

# *Castor Oil Packs*

## Blue House Holistic Health



1. Saturate a wool or cotton flannel with castor oil.
2. Apply to your abdomen, from hip bones to ribs.
3. Cover with either a hot water bottle or a heating pad with its cover removed.
4. Wrap an old towel around your body snug.
5. You can further wrap up in an old sleeping bag to protect your sheets or couch from the oil.

Ideally allow 1 1/2 - 2 hours for each treatment but at least 45 minutes. To get the best effects do a pack for 4 consecutive nights (do not do it again for 2-3 nights). Begin the cycle again.

Store the pack in a ceramic bowl or glass storage dish next to your bed. Make it a habit.