



CASTOR OIL PACK: Instructions for Use

- Area to be treated _____
- Boil or launder the flannel to remove any impurities (optional)
- Fold the cloth into 3 or 4 thicknesses, creating a pad size adequate to cover the area to be treated.
- Pour ½ cup of castor oil into a plastic or glass dish and coat the flannel cloth in the oil
- The cloth should be wet but not dripping.
- Cut a piece of plastic wrap somewhat larger piece than the folded flannel. A plastic garbage bag also works fairly well. Avoid plastic grocery bags, as printed ink usually dissolves and spreads when exposed to castor oil.
- Place cloth directly on the skin over the area to be treated and place the plastic wrap on top of the cloth. If you are applying the pack to your back, you may find it easier to lay the plastic on the bed, put the flannel on top of it, and roll over onto the flannel in such a way as to position it at the area that needs to be treated.
- Place a hot water bottle over top the plastic wrap (or heating pad on low)
- Heat promotes absorption, increases circulation, and helps the body to relax.
- Leave in place for approximately 20-40 minutes.
- Heat is contraindicated for appendicitis, diabetic neuropathy, or during pregnancy (abdominal lx)
- An alternative is “castor oil tummy rubs” - apply to abdomen and sleep in an old t-shirt (suggested for children)
- Make sure that your plastic covers the entire exterior of the flannel pack, as castor oil is likely to stain any fabric it touches!
- Afterward the skin can be cleansed, if desired, with a solution containing a teaspoon of baking soda per pint of water.
- The flannel pack may be used repeatedly and may be kept in a glass container in the refrigerator between treatments. The flannel pack should be replaced periodically - especially when it appears soiled, as may happen when the area being treated is particularly toxic.
- Castor oil packs are one of those rare remedies that cannot be used too much, generally "more is better."
- Minimum use is ½ an hour each day - for three consecutive days in a week - this frequency and duration may often be exceeded in order to bring better and faster relief.
- If it is known that there is a critically high degree of toxicity in the body, or a significant difficulty in eliminating toxins (such as with kidney failure), then it is best if the packs are used on alternating days for the first week.
- The most common side effect is a rash that may occur at the site of the pack. This typically only occurs during the first few applications of the pack, and may be relieved by using the baking soda wash. Rashes and other reactions are rare, and if they occur they usually indicate that the elimination of toxins through the system are not good, and perhaps the pack should be used on alternate days for the first week of use.
- **Cleaning the Pack** If you absolutely must clean the pack, begin by soaking the pack in a solution of baking soda and hot water, using four ounces of soda to two quarts of water. After soaking the pack for at least 20 minutes, wring it out thoroughly and allow it to air dry.
- Physiological effects of the castor oil pack include, but are not limited to: stimulating the liver, increasing eliminations, relieving pain, increasing lymphatic circulation, improving gastrointestinal function, increasing relaxation, and reducing inflammation.

Notes

- Do not use the pack around eating time.
- Do not use the pack during heavy menses.
- For joint inflammation, use directly over the affected joint.
- Perform deep breathing exercises, meditation, or pray while the pack is on.
- The same pack may be used for weeks or months. Add 1 tablespoon castor oil to the pack every 4 –5 uses. Store the pack in glass in a cool place.