

Castor Oil Pack Directions

1) GET RIGHT CASTOR OIL

- Purchase [organic, hexane-free, cold-pressed, 100% Castor Oil](#)

2) GATHER SUPPLIES

- Cotton or flannel "pack" -- you can make this by cutting up an old flannel or cotton t-shirt (or buying fabric) and pile the pieces on top of one another until there's 4 or 5 layers
- Old sheets or towels that you don't mind getting stained (castor oil stains!)- use these to put underneath you and for cleanup when you're done
- Plastic bag & large garbage bag
- Warming pad or microwaveable corn/rice bag

3) SOAK YOUR PACK

- Pour the castor oil over your cotton/flannel multi-layered pack until it is soaked through

4) PREPARE YOUR SPACE

- Take all your supplies to where you plan on relaxing during you treatment
- Book, TV remote, all your supplies + heat, cleanup towels

- Lay down a plastic garbage bag underneath the area you'll be lying, and place towels/sheets on top - you'll be lying on the towels or sheets but the plastic barrier will keep any castor oil from getting under you and staining a couch or bed
- Make sure you're not wearing anything you care about getting stained, and your direct area is also free of fabrics, pillows, etc. that you don't want stained

5) DO YOUR TREATMENT

- Lay down with feet elevated
- Place pack on proper area
 - Women - uterus before ovulation, liver after ovulation
 - Men - Liver
- Place another plastic bag or towel directly on pack, then place heat pad over to create pressure, relax for 30-60 minutes
- Clean up and store your pack for future use in a jar in the fridge (good for 30 uses)
- Do 1-3 or 4 times per week. If new, start at 1 and assess.

*"Drip-free" version: Instead of making a messy pack you can drizzle the castor oil directly on the area (a generous amount) and then place a fabric piece on top, followed by your heat pad. It's not as effective but usually a little less messy and requires no storage of the castor pack.

- Storage: You can store your fabric or cotton castor oil pack in a glass jar inside the refrigerator and use up to 30 times. Replace after 30 uses with new pack.

