



## Castor Oil Pack

Topical Castor oil can be helpful to decrease muscle spasm, inflammation, and to prevent and break up scar tissue. It can also be used to help healthy liver function, menstrual cramping, and irritable bowel spasms.

This pack should not be used on an acute joint or muscle injury but can be used for injuries that are 5+ days old. It is also therapy that can be used safely on children (with supervision).

### Technique:

Apply a thick layer of Castor Oil to the desired area. Cover with a rag or old T-shirt (Castor Oil will stain). Apply a hot water bottle, heating pad, or warm water for approximately 20 minutes. Wipe off any excess oils.

### Additional Tips:

Feel free to add 1-2 drops of your favorite essential oil to your Castor Oil. Lavender or Geranium oils are good choices for relaxation.

You can reuse your rag or t-shirt but it is best to keep it in the fridge. Castor Oil will turn rancid quickly and has a strong odor. An opened Castor Oil bottle should also be kept refrigerated.

**\*\*Please do not fall asleep with a heating pad as significant burns can occur.\*\***