



Items Needed



CASTOR OIL PACK

Castor Oil Pack Ingredients:

1. Choose one wool, cotton flannel cloth, or ink free thick paper towel (VIVA works well) large enough to cover all your areas being treated when folded into two layers.
2. Electric heating pad or 1-2 hot water bottles
3. Bath towel
4. Plastic Saran wrap
5. Cold-pressed Castor Oil: use Palma Christi, Frontier Herbs, or Home Health brands

Directions:

- To make the oil pack, saturate the cloth or paper towel with castor oil. Do not be stingy. Be very generous and soak the cloth.
- If you are using the hot water bottles instead of the electric heating pad, pre-warm the oil pack in the oven. Sit oil pack on baking sheet to contain the oil. Never overheat the oil.
- Spread the bath towel on the bed to protect the bed sheets. (The oil may stain your sheets)
- Apply the oil pack to the body part/area being treated.
- Secure the oil pack to the area being treated with the saran wrap. Don't wrap the area too tightly.
- Lie down and keep the area warm with the heating pad turned to "med", or use hot water bottles. Cover yourself with a blanket to hold the heat in.
- Keep pack on for 1-3 hours, you can. You can turn off the heat after one hour and leave on overnight. Create a healing atmosphere by listening to pleasant music, reading, pleasant conversation etc.
- To finish off the treatment, cleanse the skin with baking soda and water solution (1 tsp. Baking soda to 1 quart of water).
- Store the pack in a glass jar, it will last for 6 months in the fridge (just add a little more oil each time). Paper towels are one-time use only. All packs are one person use only. Make a pack for each family member and label it.