

SENNENKYU

User's Manual

<http://sennenq.co.jp>

Incorrect use may cause problems. Please read this manual carefully to ensure proper use of this product. In addition, please store it in a safe place for future reference if necessary.



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SENNENKYU OFF

Features and Precautions of SENNENKYU OFF

- Please use adequate caution, as use of these products may cause low-temperature burns.
- Immediately move the product to a different location or remove it if you sense excessive heat. You may also wish to consider using SENNENKYU OFF CHIKUBUSHIMA (Soft type).
- Use adequate caution when applying to areas of sensitive skin (such as the stomach).
- Avoid performing moxibustion on the face.
- Please be sure to read all usage precautions carefully to ensure proper use.

Important Factors to Consider When Selecting a Moxa Product

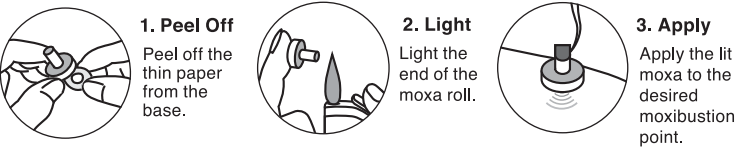
- Persons using moxibustion for the first time are recommended to use SENNENKYU OFF CHIKUBUSHIMA (Soft type). A moxa product with the desired degree of warming can then be selected according to personal preference (refer to the warming chart).
- Beginning moxibustion using a product with a high degree of warming results in the risk of burns.

General Reference for Moxibustion

- Persons using moxibustion for the first time are recommended to use one piece once a day for a single moxibustion point. Please start by using the product on one to three moxibustion points.
- Adjust the degree to which moxibustion is used according to your own physical condition. The sensation should be warm and comfortable. (The response to warming varies depending on the particular individual.)

How to Use SENNENKYU OFF

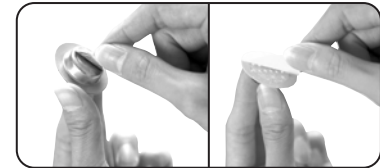
Please use SENNENKYU OFF according to the explanation below to ensure proper use.



- Peel off the thin paper from the base.
- Light the top with a match or lighter.
- Gently affix SENNENKYU OFF to the moxibustion point corresponding to your symptoms.
- The moxa burns slowly. You should begin to feel warming after about 4 minutes. You will feel more intense heat at the end, after which the moxa will self-extinguish.
- Since the effects of moxibustion continue even after the moxa has gone out, wait until the base has cooled before removing. (However, please remove immediately if you sense excessive heat.)

SENNENKYU TAIYO

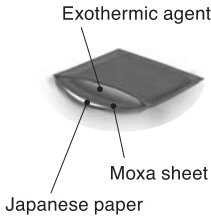
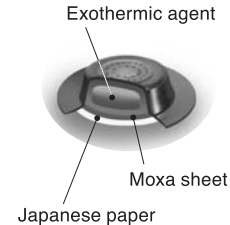
管理医療機器 温灸器
承認番号 15900BZZ01362000



Remove SENNENKYU TAIYO from the sealed package, peel off the seal from the top (convex portion) and the surface to be placed on the skin (the base) and affix to the affected area.

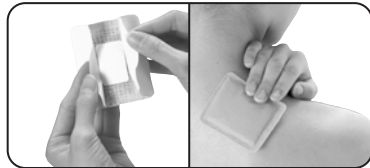
SENNENKYU TAIYO is disposable, and cannot be reused.

- The duration of the warming effect of SENNENKYU TAIYO is about 3 hours.
- The average temperature on the skin surface is about 40 to 50°C.
- Warming begins when the top seal is removed.
- This product may be applied once per day to the same site.



SENNENKYU SEKAI

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承認番号 15900BZZ01361000



Remove SENNENKYU SEKAI from the pouch, peel off the seal from the surface to be placed on the skin (on the back) and affix to the affected area.

SENNENKYU SEKAI is disposable, and cannot be reused.

- The duration of the warming effect of SENNENKYU SEKAI is about 4 hours for the M size and about 8 hours for the L size.
- The average temperature on the skin surface is about 40 to 50°C.
- Warming begins when the package is opened.
- This product may be applied once per day to the same site.



Precautions When Using the Self-heating Moxa (SENNENKYU TAIYO/SENNENKYU SEKAI)

Please be sure to read carefully prior to use, and take care to avoid low-temperature burns.

These products should not be used by the following persons:

- Persons who are unable to remove the product from the skin themselves
- Children and infants

Do not use these products on the following areas of the body:

- Face
- Mucous membranes
- Areas of eczema, skin irritation or open wounds

The following persons should consult a physician or pharmacist prior to use:

- Persons who have previously experienced allergic symptoms (such as rashes, redness, itching or skin irritation) caused by medications, cosmetics, etc.
- Pregnant women
- Persons who have circulatory disorders or who have limited sensitivity to heat, such as diabetics

Storage and Handling Precautions

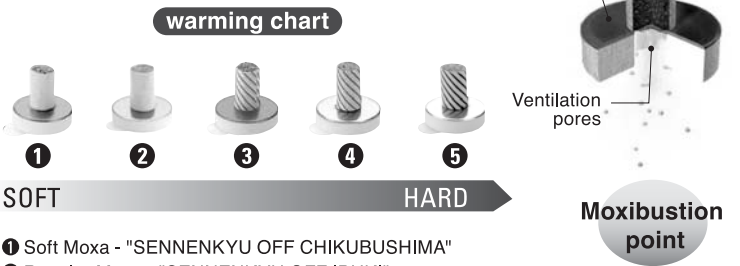
- Store out of the reach of children and infants.
- Avoid storing in direct sunlight.
- Warming begins once the top seal (SENNENKYU TAIYO) or package (SENNENKYU SEKAI) has been opened. These products cannot be stored once they have been opened. Heat is no longer generated once the duration of warming has elapsed.

Please observe the following precautions during use:

- Never use an open flame with these products.
- Persons with sensitive skin or skin which breaks out easily should carefully consider the condition of their own skin prior to use, as these products may cause low-temperature burns.
- Either select a different location or remove the product if you sense excessive heat. Please note that adhesion may diminish if the product is moved to a different location.
- Use particular caution when using the product while sleeping.
- Avoid use immediately before and immediately after bathing.
- Avoid use for extended periods of time on the same location.
- Do not use when suffering a fever.
- Do not use in environments causing you to perspire easily.
- Use caution when using these products between early summer and early fall, as both temperature and humidity are high at these times.
- Do not allow the product to be cut, damaged or wet.
- Do not attempt to warm the affected area where the product is applied with a heated table, hot pad, electric blanket, heated floor carpet or other warming device.
- If a low-temperature burn has occurred, remove the product with care, as low-temperature burns may cause the skin to peel.
- Use caution when applying to the buttocks or other areas of low sensitivity, as these areas are particularly susceptible to the occurrence of low-temperature burns.
- Do not consecutively apply the product to the same site. It should be used once a day as a general rule. Persons with sensitive skin in particular are urged to use caution.
- Once the product has been applied to the skin, do not allow pressure to be applied from bedding, supporters, belts, handbags and the like.

Characteristics of SENNENKYU OFF

- Moxa is made from a medicinal herb known as mugwort.
- This gentle form of moxa avoids direct contact with the skin due to its paper pulp base.



- 1 Soft Moxa - "SENNENKYU OFF CHIKUBUSHIMA"
- 2 Regular Moxa - "SENNENKYU OFF IBUKI"
- 3 Miso Moxa - "SENNENKYU OFF KOKOKU"
- 4 Ginger Moxa - "SENNENKYU OFF HAKKEI"
- 5 Garlic Moxa - "SENNENKYU OFF OHMI"

■ First-time users of SENNENKYU OFF should start with the soft moxa from the OFF series with the lowest degree of warming.

Conditions Increasing Susceptibility to Low-temperature Burns	High temperatures	Sensitive skin
	High humidity	Swollen skin
	Excessive fatigue	Perspiring skin

Precautions When Using SENNENKYU OFF

Please be sure to read carefully prior to use, and take care to avoid low-temperature burns.

- Incorrect use may cause problems. Never use these products in a manner other than directed, in order to prevent low-temperature burns and other problems.
- The skin is said to be a reflection of one's health and is constantly changing in reflection of one's physical condition. Various factors, such as differences in constitution or physical health, differences in the moxibustion site, or seasonal differences attributable to temperature and humidity, all have an effect on whether or not the skin is susceptible to low-temperature burns.

These products should not be used by the following persons:

- Persons who are unable to remove the product from the skin themselves
- Children and infants

Do not use these products on the following areas of the body:

- Face
- Mucous membranes
- Areas of eczema, skin irritation, or open wounds

The following persons should consult a physician or pharmacist prior to use:

- Persons who have previously experienced allergic symptoms (such as rashes, redness, itching or skin irritation) caused by medications, cosmetics, etc.
- Pregnant women
- Persons who have circulatory disorders or who have limited sensitivity to heat, such as diabetics
- Persons currently being treated by a physician

Please use caution regarding the following during use:

- Immediately remove the product if you feel hot. A blister may form, leaving a scar.
- Use adequate caution when applying to areas of sensitive skin (such as the stomach).
- Do not use when suffering a fever.
- Do not apply to affected areas that feel warm, such as bruises or sprains.
- Avoid use for about 30 minutes to 1 hour immediately before and immediately after bathing.
- When the skin is wet such as when perspiring, wipe off the skin to completely remove all moisture before use.
- Do not use these products on a large number of moxibustion points at the same time, as this can worsen your condition.
- Even if you don't feel that it's too hot, there is still a possibility of low-temperature burns, so take care.
- If you are unsure about the locations of the moxibustion points, try applying two or three pieces in front of and behind a likely moxibustion point, referring to the moxibustion point chart. Although this is an effective method, caution is still required, as the skin temperature can increase more rapidly than it would if using only one piece.
- Even though blistering and low-temperature burns are less likely when the skin is in good condition, they may occur if skin weakens due to a change in physical condition.
- When using these products for the first time or when used by persons with weak or sensitive skin, always make sure to monitor the skin carefully to ensure safe use. Discontinue use immediately if discomfort occurs.

Storage and Handling Precautions

- Avoid storing in high humidity and do not allow the product to become wet.
- Store out of the reach of children and infants.
- These products are not edible and should only be used for the purpose of moxibustion.
- Do not allow foreign objects to block the ventilation pores during use.
- Take precautions to prevent fire from spreading from the moxa or lighters, matches, etc.
- Dispose of the product after use only after confirming that it has cooled completely.

Important Notice Regarding Easy Guide to Moxibustion Points

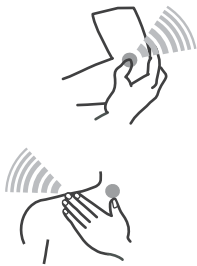
How to Find Moxibustion Points



1. Let's find some actual moxibustion points on your body.
2. First relax and breathe regularly.

3. Once your breathing has become regular, relax and gently press around any areas where you feel pain or fatigue and so on.

(If you find a location where you feel pain, comfort or some other type of response, this indicates the presence of a moxibustion point.)

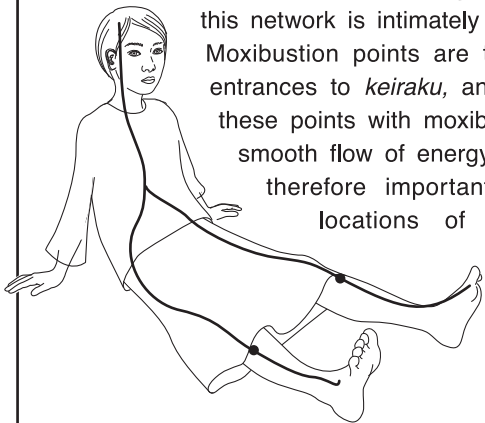


What You Should Know about Moxibustion

Heat stimulation is essential for moxibustion to be effective, and for this reason it is impossible to completely prevent the risk of low-temperature burns. It is therefore important to carefully monitor your physical condition so that you are aware of any changes or abnormalities as soon as possible. Incorrect use of moxa products may cause problems. Please make sure to use these products properly and effectively based on the correct understanding of their use.



The human body contains what are known as "keiraku," a network of channels or passages through which vital energy flows, and the vital energy which flows through this network is intimately involved with health. Moxibustion points are the locations of the entrances to keiraku, and the stimulation of these points with moxibustion promotes the smooth flow of energy through them. It is therefore important to determine the locations of those moxibustion points where the flow of energy has been inhibited, corresponding to a particular symptom.



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You can achieve greater effectiveness with moxibustion by locating those moxibustion points which match your symptoms by referring to the moxibustion point chart below.

Relieving Fatigue

- If you tire easily ————— 32 · 50 · 41 · 4
- If your eyes become blurry and your vision becomes poor when tired ————— 5 · 32 · 43 · 36 · 41
- If your body always feels weary ————— 32 · 5 · 4 · 41
- If you are so tired that you cannot sleep ————— 27 · 12 · 46 · 32 · 26 · 41
- If your face becomes bloated when tired ————— 23 · 28 · 50 · 10 · 41
- If you have difficulty concentrating and thinking clearly when tired ————— 26 · 38 · 36 · 41
- If you catch colds easily when tired ————— 40 · 41 · 39
- If you become irritable when tired ————— 3 · 45 · 11 · 28 · 2 · 41
- If your lower back feels heavy and dull when tired ————— 50 · 32 · 52

Improving Circulation

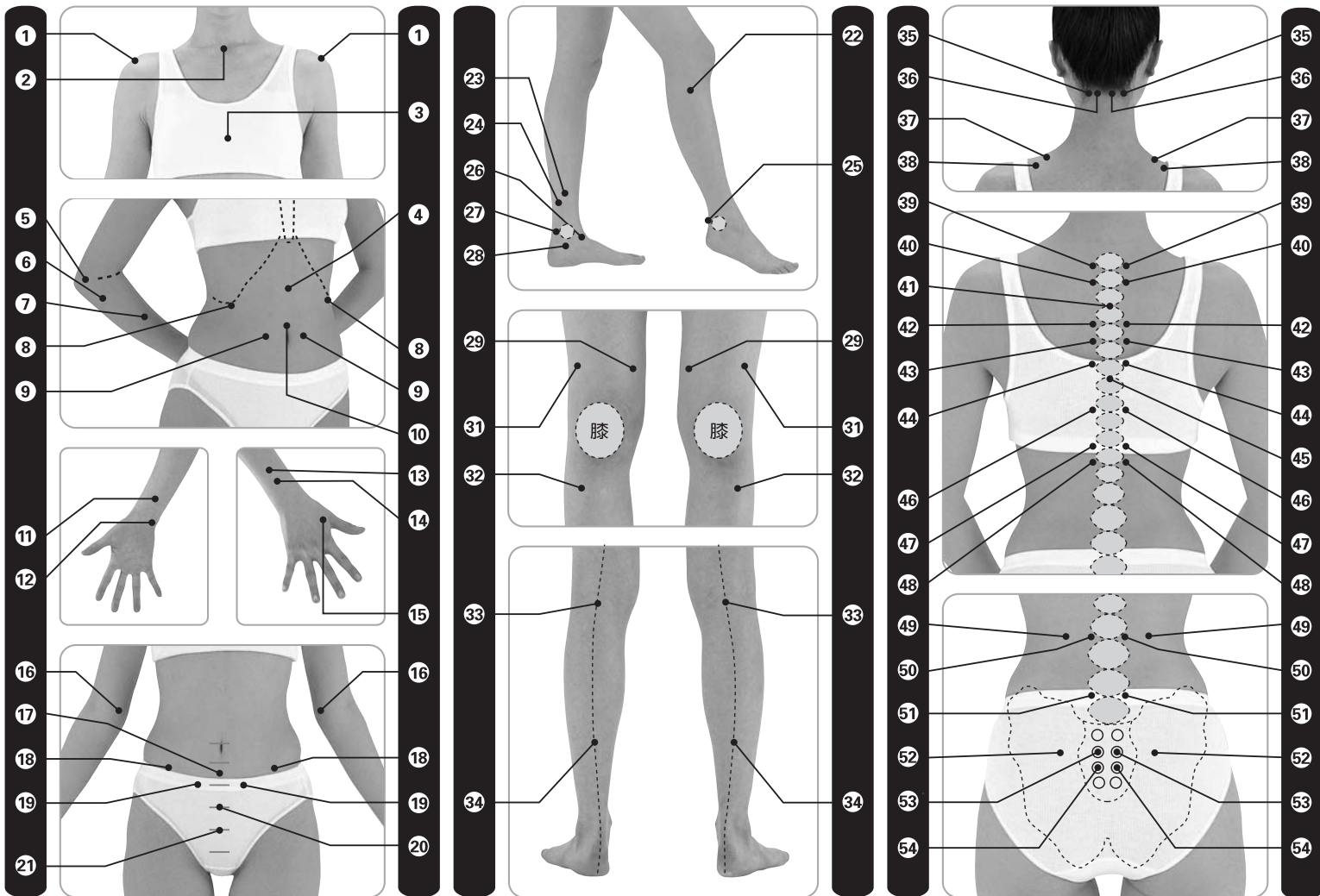
- If you have constant chills ————— 28 · 32 · 17 · 4
- If your feet are cold, even while your head and face are hot and flushed ————— 28 · 22 · 41 · 36 · 38
- If you feel dizzy upon standing when tired ————— 32 · 11 · 41 · 43 · 36
- If you frequently need to use the bathroom when your body becomes cold ————— 32 · 50 · 53 · 20
- If your body feels lethargic from being in an air-conditioned room ————— 5 · 32 · 50 · 41
- If you get headaches when your body becomes cold ————— 28 · 5 · 32 · 40 · 41 · 35
- If your feet hurt and become swollen after walking for long periods of time ————— 32 · 23 · 24 · 50 · 10
- If you suffer considerable menstrual pain when your body becomes cold ————— 23 · 53 · 17 · 21
- If you have lower abdominal pain during menstruation ————— 23 · 29 · 21 · 17 · 53

Stimulating Gastrointestinal Function

- If you tend to be constipated ————— 12 · 18 · 13 · 22 · 28 · 9
- If you tend to suffer diarrhea ————— 25 · 31 · 53 · 9 · 10 · 20
- If you have stomach pain ————— 11 · 32 · 9 · 4
- If the area around your stomach hurts when you are hungry ————— 23 · 22 · 4
- If you suffer from poor digestion of food resulting in a distended stomach ————— 32 · 11 · 4 · 44 · 8 · 10
- If you notice a lack of appetite ————— 32 · 4 · 17
- If you suffer from frequent burping ————— 11 · 32 · 44 · 4 · 2
- If you feel the urge to move your bowels, but bowel movements are uncomfortable ————— 51 · 19 · 4 · 54
- If you have an unpleasant taste in your mouth ————— 22 · 11 · 47 · 48 · 4

Relaxing Muscles, Relieving Muscle Fatigue and Relieving Neuralgia and Muscle Pain

- If you have stiff shoulders ————— 37 · 5 · 41
- If you have headaches when your shoulders are painfully stiff ————— 38 · 15 · 41 · 36
- If you have neck and shoulder pain after working in a sitting position for long periods ————— 38 · 5 · 35 · 14 · 41
- If you feel stiffness and discomfort extending from your shoulders to your back ————— 5 · 40 · 41 · 4
- If your teeth feel loose and your gums swell when your shoulders become stiff ————— 7 · 42 · 15 · 6
- If your arms feel tired after shopping ————— 5 · 6 · 1 · 38 · 16
- If your legs feel tired when returning home ————— 32 · 34 · 50
- If your calves tighten up following sports ————— 32 · 22 · 34 · 33
- If your lower back does not straighten out after working in a crouching position ————— 22 · 49 · 51 · 52



(chart No.) (sinogram) (international notation) >>> 1.肩髃:LI15 2.天突:CV22 3.膻中: CV17 4.中脘: CV12 5.曲池:LI11 6.手三里:LI10 7.溫溜:LI17 8.章門:LR13 9.天樞:ST25 10.水分:CV9 11.内関:PC6 12.神門:HT7 13.支溝:TE6 14.外関:TE5 15.合谷:LI4 16.少海:HI3 17.氣海:CV6 18.腹結:SP14 19.大巨:ST27 20.関元:CV4 21.中極:CV3 22.陽陵泉:GB34 23.三陰交:SP6 24.復溜:KI7 25.崑崙:BL60 26.中封:LR4 27.太溪:KI3 28.照海:KI6 29.血海:SP10 31.梁丘:ST34 32.足三里:ST36 33.委中:BL40 34.承山:BL57 35.風池:GB20 36.天柱:BL10 37.肩井:GB21 38.天膠:TE15 39.大杼:BL11 40.風門:BL12 41.身柱:GV12 42.厥陰俞:BL14 43.心俞:BL15 44.膈俞:BL17 45.至陽:GV9 46.肝俞:BL18 47.脾俞:BL20 48.胃俞:BL21 49.志室:BL52 50.腎俞:BL23 51.大腸俞:BL25 52.膀胱俞:BL28 53.次膠:BL32 54.中膠:BL33