

CASTOR OIL

Benefits, Usage, Recipes & More !



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Content Disclaimer

All information in this publication is provided for educational and informational purposes only. It has not been evaluated or approved by the FDA. It is considered a “non-medical” source of information and is not intended to be used for diagnosing, prescribing, treating, curing or preventing any disease or illness or individual health problem or to replace expert care by a qualified medical practitioner. You are encouraged to consult other sources and confirm the information contained herein.



Castor Oil Benefits

- ✓ Stimulates hair growth. Reduces and prevents hair damage.
- ✓ Nourishes and thickens hair and gives it body and bounce.
- ✓ Cleanses toxins from the scalp and treats dandruff.
- ✓ Deeply conditions and moisturises hair and scalp.
- ✓ Treats acne thanks to ricinoleic acid that fights off the acne-causing bacteria.
- ✓ Heals skin inflammation caused by sunburns, acne, and dry skin.
- ✓ Moisturizes the skin and leaves you with smooth, supple, and revitalized skin
- ✓ Stimulates eyelash and eyebrow hair growth and thickens them.
- ✓ Prevents eyelashes from breaking and eyebrow loss.
- ✓ Effective remedy for thin eyebrows. It helps nourish and moisturize your follicles while also triggering hair growth from dormant follicles.

Average composition of Castor Seed Oil / Fatty Acid Chains

Acid Name	Average Percentage Range
Ricinoleic acid	85 – 95%
Oleic acid	2 – 6%
Linoleic acid	1 – 5%
α - Linolenic acid	0.5 – 1%
Stearic acid	0.5 – 1%
Palmitic acid	0.5 – 1%
Dihydroxystearic acid	0.3 – 0.5%
Others	0.2 – 0.5%

Castor Oil Usage

Castor oil can be very beneficial for hair growth if used correctly. There are many ways to use Castor oil as hair treatment but in general, only a few drops are needed per treatment when using our High Grade 100% Pure Organic Castor oil.

How Often

There are many artificial products and methods that may provide quick results for hair growth but they won't work for prolonged periods and will slowly negatively impact your healthy hair. Using our Organic Castor Oil, depending on your specific needs, it may take 4 to 6 weeks to see results that will last longer.

Castor oil works differently on different hair types. The application also depends on your motive behind using the oil:

- For Hair Loss you need to use the oil at least twice a week for a minimum of four weeks to see noticeable results. If it is convenient, you can use the oil 3-4 times a week.
- For an increased shine, use castor oil as a conditioner once a week. A pea-sized quantity is enough for this purpose.
- For split ends, massage your hair with castor oil 2 to 3 times a week. If you can, leave the oil on overnight for maximum benefits.



Castor Oil Tips



- Avoid using chemical-based shampoos when using Organic Castor Oil to boost hair growth.
- Avoid styling and washing your hair too often as these would strip your hair off its natural oils, turning it dull and limp.
- **For maximum benefits, it is better to apply castor oil to slightly damp hair. This ensures better absorption. You can also cover your hair with a warm and moist towel after oiling your hair.**
- Castor oil is thick, hence you may have trouble removing the oil, one way to remove the oil easier is to condition your hair before getting in the shower, massaging conditioner into the scalp to help remove the castor oil. Then, shampoo as usual.
- Let your hair air-dry after wash. Using too much heat will reduce the effect of the castor oil.
- If stress is causing hair fall, try to practice meditation or yoga or any other activity that keeps you busy and relieves stress.
- Support the topical remedies with a healthy diet for a better quality of hair.

Castor Oil Hair Treatment

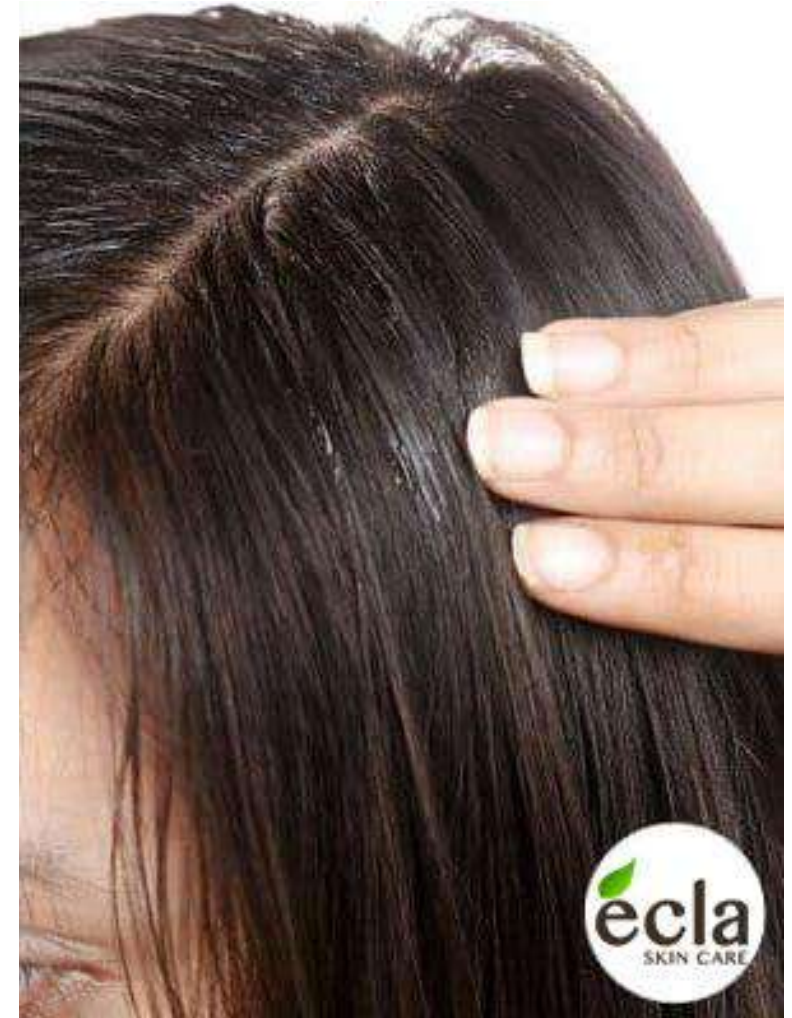
Using Castor Oil ONLY

The easiest way to use castor oil to boost hair growth and prevent hair loss is to apply it directly. Massaging your hair with castor oil will increase the blood circulation in your scalp. The oil will soak in and reach the follicles to boost hair growth and improve the texture and quality of new hair growth.

Instructions:

- Take some oil and rub it between your palms.
- Scrunch the oil into your roots.
- Once the entire scalp is covered, spread the oil through the hair shaft.
- Massage your scalp using mild pressure for 10 to 15 minutes.
- Leave it on for 4 to 6 hours or overnight.
- Shampoo your hair in the morning (to easily remove the oil, condition your hair before getting in the shower, massaging conditioner into the scalp then shampoo.)
- Once you wash your hair, towel dry it and avoid using any heat styling tools immediately.

Repeat application 2 times weekly to boost your hair growth.



Castor Oil & Coconut Oil

Hair Growth, Dandruff & Scalp Treatment

Pure Castor oil is quite thick, that is why blending it with other potent oils can make it easier to use and also increase its potency. Furthermore, these oils will help mask the not-so-amazing smell of castor oil. If you are suffering from hair loss, then this method is a must try. Castor oil with coconut oil is a match made in heaven. The antimicrobial properties and nutritional value of both the oils form an excellent amalgam to treat and prevent scalp infections and curb hair loss.

Instructions:

- Take 1 tablespoon each of castor oil and coconut oil in a bowl (increase the quantities according to your hair length).
- Blend well and massage it into your hair.
- Leave it on for 1 to 3 hours. Cover your hair with a shower cap while the oils work.
- Shampoo your hair thereafter.

Repeat application 2 times weekly to curb hair fall and ensure healthier hair growth.



Castor Oil & Olive Oil

Hair Growth, Thicker & Denser Hair.

Olive oil naturally contains essential nutrients, and monounsaturated fatty acids. These aid in strengthening the hair from the roots and right down to the tips of your hair. Combine Castor Oil and Olive Oil and you will notice that your hair is not only softer and more manageable, but also that hair grows in much thicker and denser.

Instructions:

- Take 1 tablespoon each of olive and castor oil (increase the quantities according to your hair length).
- Blend the two well.
- Microwave the oil for 10 seconds and massage your scalp with it for 5 to 10 minutes.
- Leave it on for 1 to 3 hours. Cover your hair with a shower cap while the oils work.
- Shampoo your hair thereafter.

Use the oil blend once or twice a week to boost hair growth.



Castor Oil & Jojoba Oil

Hair Repair, Growth & Scalp Treatment

Jojoba is an excellent ingredient to promote hair growth owing to its strong antibacterial properties. This oil is comprised of 98% monosaturated fats and 2% saturated fats that seep easily into the hair follicles and strengthen them. It also reduces hygral fatigue, a condition where hair fibers swell when wet and shrink when dry, eventually weakening them.

Instructions:

- Take 3 tablespoons of Castor Oil and 1 tablespoon of Jojoba Oil (increase the quantities according to your hair length).
- Mix the oils in a container and shake well.
- Part your hair and apply the mixture directly on your scalp. Ensure that you cover all sections.
- Massage for 5-10 minutes to ensure proper blood circulation in the scalp.
- Leave it on for 1 to 3 hours and shampoo your hair thereafter.

Use this oil 2 to 3 times a week for longer and healthier hair.



Castor Oil & Almond Oil

Hair Growth, Shine Enhancer & Scalp Treatment

Both Castor Oil and Almond Oil contain a hair growth staple—Vitamin E. Besides, almond oil also contains magnesium and zinc, essential for hair growth. Combine the two oils to meet mineral deficiencies that are a major contributing factor to hair loss.

Instructions:

- Prepare a nourishing oil blend using 1 tablespoon each of castor and almond oils.
- Mix well and apply it to your scalp and hair.
- Massage for 10 to 15 minutes to increase blood circulation in the scalp.
- Leave it on for 1 to 3 hours, and then wash your hair with a mild shampoo.

Use the oil blend 2 to 3 times a week to provide necessary nutrition to your scalp and stop incessant hair fall.



Aloe Vera Hair Mask

Similar to Castor Oil, Aloe Vera too helps unclog hair follicles. Nutrients and the water content present in Aloe Vera help revitalize hair by hydrating them. It also balances the pH level of the scalp to treat itchy scalp or hair loss. This mask also uses honey that acts as a humectant and an antibacterial agent.

Ingredients:

- Honey (retains moisture in hair) – 2 tablespoons
- Aloe Vera gel (maintains pH of scalp) – 2 tablespoons
- Castor oil (unclogs hair follicles) – 2 tablespoons

Instructions:

1. Combine honey, Aloe Vera gel, and Castor oil in a mixing bowl.
2. Use a hand blender to whisk up the ingredients.
3. Apply it to your scalp and also along the hair length.
4. Massage for 5 minutes, and then let it sit for 30 minutes.
5. Use a mild herbal shampoo to wash it out.

Repeat once or twice weekly to regain your hair health for better growth.



Argan Oil Hair Mask

Moroccan Argan oil is rightly called 'liquid gold.' It is a magic elixir that makes your hair long, thick and lustrous. Castor oil and Argan oil is a perfect combination for hair growth. When combined they bring together their benefits and make for an excellent remedy for hair growth. You can make a hydrating hair mask by combining the two oils.

Ingredients:

- 1 tablespoon of castor oil
- 2 tablespoon of Moroccan Argan oil
- 50-100 ml of coconut milk (depending on the length and thickness of your hair)

Mix all the ingredients well in a container and apply the mask thoroughly onto your hair and scalp. Leave it overnight and rinse it off in the morning with shampoo.



For Eyelashes

Grows Fuller and Longer Eyelashes

Castor oil contains a pack of nutrients to stimulate growth of eyelashes. It leaves you with stronger and thicker lashes that won't break easily.

With constant use, this oil gives you alluring set of eyelashes that frames your eyes perfectly.

Why it works?

It is packed with beneficial nutrients like proteins, minerals, fatty acids such as oleic, linoleic, stearic, and palmitic ricinoleic acids besides antifungal and antibacterial properties. It also contains natural compounds that promote hair growth.

- **It contains Vitamin E** which works as an antioxidant and helps repair and build tissue. It also repairs the damage to your hair follicles, so healthy follicles encourage hair growth.
- **It's Rich In Ricinoleic Acid.** This is an Omega-8 fatty acid, and it makes up a majority (85-95%) of the oil's composition. It provides incredible nourishment to your lashes and helps accelerate eyelash growth.



- **It Adds Shine And Glossiness** To Your Eyelashes with its impressive composition and properties, castor oil has the ability to render glossiness and shine to your eyelashes when used on a regular basis. You can say goodbye to thin, lifeless eyelashes that are prone to breakage and falling.
- **It Moisturizes And Hydrates.** If you have brittle and tired eyelashes, castor oil works wonders to deeply hydrate and moisturize your lashes. The nourishment it provides undoubtedly help your lashes grow to their full potential.

For Eyelashes (2)

6 Steps to Apply Castor Oil on Eyelashes

Follow these below mentioned steps to effectively make use of castor oils to promote the growth of eyelashes.

1. Clean your face with water and remove any traces of makeup, especially from eyes.
2. Make sure to use Organic Cold-Pressed castor oil
3. Take an eyelash brush and slowly dip it into the castor oil, make sure the brush doesn't carry oil in excess amount.
4. Now with the help of that brush, apply the oil carefully on your lashes.
5. It is better to apply them at night before you sleep. Leave it on for the entire night for best results.
6. Remove it in the morning with a makeup wipe or some Organic Rose Water.



If you don't like thick Castor oil on your eyelashes, you can mix it with one of your favorite oil mentioned in previous recipes. Use same portions of each.

For Eyebrows

Grows Thicker Eyebrows

With ability to grow hair naturally, Castor Oil makes a great choice for growing and re-growing eyebrows. Say “goodbye” to brow pencils and powders. Say “hello” to natural trend-setting eyebrows that make you stand out.

Why it works?

- Castor oil is an effective remedy for thin eyebrows because of its **rich content of fatty acids, nutrients, and minerals**. The oil helps nourish and moisturize your follicles while also triggering hair growth from dormant follicles.
- It is an abundant source of **ricinoleic acid which helps add volume and also curbs rapid brow loss**. The fatty acid stimulates dormant hair follicles while the other nutrients nourish it enough to promote healthy hair re-growth.



- Castor oil also has **anti-inflammatory and anti-microbial properties** which can help soothe any possible inflammation or aggravation that might be leading to your brows thinning out.
- Heavy tweezing, waxing and shaving can sometimes lead to a permanently thinned out brow. Castor oil helps reverse this by encouraging hair growth from the follicles that have become dormant.

For Eyebrows (2)

6 Steps to Apply Castor Oil on Eyebrows

Castor oil is mainly used as a tonic for promoting thick hair. If applied to eyebrows, it can accelerate hair growth in places where it has been over-plucked or shaved off.

1. Clean the skin by washing properly with warm water. Make sure you wash eyebrows too. Gently dry your face using a towel.
2. Now take the eyeliner brush and dip it into the castor oil. Make sure you tap off any excess into the sink. You can also use a cotton swab or an eyelash brush if you prefer.
3. Apply it directly onto your eyebrows.
4. Get rid off any excess oil which may be present around the eyebrows.
5. You may also use a bit of glycerin on each eyebrow to improve the effectiveness of castor oil.



6. Leave it untouched overnight.
7. Next morning, wash off your face with warm water.

The growth period might vary based on the health and age group of each individual.

Beard Growth

Instructions:

1. Rub a small amount of Castor Oil into the skin around your beard and/or mustache. Facial hair should absorb most of the castor oil without leaving too much oil behind, since facial hair tends to have a thicker, coarser texture. But, if you feel an uncomfortable, oily residue after massaging it in, feel free to rinse off with warm water. If possible, allow the castor oil to soak into your skin/hair follicles for at least 15-30 minutes before rinsing off.
2. If you are applying the oil and leaving it in your beard/mustache for the day, you may want to consider mixing the castor oil with an essential oil to mask the castor oil's scent, which some people find unappealing. Consider an essential oil that is known for thickening hair to maximize the treatment, such as lavender, peppermint, or coconut.
3. If you have trouble growing facial hair, applying castor oil can help with that, too! Rub castor oil directly into your skin in the desired locations, such as around your jaw, cheeks, chin, and under your nose. This will help improve circulation and stimulate hair growth.
 - Note: you will not need to use as much oil if you don't have existing facial hair. Start with a dime-sized amount and increase if more is needed. Remember, a little bit goes a long way!



Face Moisturizer

Castor Oil penetrates deep into the skin, softens and hydrates it like no other oil. It promotes blood circulation, and the most-welcomed “arrival” of collagen and elastin, which delay wrinkles and fine lines.

To Use Castor Oil as a Moisturizer:

- Mix 3-4 drops of Organic Castor Oil with some olive/coconut/jojoba/sesame oil.
- Rub it on your face for an amazing glow that lasts for many hours.

For dry skin: 2 drops Castor oil + 6 drops Sesame Oil

For normal skin: 2 drops of Castor oil and 6 drops of Argan oil, Grape Seed Oil or Olive Oil.

For oily skin: 2 drops of Castor Oil + 6 drops Jojoba Oil.



Acne Treatment

Castor oil has properties that make it a good natural acne treatment. It may help eliminate and prevent further acne development for long term.

To treat existing acne:

- Make sure the skin is clean before applying the oil. Wash with warm water and a gentle cleanser. Then, rinse and pat dry.
- Next, carefully dab castor oil to the affected areas using a clean cotton swab. Leave on until absorbed. Repeat this twice daily.
- apply castor oil directly to areas where acne typically appears. This may include the face, back, neck, and chest.

To prevent future breakouts on the face

- Wash your face first with warm water to open up the pores then apply castor oil with a circular motion and let it sit overnight. This helps lock in moisture.
- Rinse the following morning with lukewarm water and pat dry.
- Do this every night to keep facial acne from coming back.



Nail Strengthener

Brittle nails and dry cuticles can be embarrassing and uncomfortable. This daily solution will help re-moisturize and nail beds and grow stronger and longer nails.

Ingredients:

- 1 teaspoon castor oil
- 1/2 teaspoon vitamin E
- 5 drops Eucalyptus oil

Instructions:

- Pour the castor oil into a glass container and stir in the vitamin E and Eucalyptus oil. Stir well.
- To use, dip a clean cotton ball into the solution and rub over nails, up to twice a day. Let the mixture sit on your nails for at least 5 minutes. Then rub off with a clean cotton ball



Pre-Shave Oil

This oil is great for men who want to prevent skin irritation after shaving. Women can benefit from it as well as it softens and preps the area for the shaving process.

Ingredients:

- 2 parts castor oil
- 1 part olive oil
- Drops of an essential oil of your choice (quantity depends on personal preference but if not sure start with 1 or 2 drops)

Instructions:

- Combine all the ingredients in a small glass bottle.
- To use, rub a small amount onto the area to be shaved
- Leave for 1 to 2 minutes before shaving.

