



WWW.LIVINGWITHELEVATION.COM
1223 SIGMA DR, RAWLINS WY 82301
307-328-5800

How to Make a Castor Oil Pack

Materials Needed:

- Soft, clean, thick material like organic flannel, wool, or cotton (Or can be old clothing that no longer using)
- Castor oil
- Glass bowl
- Hot water bottle or heating pad
- Old clothes that you don't mind getting stained
- Plastic bag
- Large towel

Instructions:

1. Put on your older clothes. (oil may stain clothes)
2. Take your piece of flannel or cotton and place it in the bowl. Then pour enough castor oil over it to saturate.
3. Get your hot water bottle or heating pad ready.
4. Place your towel on a flat surface like a couch, your bed, or the floor. For added protection you can also put down a garbage bag so that your bed or couch won't get stained from any oil that manages to escape the plastic cover.
5. Once you lie down, place your saturated flannel over the affected area of your body.
6. Cover the pack with plastic.
7. Place the heating pad or hot water bottle over the pack and let it sit for at least 45 to 60 minutes. During this time, you can rest or read a book.
8. When the time is up, remove the pack and clean the area with water and a bit of baking soda.
9. You can keep the pack in a plastic bag in a cool place or the refrigerator. (Can keep in a sealed glass jar in one of my kitchen cabinets) Just add another tablespoon of castor oil for the next session.