

## How to make and Use Castor Oil Packs



- Cut a piece of fabric, traditionally wool flannel (an old t-shirt, sheet, towel, etc will do just fine)
- Cut a piece of Saran Wrap big enough to wrap around the area you'll be wrapping
- Cut off the toe of an old sock (only if wrapping an extremity)
- Pour a good amount of castor oil onto the fabric, making sure it absorbs,
- I like to fold rub the fabric together, peel it open- and wrap it around the area
- Wrap the Saran rap around it ( for your knee make sure to wrap it with the knee bent!
- Pull the cut sock over the Saran Wrap to avoid leakage OR Wrap saran wrapped area with cloth ace bandage, scarf, or fabric
- \*Heat is a needed and necessary conduit for activating the healing properties of the oil. Most times I rely on my own body heat, but a heating pad on top of the 'pack' is recommended. -Sleep, or Rest for minimum of one hour
- In the morning wrap the fabric in the Saran Wrap, place in a plastic bag & leave it in fridge ( so oil doesn't go rancid)
- Thoroughly wash the skin removing all oil
  
- \*Repeat for 4 days
- \*Take 3 days off
- \*Repeat for up to three weeks pouring more oil onto the fabric every few days, I also add a few drops of my favorite essential oil onto the fabric....

**“Castor Oil Packs work with our Lymphatic System. They help to support the flow of the lymph fluid and to help any areas that the lymph flow is being sluggish or blocked. Because they stimulate lymph flow they support the healthy functioning of organs, glands, joints, connective tissue, soft tissue and really any cells the lymph flows to which is nearly every cell in our body.”**  
--Edgar Cayce