

Premio 10 Moxa Review

When I first heard about the Premio 10 Moxa device I was skeptical. Could an infrared device really deliver the many benefits of the traditional mugwort moxibustion? In my experience with the Premio 10 the answer is definitely yes.

As a practitioner who uses both smokeless moxa sticks and Japanese style direct moxa, I can confidently say that the Premio 10 can replace both. The manufacturer has done an excellent job of reproducing the heat characteristics of moxa. This means that if you're already familiar with the use of traditional moxa you will have no problem seamlessly incorporating the Premio 10 into your practice. The one difference I have noticed is that unlike a Moxa stick which emits heat in all directions (unfortunately including back up at your hand), the Premio 10 emits it only straight down in a concentrated beam. This is an advantage since you don't have to worry about burning your own hand, but it also means you have to rely more on client feedback to provide comfortable levels of heat.

The Premio 10 has several advantages over traditional moxa: no smoke, no odour, and a reduced risk of burns. The one apparent disadvantage is the cost. It's a big investment, but its effectiveness, convenience and added safety are hard to put a price on. Also if you use a lot of moxa in your treatments, the Premio 10 may actually save you money in the long run.

As practitioners of traditional art, we are sometimes skeptical of new technologies. However, in my experience, the convenience and safety of the Premio 10 is a big step forward that will only serve to improve and popularize the practice of moxibustion.

~ *Ross Struthers, Dipl. ST, CST*