

Castor Oil Packs

Castor oil packs have been used in many cultures for the multitude of benefits they provide. Their deep, subtle, and warming effect makes castor oil packs an ideal candidate when both cleansing and rejuvenation. Offer yourself this deeply relaxing and worthwhile practice.

BENEFITS OF CASTOR OIL PACKS

- Supports a comfortable menstrual cycle with a healthy flow
- Relieves stagnation within the pelvis, liver, and digestive system
- Stimulates the natural cleansing process of the tissues and releases toxins for their elimination
- Nourishes and strengthens the reproductive channels
- Helps release deep-seated emotions held in the pelvis
- Provides comfort and a sense of being rooted within the self
- Facilitates lymphatic drainage

THE TECHNIQUE

1. Obtain a piece of cotton flannel or unbleached wool (three layers thick, about one square foot in size).
2. Pour castor oil onto the fabric until the fabric is saturated with the oil.
3. Lying on your back with your head supported and an old towel underneath you, place the fabric over the lower abdominal area covering the top part of the pubic bone up to the naval.
4. Cover the fabric with plastic (a plastic bag or plastic wrap).
5. Place a hot water bottle or electric heating pad (set on low–medium) on top of the plastic layer.
6. Allow the castor oil pack to remain in place for approximately one hour. This is an ideal time to meditate, read, listen to soothing music, or sleep.
7. Remove the castor oil pack. Gently massage your lower abdomen (just above your pubic bone) in small, clockwise, circular motions.
8. Repeat this process at least 5 days a week for a month (discontinue when menstruating), then every other day the second month, and so on until you are doing the technique once a week or on an as-needed basis. NOTE Anticipate your first menstrual cycle after beginning castor oil packs to be slightly heavier. This should then normalize in the following months.

You may store the pack in the refrigerator and reuse the pack. You may need to add more oil to the pack during each use.