

Castor Oil Pack Instruction Sheet

Directions for preparation and use for Castor Oil Packs:

- Fold the wool Flannel to a size large enough to cover the body area involved.
- Pour Castor Oil into the flannel until the flannel is saturated but not dripping.
- Apply saturated cloth to the desired body area.
- Cover the saturated flannel cloth with a piece of plastic sheeting (ordinary disposable under pads work fine). A towel and then a heating pad may now be applied on top of the under pad.
- Place a larger towel over the heating pad to hold the heat to the skin. Begin with medium setting on the heating pad, and then proceed to higher temperatures if comfortable for a total of 30 to 60 minutes.
- The skin may be cleansed afterward using a solution made from two teaspoons of baking soda dissolved in a quart of water or warm gently soapy water.
- Store the flannel pack in a plastic bag or container in the refrigerator for future use. Upon subsequent use, you may need to add a small amount of Castor Oil to bring it back to saturation. Discard after approximately 20 uses or 3-6 months.

***For maximum effectiveness, use with Home Health, Palma Christi or Baar Castor Oil, these are some of the finest cold pressed, cold processed and hexane-free oils available. Contents of Flannel Pack: 100 % white Wool Flannel, Heavy Quality, Unbleached.**

***Warning: Do not apply to broken or irritated skin or areas affected by rashes. DISCONTINUE USE AND CONSULT YOUR DOCTOR IF SKIN SENSITIVITY OCCURS. Avoid contact with eyes. Do Not use it on children or animals. This information and instruction is not to be used to diagnose, treat, or cure any disease.**