

Castor Oil Pack Instructions

General Instructions

Prepare 2 layers of cotton flannel. Fold or cut the cloth creating a 2-layer pad (on average, about 6"x 8" per sheet) to cover the area to be treated. For example, to use a castor oil pack over the abdominal area, the size of the flannel cloth would be 8 inches long by 8 inches wide (2 sheets thick). The packs can be smaller or slightly larger (up to 12"x 10".)

Cut a plastic sheet. Cut a plastic sheet a little larger than the flannel cloth. The plastic is used to protect the heating pad from getting oily. A plastic garbage bag or grocery bag works fairly well, but it is best to avoid using the side of the plastic grocery bag that has printed ink.

Saturate cloth with castor oil. Place the flannel cloth on top of the plastic sheet. Then saturate it with castor oil (pour the oil over the cloth in a back and forth motion, then fold in half and smooth over the surface of the cloth making sure to spread the oil evenly.) The cloth should be wet but not dripping. The saturated cloth should then be placed directly on the area you are going to pack with the plastic sheet on top of it. Your plastic sheet should cover the entire exterior of the flannel, since castor oil is likely to stain any fabric it touches.

Place heating pad over plastic sheet. Then, place a heating pad over the top of the plastic sheet on a medium setting, or higher if it is comfortable. The heat will promote absorption, increase circulation, and help the body to relax. This is generally left in place for approximately 60 minutes (up to 1 ½ hours.) You may place a bath towel over the top of the heating pad to help hold in the heat and an elastic bandage or belt to hold the heating pad in place. **Caution:** Heat should not be used in conditions where it is normally contraindicated, such as a fever, appendicitis, diabetic neuropathy, or over the abdomen during pregnancy. However, the castor oil pack may be used without heat in these conditions.

Wash Off Area. After using the castor oil pack, cleanse the skin using a wash cloth and [Premier Liquid Soap](#) or other non toxic soap. Washing the area helps clear acidic toxins which have been drawn out of the body during the treatment and helps prevent reabsorbing these toxins.

Castor Oil Pack Without Heat. An alternative method is to apply the castor oil pack without heat, using a towel wrapped around the body (with safety pins to hold it in place). This can be left on for several hours.

Do Not Reuse The Cotton Flannel. Because the flannel absorbs toxins and waste products, it is best to discard them after the first use. We do not recommend washing them for reuse either. Any exposure to chemicals in the water, detergent, etc. will be absorbed into the body if reused.

Frequency of Use

General Use

For general use over a specific problem area such as a sore, tumor, aching muscle, etc., use the castor oil packs at least 2 times per week over the targeted area, for 60 minutes (up to 1 ½ hours) per session, for 2-4 weeks. It is best to wait at least 1 day in between a castor pack session.

Specific Organ

If you plan to use a pack for a specific organ such as the kidneys, liver, or abdomen (colon) it is best to do a pack over the area 1-2 times per week for 3 weeks.

Whole-Body Detoxification

For general, whole-body detoxification you want to pack the three key detox organs one time per week for three weeks. Follow this sequence:

- Day 1 – kidneys
- Day 3 - liver
- Day 5 - abdomen

Instructions for Those with Long-term Chronic Illness

If you have been chronically ill for a long time, you have a high degree of toxicity within the body and may have difficulty in eliminating toxins (especially with kidney stones, kidney disease, or kidney failure.) If this is the case for you, it is best if the packs are used for smaller amounts of time (such as 30 minutes per session). As the general condition of the body improves, the packs may be used more frequently and/or for longer periods of time (for 1 to 1½ hours per session).