

Castor Oil Pack Treatment

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

Indications

The castor oil pack has many applications and is used in many conditions including uterine fibroids, non-malignant ovarian cysts, headaches, migraines, constipation, intestinal disorders, softening cysts under the skin, softening scars, and gallbladder and liver conditions.

Contraindications

Using a castor oil pack during your menses can increase the flow of your period.

Do not fall asleep while using the electric heating pad.

Supplies

- Flannel cloth (cotton or wool; roughly 20-40 inches by 24-48 inches)
- Plastic wrap (Clear kitchen wrap or plastic bag without ink)
- Glass dish (Square 9 x 9 inch Pyrex or similar container)
- Bath towel
- Hot water bottle or heating pad
- Castor oil

Directions

- ♦ Pour oil onto flannel or directly onto desired area of skin until it is well moistened.
- ♦ Lie down placing flannel directly on skin over the treatment area.
- ♦ Place plastic wrap (or a piece of clothing, a towel, or fabric that you don't mind staining) that is 1-2 inches larger than flannel on all sides over flannel to prevent staining of clothes or bedding.
- ♦ If using heat, apply hot water bottle or heating pad (on medium setting) over the treatment area for 20 minutes
- ♦ Rest. You may sleep, use visualization, or meditation at this time.
- ♦ You may replace the flannel pack in a glass container and store in refrigerator or store in a ziplock bag. This flannel soaked in castor oil may be used for 2 weeks before applying more oil to the pack.
- ♦ To cut the oil, wash skin or towel in a solution of 3 tablespoons baking soda/quart of water.
- ♦ To reduce staining of clothing or bedding wash skin after 20 minute application

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