

CASTOR OIL PACK

Why do it

Castor oil packs harness the anti-inflammatory and lymph stimulating benefits of castor oil but used externally. It helps to alleviate stomach aches and pains, as well as sports injuries. Also used for uterine fibroids, ovarian cysts, endometriosis, period pains, headaches, constipation, gallbladder inflammation/stones, inflamed joints, night time urinary frequency, etc.

You'll need

- Castor Oil (Sunray organic) – purchase from website or clinic
- Flannel
- Water bottle (optional)
- Plastic

Method A

1. Fold flannel twice so that it is 3 layers thick and approximately 75x150mm.
2. Soak flannel in warm castor oil.
3. Place flannel over area to be treated (ask your health care provider to show you the area they desire treated).
4. Place plastic over flannel (to prevent staining of linens and clothing).
5. Leave flannel soaked in castor oil in place for between 30 min. to 2 hrs.
6. While treatment is being applied, rest comfortably.

Method B

1. Soak flannel in castor oil.
2. Wrap flannel around a hot water bottle.
3. Place flannel (and water bottle) over area to be treated (ask your health care provider to show you the area they desired treated).
4. Place plastic over flannel (to prevent staining of linens and clothing).
5. Leave flannel soaked in castor oil in place for between 30 min. to 2 hrs.
6. While treatment is being applied, rest comfortably.

Note

Any oil that discolours linens or garments can be removed by washing with baking soda.
Not to be used during pregnancy unless under the supervision of a trained healthcare practitioner.

This is for information purposes only. Always consult with a registered healthcare practitioner if you are not sure.