

## Castor Oil Packs – How To's



### What you need:

Castor oil  
Organic flannel cloth of 2 cm thickness, large enough to cover the affected area (the “pack”)  
Plastic wrap, large enough to cover the flannel cloth  
Heating pad  
2 Old towels that you don't mind staining  
Small glass pan  
Glass mason jar (for pack storage after first use)

### Method:

Make sure you'll be ready to relax for 45 minutes to an hour, and wear some clothing that you don't mind staining (castor oil can stain any fabric that it comes into contact with)

1. Pour a small quantity of castor oil onto the pack. You want to use enough to saturate the soft side of the pack, but not so much that it's dripping
2. Place the soaked pack in the glass pan, and heat it using very low heat on a stove or in the oven until warm. This should take approximately 5 minutes
3. While your oil is warming, place a towel underneath where you plan to sit or lie down
4. Remove the flannel from the heat. Test patch a non-sensitive area of your skin with the flannel to ensure that the oil is not so hot that it will cause you to be burned. If it feels too hot, let it cool for a few minutes
5. Place flannel on the body area you are treating
6. Cover with plastic wrap. A great method is to wrap the plastic around your body and the flannel
7. Sit on your towel and get ready to relax
8. Place the second towel over the plastic
9. Place heating pad over the towel and set on low heat for 45-60 minutes
10. After 45-60 minutes has passed, remove the pack
11. (Optional) wipe excess oil from skin

The castor oil pack should be stored in a glass container in the refrigerator and may be reused numerous times. There is no need to wash the pack. Aim to do this treatment 2-3 times per week.

### Background:

Castor oil has been shown to:

- increase circulation to & promote elimination from vital organs deep underneath the skin
- be very well absorbed by the lymphatic system, which can regulate digestive, bowel & immune function
- heal joint and ligament injuries, whether acute or chronic, reducing swelling and pain in injured parts
- be highly detoxifying and moving, clearing out old toxins effectively
- play a vital role in all cases of menstrual irregularities, including uterine fibroids, endometriosis, and ovarian cysts, which all have components of stagnation and toxicity
- be a great tonifier of all the organs, especially the liver, the large intestine, uterus, and the lymphatics

**\* DO NOT USE ON ABDOMEN DURING PREGNANCY \* CAUTION DURING MENSES \***