



# Castor Oil Pack

## Required Items

1. Castor Oil
2. Flannel (double thickness and large enough to cover the area to be treated)
3. Plastic Wrap
4. Hot water bottle or heating pad
5. Magnesium Solution (Optional)

## Method

1. Before each treatment take a cotton ball soaked in magnesium solution and rub it all over the area, optional)
2. Saturate the flannel with Castor Oil
3. Place flannel over area to be treated
4. Cover the flannel with a thin layer of plastic, either saran-wrap or grocery bag
5. Apply heat to the area for 20 minutes (may need 2 heating pads or water bottles, depending on size of area to be treated)
6. Repeat daily until results are obtained

## Other Information

1. Store the castor oil soaked flannel in a Ziploc bag in the refrigerator between uses as the oil will go rancid at room temperature over time.
2. Typically one piece of flannel can be used for 1 month. Be sure to add more castor oil to maintain saturation as the castor oil is absorbed by the body.
3. Wash with baking soda to remove stains on linens or clothing.
4. Hair conditioner or baking soda will break-up oil on the skin.