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Castor Oil Pack Instructions:

Supplies: castor oil, flannel cloth, old towel, hot water bottle or heating pad.

First Use:

1. Fold flannel cloth so that the material will cover the area from just below the breast line to the hip bones. This usually means folding it in half once.
2. Drizzle castor oil liberally over the surface.
3. Place flannel over abdomen from just below the breast line to the hip bones. Cover with old towel.
4. Apply heat if desired and rest with pack for prescribed amount of time.
5. When finished, fold flannel cloth and store in a ziplock bag. No need to wash. Replace 1-2 times/year.

Subsequent Use:

1. Apply enough additional castor oil to cloth to keep the cloth feeling slightly greasy to the touch. The cloth should be saturated but not dripping with oil. You will no need to add oil each time.
2. Apply as instructed above.

Some suggestions:

- Castor oil can be messy and stain, consider wearing an old T-shirt over the pack.
- You may sleep with the pack on overnight if desired.
- Modified castor oil packs can be applied to anywhere you want to increase circulation. For example, muscle sprains or strains or even sore throats.
- If full packs are not possible, simply rub a small amount directly on skin, put on an old shirt and go to bed.
- External heat application is not absolutely necessary but helps increase the action of the oil.