



Castor Oil Pack Directions for Use

General Directions:

1. Boil or launder flannel to remove impurities which may remain in fabric.
2. Fold at least once to make a pack of appropriate size and saturate with castor oil. (Do not use heat if fever or infecting is suspected!)
3. Position pack over affected area and cover with a piece of plastic and heating pad. A towel may be useful to protect bedding.
4. Allow pack to remain for an hour or more. (Note: avoid falling asleep with heating pad turned on.)
5. After pack is removed, cleanse skin with solution of baking soda and water (1 teaspoon to a pint) if needed.
6. Store in plastic bag or other container in a cool place. Can be reused and cleaned periodically.
7. Use pack daily or on a regular cycle. Example: 2-3 consecutive days a week until results are obtained.

Other suggestions for use:

- ❖ Wrap an ace bandage loosely around the pack and body to hold in place.
- ❖ Use the pack to administer other packs and poultices such as grape, mullein, vinegar and salt, Glycol-Thymline and Epsom Salts.
- ❖ Meditate, pray, read inspiration material and think positive thoughts while using your pack.

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