



THE CENTER FOR
TRUE HARMONY
WELLNESS & MEDICINE



TRUE NATURAL
HEALTHCARE

Castor Oil Packs

Materials Needed

- Three layers of undyed wool or cotton flannel large enough to cover the affected area
- Castor Oil
- Plastic wrap cut 1-2” larger than the flannel / Large enough to wrap around treatment area
- Hot water bottle or heating pad
- Container with lid
- Old clothes and sheets. Castor oil will stain clothing and bedding

Application

- Place the flannel in the container. Soak it in castor oil so that it is saturated, but not dripping. This is your pack.
- Protect clothing, bedding and furniture with old sheets or clothing
- Place the pack directly on to skin over the affected body part. Cover with plastic wrap
- Place the hot water bottle or heating pad over the pack. Leave it on for 45-60 minutes
- Rest while the pack is in place

After removing the pack

- Cleanse the area with a dilute solution of water and baking soda
- Discard plastic wrap
- Store the pack in the covered container in the refrigerator
- Each pack may be re-used up to 25-30 times

It is generally recommended that a castor oil pack be used for 3 4 5 6 7 days a week.

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