



Castor Oil Pack Guidance notes

Before using castor oil packs, test for sensitivity by applying a few drops of oil to your skin and watch for any adverse reaction

Materials needed:

- Therapeutic grade organic castor oil
- A large cloth or body wrap
- Piece of plastic (a plastic bin bag works well)
- Hot water bottle
- Large old towel or sheet

Directions:

1. Make sure you are well hydrated; be sure to empty your bladder and/or colon beforehand.
2. Choose a cloth to cover abdomen, not too large or oil may stain bedding etc. Saturate the flannel in castor oil; you want to get it wet but not dripping, this can be messy.
3. Lie down on your back on cover your abdomen with the oil soaked cloth. It is most important to make sure your right side (where the liver is) is completely covered from just above your groin to your sternum (breastbone) or pectoral muscles. Place a large pillow under your knees and feet to relieve stress on the lower back and to encourage blood flow into the abdominal region. You could also lie on the floor and put your legs up on the couch.

4. Cover the cloth with a piece of plastic (a plastic bin bag works well) and put the heating pad or hot water bottle on this.
5. Relax for 45-60 minutes or even up to 2 hours to allow the castor oil pack to work.
6. Wash off any remaining castor oil on your skin with a natural soap.
7. To obtain best benefits from a Castor oil pack please be sure to stay well hydrated.