

Instructions for Castor Oil Packs

Castor oil is absorbed through the skin and is an essential part of removing toxins and regulating inflammation. This treatment can improve the function of your liver, gallbladder, promotes digestions by improving gut motility, all while helping with relaxation and stress management. Castor oil packs should be done at least four times a week and should be done for 20-40 minutes each time.

Supplies

Flannel cloth (cotton or wool) roughly the size of a pillowcase and folded so that it's roughly ¼- ½ inch thick

Bath or hand towel

Hot water bottle, flax seed or rice bag, or heating pad

Castor oil

Directions

- Fold flannel so that it covers your abdomen without hanging off
- Pour approximately ½ - 1 tsp of oil onto flannel.
- Lie down placing flannel directly on skin over the abdomen.
- If desired plastic wrap can be placed over the flannel to prevent staining of clothes or bedding. Castor oil does not wash out easily.
- Place the towel over the flannel (and plastic wrap if using).
- If using heat, apply hot water bottle, warmed flax seed or rice bag, or heating pad (on medium setting) over the towel.
- Rest for 20-40 minutes. A good time to do this treatment is in bed a night accompanied with healing visualization and deep breathing exercises. Whatever your preference, find a way to make this work into your daily routine.
- When finished with treatment place the towel and flannel in a container or Ziploc bag at room temperature. The flannel and oil should be good for at least 6 months. When the oil smells rancid or off replace the flannel.
- Add the same small amount of oil for each treatment until the entire flannel is slightly moist, but not dripping. Then only add oil when needed to stay at the same level of moistness.
- It is best to allow the remainder of the oil on your skin to completely absorb.
- To remove castor oil, wash skin or towel in 3 tablespoons baking soda/ quart water.