

Castor Oil Packs

1. Typically, the castor oil pack is laid over the liver for people undergoing any cleansing protocols. But it can also be laid over any area of your body that is in pain (as long as there is no wound in that area).
2. For the liver, apply a generous portion of castor oil onto a square sized piece of organic wool, flannel, or soft cotton cloth.
3. Take saturated cloth and use to cover liver or other area of treatment.
4. Cover cloth with thin layer of Glad or Handiwrap plastic
5. Cover plastic with an old towel
6. Place a latex-free hot water bottle over the towel.
7. Keep the castor oil pack in place for 45 minutes to 1 hour
8. After removing the cloth you can clean the area with soap or baking soda in water

Note: Castor oil is very sticky and will NOT wash off of material so throw out the wool or cotton cloth and protect bedding and clothing before applying

I like Baar brand of castor oil www.baar.com which is cold pressed and cold processed which helps to protect against rancidity. Make sure to buy smaller size bottles and store unused portion in the fridge after use.

Compliments of
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