

Castor Oil Packs

Castor Oil Packs can be used three to seven times per week.

The Flannel Pack need not be discarded after one application; it can be kept in a plastic container and used later (just re-saturate with more oil). During this modality, be aware of the thoughts and feelings that may arise with you or your client. It is common during a detoxification process to experience toxic thoughts and feelings from the past. These are being released from the tissues just as physical toxins are!

MATERIALS:

- ◆ A soft, flannel cloth (cotton or wool) cut to the appropriate size (example: 10" to 12" for abdomen).
- ◆ Cold-pressed Castor Oil (available at most Health food stores).
- ◆ Wax paper or plastic wrap.
- ◆ Heat (a non-electric source is preferred, such as a hot water bottle or a hydrocollator). If not, use a heating pad set to medium-low, or low heat.

DIRECTIONS:

- 1) Fold the cloth into a two to four-inch thickness.
- 2) Saturate the cloth with the Cold-Pressed Castor Oil.
- 3) Apply the cloth directly to the skin in the area that needs the modality.
- 4) Place a piece of wax paper or plastic wrap over the soaked flannel cloth.
- 5) Apply heat over the wax paper or plastic wrap.
If the temperature of the heat source is too hot, wrap in a towel.
- 6) Maintain in place for at least one hour and leave on overnight if necessary.

