

INSPIRED HEALTH

CASTOR OIL PACKS

TO AID IN THE ELIMINATION AND
DETOXIFICATION OF THE BODY

INDICATIONS

The castor oil pack has a variety of applications and is used in many conditions including intestinal disorders, gallbladder and liver conditions, uterine fibroids, non-malignant ovarian cysts, headaches, migraines and constipation.

CONTRAINDICATIONS

Do not use heat with uterine growths, bleeding, pregnancy, ulcers or while menstruating. Do not fall asleep while using an electric heating pad.



SUPPLIES

- Flannel Cloth: cotton or wool
20-40 inches by 24-48 inches
- Plastic wrap: clear kitchen wrap
or plastic bag without ink
- Bath towel
- Hot Water Bottle or Heating Pad
- Storage container: glass 9x9
inch
- Castor Oil: 6 oz

TIP:
Castor oil + flannel is
available for
purchase at our
apothecary!

DIRECTIONS

Pour 3 Tbsp of Castor Oil onto Flannel

- Repeat this 3 Tbsp addition each time you use the Castor Oil Pack flannel, until it is well moistened.
- Then add 3 Tbsp per week.
- Lie down placing flannel directly on skin over the appropriate treatment area
- Over Liver: right side, lower rib cage area
- Over Abdomen: central abdomen
- Over Uterus: lower middle abdomen
- Place plastic wrap that is 1-2 inches larger than flannel, over the flannel to prevent staining of clothes or bedding
- Wrap the towel around body over the flannel and plastic.
- Apply hot water bottle or heating pad over the treatment area
- Keep Castor Oil Pack on for 20-30 minutes. Repeat 3-7 days per week.
- Rest. You may sleep, use visualization, prayer or meditation at this time.
- When finished, place the Castor Oil Pack in the storage container.

HOW IT WORKS

A castor oil pack is placed on the skin to increase circulation and to promote elimination and healing of the tissues and organs underneath the skin. Healthy circulation is required for supportive nutrients to be delivered to the cells, and for waste products and inflammatory factors to be eliminated.

If a castor oil pack is placed over the liver area, it will increase the efficiency of the liver's role in detoxifying the body and will ultimately increase metabolism of inflammatory markers and excess hormones. Thus decreasing inflammation, balancing hormone levels, and increasing circulation!