



## **CASTOR OIL PACK INSTRUCTIONS**

### **SUPPLIES FOR CASTOR OIL PACK**

- Flannel or wool cloth (no dye)
- Castor oil
- Plastic wrap (optional)
- Heating pad

### **HOW TO PREPARE AND APPLY A CASTOR OIL PACK**

- Fold the flannel or wool cloth into 2-4 layers, and a suitable size to cover recommended body area.
- **Location(s):** \_\_\_\_\_
- Apply the castor oil to the specified location and cover with the cloth. Alternative: Soak the pack in castor oil initially in a small glass or plastic container and wring out so it's not dripping excessively.
- Apply pack to area of body you wish to treat. (When repeating procedure simply rub on sufficient castor directly to the area to be treated and apply soaked flannel. If flannel seems to be drying out, add more castor oil.)
- **OPTIONAL:** Wrap plastic wrap around your body at least one full time to cover the pack. This will help decrease the amount of oil that could potentially stain clothes and linen. Wearing an old tightly fitted tanktop or t-shirt can also be helpful.
- Once the pack is on your body, place a heating pad on top of the pack, and turn heating pad on to medium, or high if tolerable.
- **Treatment should continue for \_\_\_\_\_ minutes.** Longer treatments are not harmful, though it is not advisable to fall asleep with the heating pad on. (This may cause loose stool.)
- After the application time is complete, remove plastic wrap and pack. Then fold castor oil saturated cloth up inward on itself within the storage bag. You can wrap the plastic wrap around it and reuse it a few times.
- Cleanse your skin with a thick paper towel. However, if you're really greasy, use water with soap or baking soda. (1 teaspoon baking soda to 1 pint of water)
- The pack can be stored in the refrigerator in a container or another plastic bag if necessary. It can be reused 20-25 times. After this point, it should be replaced.

### **USE OF CASTOR OIL PACK**

Your clinician will recommend the frequency of use. Typically, the castor oil pack is used 1-3 times/day in acute situations, and 1-3 times/week in more chronic situations.

You will do the pack \_\_\_\_\_ times a week.

### **WARNING**

Do not fall asleep while using the electric heating pad.