

Castor Oil Packs

A castor oil pack is an external application of castor oil (*Ricinus communis*) used to increase circulation and promote elimination and healing of our tissues and organs. Castor oil packs stimulate the liver, relieve pain, increase lymphatic circulation, reduce inflammation, and improve digestion.[?]

Castor Oil Spa Treatment^{??}

What you need:

1. Flannel cloth (cotton or wool) folded, 2-3 layers thick, about the size of your abdomen or about 12" x 15"
2. Old hand towel just bigger than the flannel
3. Castor Oil

What to do:[?]

1. If you are using your pack for the first time, apply about 2-3 Tbsp of castor oil evenly to one side of the flannel. Then add about 1 tsp more of castor oil with each use for the rest of the first week or until the flannel is saturated. It should be noticeably oily to the touch, but not sticky or dripping. After the first week you may need to add 1-2 tsp of oil every 3-4 uses.[?]
2. Apply the pack to your abdomen from ribs to hip bones. Cover with a towel to prevent staining your surroundings. You can further wrap up in an old sleeping bag to protect your sheets or furniture from the oil.[?]
3. Optional: Apply heat with a hot water bottle or heating pad.[?]
4. Rest and relax for 20 minutes or more. Do your 100 deep breaths, a healing meditation or visualization, read a favorite book, or listen to your favorite music.

Keep your castor oil pack in a ceramic bowl or glass storage dish.^{??}

Castor Oil Quick & Easy Treatment

1. Apply a dime sized amount of castor oil to your entire abdomen, especially your right upper quadrant where your liver is located.[?]
2. Throw on an old t-shirt you don't care about staining and go to bed.

[?]



Working With Castor Oil

The effects of castor oil packs are additive and the most benefit is obtained when the castor oil pack is done multiple days in a row.

Castor oil will stain clothing, towels, and bedding it comes into contact with. Place a clean towel between you and your linens to keep them clean. Choose clothing and towels that you don't mind getting stained to dedicate to your castor oil routine.

❓To Remove Castor Oil From Your Skin: Shower or mix 1 teaspoon of baking soda in a pint of water and use it to clean the area.