

How-To: Castor Oil Packs

Herein will be explained how to prepare and apply castor oil packs, and what you will need to do so.

Suggested Usage

- Pain relief (e.g. joint pain)
- Inflammation
- Nausea
- Induce relaxation
- Lung congestion (and breathing difficulties due to spasms)
- Hardened or swollen tissues (e.g. areas such as the liver, kidneys, lymph nodes, spleen, etc.)

ITEMS NEEDED	
Soft, flannel cloth (cotton or wool)	<i>Cut flannel to the appropriate size (e.g. 10 to 12 inches to cover the abdomen).</i>
Cold-pressed castor oil	<i>Available at most health food stores.</i>
Wax paper or plastic wrap	<i>Available at most convenience and grocery stores.</i>
Heat source	<i>Preferably a non-electric source such as a hot water bottle. But you can still use an electric blanket or heating pad, if necessary.</i>

Written Instructions

- 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 on the area that needs treatment.
- 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** covering the soaked **flannel cloth**.
- 6) Maintain in place for at least an hour.
- 7) Leave on overnight, if necessary.
- 8) The recommended frequency for use of castor oil packs is three to seven times per week.
- 9) The flannel pack does not need to be discarded after one application. It may be kept in a glass container in the refrigerator for future use.

Video Instructions

Basic and brief tutorial:

- (1) <http://www.youtube.com/watch?v=ZW5nioCQwfM>

In-depth tutorials:

- (1) <http://www.youtube.com/watch?v=R96zN98s6XI>
- (2) <http://www.youtube.com/watch?v=sVaCT80TzIY>