



Castor Oil Packs

Castor Oil packs are use to promote the healing of tissues and organs, and to improve lymphatic drainage and elimination.

Instructions:

Use **organic** castor oil and apply a small quantity to an old cotton t-shirt or flannel cloth.

Cover abdomen with oil soaked cloth then cover with saran wrap or a plastic bag.

Apply heat for 20 minutes (hot water bottle, heating pad or heated rice bag)

Use a glass bottle with hot water and gently press on tender areas.

Breathe into areas with deep abdominal breaths

When finished, cleanse the areas with water. Repeat daily for 5 to 7 days.