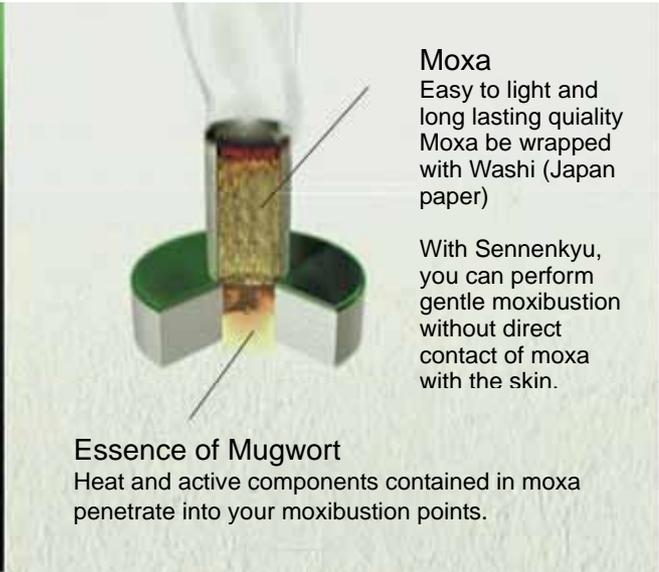
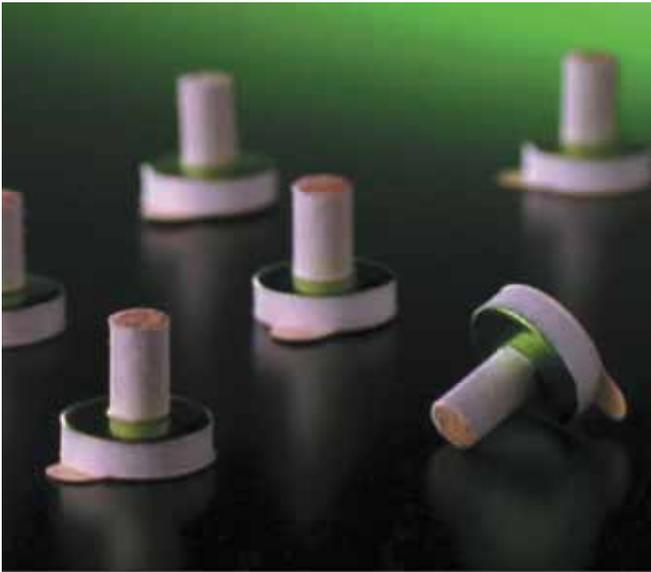


## Introduction of Modern Moxibustion

### The Modern Moxibustion



## SENNENKYU

### Characteristics of Sennenkyu

- \* "Moxa" burned for moxibustion is prepared from the medicinal herb "mugwort".
- \* With Sennenkyu, you can perform gentle moxibustion without direct contact of moxa with the skin.
- \* Heat and the active components of mugwort contained in moxa penetrate to moxibustion points through the aeration pores.

How to peel off the adhesive paper



### How to burn Sennenkyu

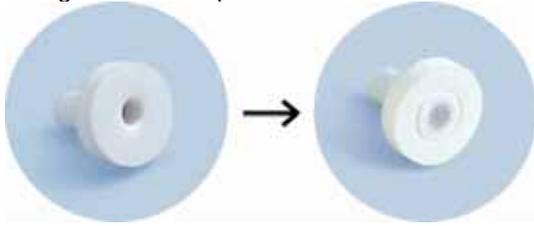


- 1) Peel off the adhesive (ground) paper at the bottom of the holder.
- 2) Light moxa at its top with a match or a lighter.
- 3) Attach Sennenkyu gently and securely to the moxibustion points .
- 4) As moxa burns gradually, you will begin to feel the heat after about 4 minutes, and the fire goes out shortly after you eventually feel sharp heat.
- 5) Since the effect of moxibustion continues even after the fire goes out, keep Sennen-kyu in place until the holder cools.



### The aeration pore

Heat and the active components of mugwort contained in moxa penetrate to moxibustion points through the aeration pores.



Milder type moxibustion with the bottom lined with Japan paper. Much gentler on your skin.

“Japan paper” absorbs excess moisture from the skin surface and prevents skin troubles such as low temperature burns. It absorbs skin surface moisture only from the moxibustion spot. Strain of the skin surface is diminished with still the same thermal penetration onto the moxibustion points.

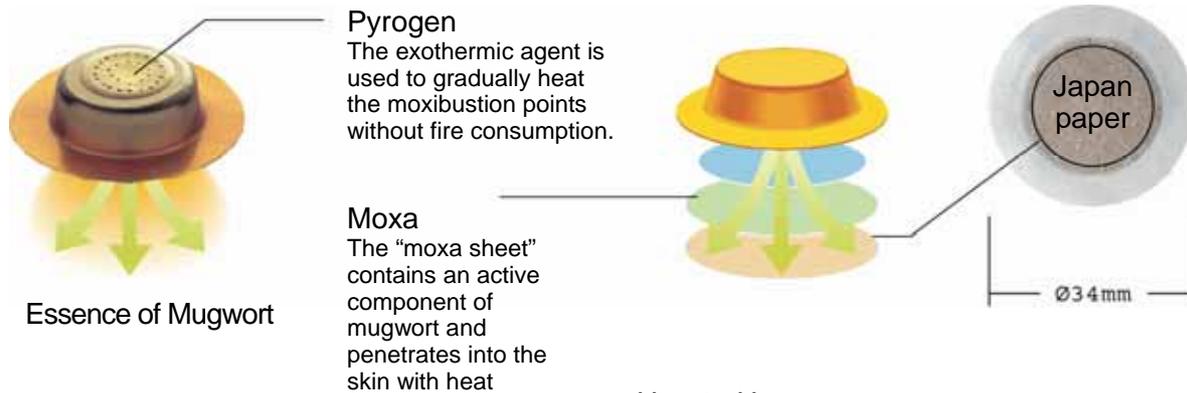
### Relaxation by fragrances

Our product line introduced most recently is moxa formulated fragrances of fruits and flowers. Its exquisite and delicate fragrances put your heart at rest, leading to complete relaxation.

Pleasant scents are said to have relaxation effects of freeing mind and body and the moxa that used to be for therapy has now begun to be recognized especially among young generations as a product for relaxation.



## The Self-Heating Moxa (SENNENKYU TAIYO)



Essence of Mugwort

**Pyrogen**  
The exothermic agent is used to gradually heat the moxibustion points without fire consumption.

**Moxa**  
The “moxa sheet” contains an active component of mugwort and penetrates into the skin with heat



### How to Use



- 1) Be sure to open the package just before use.
- 2) Peel the air-blocking seal off of the protrusion. Heat will be generated and, after about 20 to 30 minutes, reaches the efficient temperature.
- 3) Peel the seal off of the bottom part (skin contact surface). Firmly apply the moxibustion to the predetermined the moxibustion points. The sufficient temperature (about 40 to 45 C°) will "last about 3 hours".
- 4) Be sure to remove the burned moxa after it loses the heat and cools down.

(Contents and photos provided by Senefa Corporation)