, Shanxi Province, China