

Castor Oil Packs [Queen Of Thrones](#) shop



We recommend castor oil packs as a detox support tool because the castor seed is extremely high in ricinoleic acid, which is long known for its health and healing properties. Castor oil, when absorbed through the skin, speeds up the release of toxins, improves circulation and reduces inflammation in treated tissues.

The ricinoleic acid in castor oil targets and stimulates the lymphatic system and increases

the production of lymphocytes, which help drain toxins and accumulated waste and cellular debris.

While many tout the praises of castor oil packs anywhere on the body that could benefit, we include them as a detox tool to support liver detoxification and digestion.

To begin, you need

- Organic castor oil
- Organic, undyed wool or cotton flannel ([or this](#) for greater ease)
- Hot water bottle

To prepare your castor oil pack

- Pour 1-2 Tablespoons of castor oil over the flannel until it's saturated
- Fill your hot water bottle

- Lie down and place the castor oil soaked cloth over your liver
- Place the hot water bottle on top of the castor oil pack
- Lie back, rest and let the pack work it's healing magic
- Remove and clean the area with organic soap and water

The idea is to keep the castor oil pack on for at least an hour with heat, to support liver detoxification. Castor oil packs are known to be a gentle and effective detox tool that not only helps clear toxins but improves sleep and increases energy.