



Castor Oil Pack Treatment

Castor oil packs are used to decrease inflammation, increase blood flow and reduce pain.

Supplies needed:

- Flannel or wool cloth (no dye)
- Castor oil (cold pressed is preferred)
- Plastic wrap or castor oil pack holder
- Heating pad

Indications:

- Abdominal pain
- Constipation
- Female pelvic disorders (fibroids, ovarian cysts)
- Menstrual cramps
- Liver detoxification
- Arthritis/joint pain
- Strains/Sprains
- Headaches
- Lung infections
- Breast cysts
- Many more!

Contraindications:

Active bleeding or bleeding disorders, peptic ulcers, pregnancy.

Directions:

- Fold flannel or wool cloth into 2-4 layers and a suitable size to cover recommended body area.
- Apply the castor oil to the specified location and cover with a cloth. Alternative: soak the pack in castor oil initially in a small glass container and wring out.
- Apply pack to area of body you wish to treat. When repeating procedure simply rub on sufficient castor oil directly to the area to be treated and apply pre-soaked flannel.
- Cover the castor oil soaked flannel with plastic wrap to help decrease the mess and reduce the chance of staining clothes and linen.
- Once the pack is on your body, place a heating pad on top of the pack.
- Treatment should continue for 30-60 minutes. Treatments that are >60 minutes may cause loose stools.
- After the application is complete, remove plastic wrap and pack.
- Cleanse your skin with a paper towel.
- You can place castor oil pack in a mason jar or plastic bag and keep in the refrigerator for reuse. You can reuse the pack up to 25 times before replacing.

Location of pack: Liver (right lower ribcage)

Frequency of use: 3-4x/week for detox and hormone balance.