



# Castor Oil Pack

## Required Supplies:

- Castor oil (high-quality, cold pressed, hexane free is ideal)
- Unbleached/dye free wool or cotton flannel (1 large piece that can be folded 2-3 times or 2-3 separate pieces that can be layered)
- Plastic wrap
- Glass bowl or container (you may store the soaked material in a jar after use)
- Hot water bottle or heating pad (helps the castor oil penetrate the affected area)
- Old clothes to wear (castor oil can stain)
- Old thick towel

## Steps:

1. In a bowl or jar thoroughly soak the material with castor oil (adding 1 tablespoon at a time for complete saturation)
2. Place material on target area
3. Wrap area with plastic, making sure plastic goes beyond the material board
4. Place heating pad or hot water bottle on top of area and place a thick towel over the affected area to contain the heat
5. Lie down (ideally with feet elevated) for 30-60 minutes
6. After 30-60 minutes remove pack (you may place the material in a glass jar with lid and store in the refrigerator until the next use)
7. Wash affected area with soap to remove excess castor oil

## Possible Side Effects:

If you experience any of the following, discontinue use and wash are immediately:

- Gastrointestinal symptoms such as diarrhea, vomiting, nausea
- Skin reactions such as redness or rash



## Benefits:

- Improves immune function
- Stimulates and support the lymphatic system
- Antifungal, antiviral, antibacterial,
- Anti-inflammatory
- Increases circulation
- Reduces inflammation, itching, and swelling on the skin
- Eases constipation
- Alleviates PMS
- Reduces pain, inflammation, and swelling

## Contraindications:

- If you suffer from cramps, irritable bowel, ulcers, diverticulitis, hemorrhoids, colitis, prolapses, or have recently undergone surgery, you should consult your physician before use
- If you are pregnant do NOT use castor oil packs as the laxative effect may induce labor
- If you are breastfeeding consult physician before use

## Target Areas:

- ✓ Right side of the abdomen supports the liver
- ✓ Whole abdomen supports the digestive system
- ✓ Strained joints or muscles (improves healing of minor injuries that don't need medical attention)
- ✓ Lower abdomen helps menstrual pain and difficulties