



Soaring Crane Natural Health Center

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Castor Oil Packs

Castor Oil Packs help move lymph, an essential part of detoxification and modulating inflammation. Castor oil, absorbed through the skin, improves liver and gallbladder function, promotes gut motility and digestion and helps with relaxation and stress management.

Castor Oil Packs should be done at least **three** times a week, often every day when you first begin using them and should be left on the skin for at least **20 minutes**.

While doing a castor oil pack, **relax**, enjoy the experience, take time to breath and honor yourself, your creator and the healing potential within you.

Instructions:

- Using a piece of flannel, either organic cotton or wool, pour approximately 2-4 Tbsp of castor oil over the flannel. The flannel should feel damp, not dripping.
- Place the flannel over your entire abdomen.
- Cover with a piece of plastic and a towel.
- Place a hot water bottle over the castor oil pack, sit quietly and relax.

You can do Castor Oil Packs while you watch tv, read, pray, meditate or just before falling asleep. Whatever your preference, find a way to work it into your daily routine.

Store the flannel in a Ziploc bag or other storage container and reuse the next day. When the flannel begins to feel dry, apply more oil. After a few months of using the pack regularly, you may want to throw it out and start over with a fresh flannel.

Alternatives to the Castor Oil Pack

The method above is the most effective method for getting the most out of your castor oil experience. However, there are alternatives if this method is not working into your routine. **The most important thing is to do castor oil packs regularly.**

Rub a small amount of castor oil directly on to your abdomen, and take a hot bath or just crawl into bed and allow the castor oil to soak in over night. You will want to wear an old t-shirt to bed if you use this method as castor oil does stain. You can still cuddle up with a hot water bottle as you fall asleep to facilitate action of the castor oil.