



Northwest Castor Oil Pack Treatment

Castor oil packs aid in the elimination of and detoxification of the body. They can also serve as a support for local pain or inflammation.

Indications

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

Contraindications

Do not use heat with uterine growths, bleeding, pregnancy, ulcers, or while menstruating. Do not fall asleep while using the 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)
- Storage Container, leak proof
- Bath towel/rag that you don't care about staining.
- Hot water bottle or heating pad
- Two safety pins
- Six ounces of castor oil

Directions

- Choose a container in which to store your castor oil-soaked cloth.
- Pour castor oil onto flannel until it is well moistened.
- Get comfortable, placing flannel directly on skin over the treatment area.
- Wrap the towel around body over the flannel and pin in place if needed.
 - Local placement over a sprain or strain (ie wrist, knee, elbow, etc)
 - Abdominal Pack: Cover the entire area of your belly between your rib cage and your pubic bone.
 - Liver Pack: Cover the area from your collar bone down to the 2 inches below your rib cage on the right side.
 - Pelvic Pack: Cover the area from the belly button down to the pubic bone.
- Apply hot water bottle or heating pad (on medium setting) over the treatment area for at least 20 minutes.
- Rest. You may sleep, use visualization, or meditation at this time.
- You should store the flannel pack in your fridge. This flannel and oil may be used repeatedly for weeks.
- Repeat at least 3 times per week.

Note: For oil stains, wash the material in a solution of 3 tablespoons baking soda + 1 quart of water.

Reference:

Buchman, Dian Dincan, [The Complete Book of Water Healing](#), (Chicago, IL:Contemporary Books), 2002