



CASTOR OIL PACK

Castor oil packs aid in the elimination and detoxification of the body.

Indications

- Uterine fibroids, non-malignant ovarian cysts, headaches, migraines, constipation, intestinal disorders, and gallbladder and liver conditions.

Contraindications

- Do not use heat with bleeding, pregnancy, ulcers, or while menstruating. Do not fall asleep while using the electric heating pad.

Supplies

- Flannel cloth (cotton or wool; 20-40 inches by 24-48 inches)
- Plastic wrap
- Glass dish (square 9x9 inch Pyrex or similar container)
- Bath towel
- Hot water bottle or heating pad
- Safety pins
- 6 oz. of castor oil

Directions

- Use a glass container in which to store and heat your castor oil pack.
- Pour oil onto flannel until it is well moistened.
- Heat flannel with oil in glass dish in the microwave or oven to a comfortable temperature.
- Lie down placing flannel directly on skin over the treatment area (e.g. over the liver or on the right upper part of the abdomen, over the lower abdomen).
- Place plastic wrap that is 1-2 inches larger than flannel on all sides over the flannel to prevent staining of clothes or bedding.
- Wrap the towel around the body over the flannel and plastic and pin it. If using heat, apply hot water bottle or heating pad (on medium setting) over the treatment area.
- Rest, use visualization, meditate, or do some light reading.
- You may replace the flannel pack in the glass container and store in the refrigerator. This flannel and oil may be used for weeks.
- To cut the oil, wash skin or towel in a solution of 3 tbs. baking soda in a quart of water.

Reference: Buchman, Dian Dincan. [The Complete Book of Water Healing](#). (Chicago, IL: Contemporary Books), 2002.