

## Using Castor Oil Packs

Castor oil has been used medicinally since the days of ancient Egypt. Although no longer used internally, castor oil has great healing benefits when used in the following way!

### How It Works

Castor oil packs increase circulation and promote elimination. They also promote the healing of tissues and organs underneath the skin. The pack will stimulate the liver, relieve pain, increase lymphatic circulation, and reduce inflammation and improve digestion.

### Making a Castor Oil Pack

You will need:

- ✓ Castor Oil
  - ✓ An old piece of flannel or a dish towel that you do not mind staining
  - ✓ Hot water bottle or heating pad
  - ✓ Plastic bag to store stained towel in for future use
  - ✓ To wear old clothes or something you don't mind staining
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1. Drizzle castor oil on a piece of flannel or an old, soft dishtowel. You do not need to soak the towel.
  2. Place the towel with the castor oil on it over the affected part – this will most likely be your lower abdomen, just above the bone.
  3. Cover the towel with a heating pad or hot water bottle. To avoid staining your heating pad, you may place a plastic bag between them.
  4. Rest with the pack in place for 45 minutes to an hour.
  5. Remove the towel, clean yourself off, and put the oil and towel in a plastic bag.
  6. Store the pack, in the bag, in the refrigerator. This pack may be reused up to 3 or 4 times.

Have questions about castor oil packs? Never hesitate to call us for any of your needs; we're here to help!  
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