

Instructions for Castor Oil Pack:

Castor oil packs have been used for centuries. Castor oil was once used as a laxative, but now is used topically, without the abdominal side effects.

Benefits:

- Increases Circulation
- Promotes elimination of toxins
- Heals tissues and organs
- Stimulates the liver
- Reduces inflammation
- Relieves pain
- Improves digestion
- Increases Lymphatic circulation

Materials needed:

- X Wool or cotton flannel
- X Hexane Free castor oil
- Arnica Oil
- St. John's Wort Extract
- Trauma Oil (a combination of Arnica oil, St. John's Wort extract and Calendula oil)
- X Plastic Wrap or a plastic bag
- X Heat Source (heating pad, rice bag, hot water bottle)

Instructions:

- 1) Dribble the cloth with the castor oil or castor oil mixed with other compound as instructed by your Healthcare provider.
- 2) Place the cloth over the affected area.
- 3) Cover the cloth with the plastic wrap
- 4) Place your heat source over the pack and leave on for at least 20 minutes.
- 5) Relax and rest during the treatment.

Safety Precautions:

Do not take castor oil internally or use on broken skin.

The Cloth may be reused by storing it in a container or plastic bag and keeping it refrigerated. You will need to re-apply castor oil with each use. Castor oil may stain linens and clothing, so keep this in mind when using the pack.