

# CASTOR OIL PACKS

## Benefits:

- Improves toxin elimination and stimulates the liver
- Reduces inflammation of tissues
- Improves lymphatic circulation
- Stimulates the immune system

## Materials Needed:

- Unbleached, organic wool or cotton flannel
- Castor oil
- Oven safe baking dish
- 2 old towels
- A couch or bed for resting with the pack on
- Heating pad or hot rice pack

## Instructions:

1. Cut the flannel to approximately 7 by 15 inches, then fold it lengthwise 3 times to create a layered (roughly 7 by 5 inch) rectangle.
2. Place the flannel into an oven safe baking dish and pour castor oil over it, place on the lowest setting in the oven for a couple minutes until warmed through.
3. Lightly wring the excess oil out from the flannel so it's saturated but not dripping.
4. Place a towel over the couch/bed where you will be lying, get comfortable and drape the castor oil pack over the desired area of skin, covering the pack with the 2nd towel. Place the heating pad over the 2nd towel.
5. Rest with the castor oil pack for 45 minutes to 1 hour.

## Storage:

Place the used flannel and leftover oil back in the baking dish or in a glass container and store in the fridge until the next usage. Next time you use it follow the above instructions and add a little more oil to the pack, as needed.

<https://www.youtube.com/watch?v=sVaCT8oTzIY>

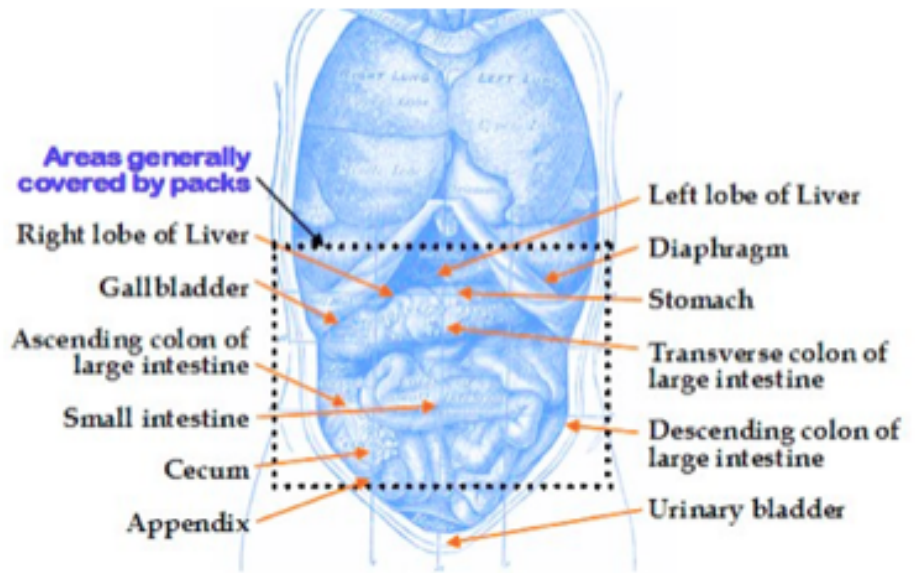
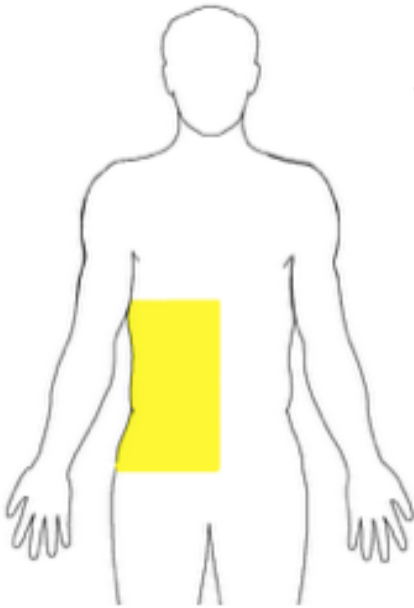
## What to Expect:

Some may experience fatigue and/or general aches. These symptoms are common and normal as your body is eliminating toxins. Continue with castor oil packs 1-2x a week until the packs no longer induce symptoms, then maintain a routine of a pack a month or during periods of excess stress or illness.

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## Common Areas of Placement:

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*Castor oil packs should only be used under the guidance of your healthcare practitioner. Do not use if pregnant or nursing without consulting with your physician. Discontinue if experiencing discomfort, irritation, or any undesirable side effects and contact Balanced Healing of Jacksonville at 904-420-8139 or*



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