

## **Castor Oil Pack Instructions**

### **REQUIRED ITEMS**

- Castor Oil
- Piece of flannel to cover area being treated
- Hot water bottle
- Old hand towel

### **METHOD**

Drizzle the castor oil on the dry flannel so that it is wet but not dripping. You might also want to massage some castor oil directly on the area to be treated.

Place flannel over area to be treated.

Place old towel over flannel (castor oil can stain linens and clothing).

Place hot water bottle on top of towel.

Leave in place for 30 minutes – 1 hour.

While treatment is being applied, rest comfortably (read, practice deep breathing exercises or meditate).

*The same flannel can be re-used several times. Store it in a plastic bag or container. You may need to drizzle more castor oil before each use.*

**DO NOT USE ON ABDOMEN DURING PREGNANCY OR MENSTRUATION**