

## **Castor Oil Pack**

What you need:

1. Flannel cloth (cotton or wool) folded, 2-3 layers thick, into the size of your abdomen or about 12" x 15"
2. Old hand towel just bigger than the flannel, or castor oil pack holder
3. Castor Oil
4. Heating pad

What to do:

1. For the first time using a castor oil pack, apply enough oil to lightly saturate one side of the flannel (not dripping). With each additional use, you may or may not need to add a small amount of additional oil depending on how saturated your pack is.
2. Lay flannel directly on abdomen and cover with hand towel (be sure the margins of the towel go beyond the flannel) or pack holder. You may also use plastic wrap to cover the pack.
3. Apply heat: a hot water bottle or heating pad work great.
4. Rest and relax! This is a great time to do deep breathing, a healing visualization, read a favorite book, or listen to your favorite music.
5. The castor oil pack should be left on for 45-60 minutes or longer. It is fine to go to sleep with your pack on at night. This is often the easiest time for patients.
6. To wash off oil, natural baby wipes can be used, or a mixture of baking soda and water.

Keep your castor oil pack in a Ziploc bag in a convenient place to remind you to do them (such as on a bedside table). It is not necessary to wash regularly or refrigerate your pack. Simply wash or replace the flannel if it gets dirty or too saturated with oil after many months. Please be aware that castor oil can leave a stain. Take caution not to get it on clothing or bedding. You may choose to lay on an old towel and throw on an old t-shirt as well to prevent any dripping oil from staining sheets.

The effects of the castor oil pack are additive and the most benefit is obtained if they are done regularly, 4-5 times per week.