



Castor Oil Pack Instructions

Castor oil is derived from the bean of the Palma Christi plant. It has a unique chemical profile rich in ricinoleic acid, which is known to exist in nature only in castor oil. It has traditionally used to strengthen the immune system, increase lymph circulation, balance the autonomic nervous system, increase liver activity, and improve digestion. Some of the numerous uses of castor oil include the treatment of fibroids, ovarian cysts, congestion of abdominal organs, skin conditions, adhesions from surgery, breast cysts, arthritis and liver conditions.

Directions:

1. Take a piece of uncolored flannel and saturate it with castor oil (not dripping). If using castor oil roll-on you can skip this step. You may warm the bottle of castor oil first by placing it in a warm bowl of water.
2. Place the flannel directly on the skin over the abdomen or other area of concern (i.e. breast). If using roll-on just roll it on the area of concern and then place the flannel or a hand towel over the area or you could also just put on an old T-shirt you don't care about.
3. Place a heat source on top of the pack (i.e. hot water bottle or heating pad). You want the heat quite warm but no so hot you get burned. You can place plastic wrap between the flannel and the heat source to keep your heat source from getting covered in oil.
4. Hang out for anywhere from 30-90 minutes. Relax and read a book, meditate, listen to music or watch a mellow show.
5. You can keep your flannel in a zip lock bag and reuse it numerous times by just adding more castor oil as needed. Eventually you will want to wash your piece of flannel and start fresh.
6. *Frequency:* Every other night for 3 weeks with the 4th week off and then continue once a week until symptoms subside. For acute situations use 30minutes nightly for 5 nights, take two nights off, then repeat the cycle for two weeks or until the condition is resolved.

Caution: Do not use packs during times of heavy bleeding or pregnancy. Castor oil is not recommended for internal use. ***Do not fall asleep while using a heating pad or you may get burned.***

Please note: Castor oil will stain clothes and sheets so be sure to take precautionary measures such as wearing older clothes or using an old towel underneath you to protect furniture or bedding.