

Castor Oil Packs

Castor oil applied topically is great for decreasing inflammation, aiding detoxification, and soothing pain.

How to make a castor oil pack:

Materials:

- Soft, clean, thick material like organic flannel, wool, or cotton
- Castor oil
- Glass bowl
- Hot water bottle or heating pad
- Old clothes that you don't mind getting stained
- Plastic bag
- Large towel

Instructions:

1. Put on your older clothes.
2. Take your piece of flannel and place it in the bowl. Then pour enough castor oil over it to saturate.
3. Get your hot water bottle or heating pad ready.
4. Place your towel on a flat surface like a couch, your bed, or the floor. For added protection you can also put down a garbage bag so that your bed or couch won't get stained from any oil that manages to escape the plastic cover.
5. Once you lie down, place your saturated flannel over the affected area of your body.
6. Cover the pack with plastic.
7. Place the heating pad or hot water bottle over the pack and let it sit for at least 45 to 60 minutes. During this time, you can rest or read a book.
8. When the time is up, remove the pack and clean the area with water and a bit of baking soda.
9. You can keep the pack in a pyrex glass container or a glass jar in a cool place or the refrigerator. Just add another tablespoon of castor oil for the next session.

Roll on castor oil:

A roll-on product is much easier to use and less messy. Heritage Store (The Palmer Christi) and Baar both make roll-on products. Alternatively, you can use a pourable liquid product.

Supplies needed for roll-on product:

- Towel that you don't mind discarding (will get oil on it). Choose a towel size that is large enough to cover the area you will be applying oil to but not so large that you need to fold the towel (will be harder to heat the area).
- Heating pad (may possibly get some oil on this as well) -- large enough to cover the area you will apply castor oil to.

Instructions for roll-on product:

1. Heat the warming pack and set aside.
2. Apply roll-on castor oil to areas of pain/inflammation (great for abdomen and liver in general).
3. Cover the oiled area with the towel.
4. Put the heating pad on top of the towel and leave in place for 20-30min.