

# Castor Oil Packs



Castor Oil Packs can be used three to seven times per week.

The flannel pack need not be discarded after one application; it can be kept in a plastic container and used later (just re-saturate with more oil)

During this treatment, be aware of the thoughts and feeling that may arise with yourself or your client. It is common during a detoxification process to experience toxic thoughts and feelings from the past. These are being released from the tissues just as physical toxins are!

## **Materials:**

1. A soft, flannel cloth (*Cotton or Wool*) cut to the appropriate size (*example: 10" to 12" for abdomen*)
2. Cold-pressed Castor Oil (*available at most Health Food Stores*)
3. Plastic Wrap
4. Heat (*a non-electric source is preferable such as a hot water bottle or a hydroculator*). If not, use a heating pad set to medium-low or low.



## **Directions:**

1. Fold the Cloth into a two-to-four inch thickness
2. Saturate the Cloth with the Cold-Pressed Castor Oil
3. Apply the Cloth directly to the Skin in the area that requires the treatment
4. Place a piece of Wax Paper or Plastic Wrap over the soaked Flannel Cloth
5. Apply heat over Wax Paper or Plastic Wrap
6. (*if the temperature of the heat source is too hot, wrap in a towel*)
7. Maintain in place for at least one hour, leave on overnight if necessary

