



Castor Oil Packs

Supplies:

- High-quality castor oil (hexane free) – available at Amazon or at most health food stores like Whole Foods, Central Market, Wheatsville, etc.
- Unbleached and dye free wool or cotton flannel - can be reused
- Plastic wrap or wax paper (will be used as a barrier between the pack and your heat source)
- Hot water bottle or heating pad
- Glass container with lid – like a quart size mason jar (for storing the oil soaked flannel between uses)
- Old clothes, towels and sheets – castor oil can stain

Using a Castor Oil Pack:

- Pour a small amount of oil to saturate the cloth.
- While lying on an old towel or sheet, place the cloth on the desired body part--over the lower abdomen unless otherwise directed.
- Cover with plastic wrap or wax paper and place the heating pack on top of this. This barrier is to protect your heating pad from oil stains. A hot water bottle, electric heating pad or rice heat pack be used, but hot water bottles and rice packs may need to be reheated several times.
- Lie down and relax for 30-60 minutes.
- Use this time to practice deep breathing, read a book, meditate or pray (or whatever you find relaxing).
- After the desired time, remove the pack and return the flannel to the glass container. Store in fridge.
- Use a natural soap or a mix of baking soda and water to remove any castor oil left on the skin. Drink lots of water.