



## In Health Naturopathic Medicine – Crystal Hannan, ND

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### CASTOR OIL PACK TREATMENT

Castor oil packs aid in the elimination and detoxification of the body.

#### Indications

The castor oil pack has many applications and is used in many conditions including uterine fibroids, non-malignant ovarian cysts, headaches, migraines, constipation, intestinal disorders, and gallbladder and liver conditions.

#### Contraindications

Do not use heat with uterine growths, bleeding, pregnancy, ulcers, or while menstruating. Do not fall asleep while using the electric heating pad.

#### Supplies

Flannel cloth (cotton or wool; 20-40 inches by 24-48 inches)

Plastic wrap (Clear kitchen wrap or plastic bag without ink)

Glass dish (Square 9 x 9 inch Pyrex or similar container)

Bath towel

Hot water bottle or heating pad

Six ounces of castor oil

#### Directions

- ☞ Choose a glass container in which to store and heat your Castor oil pack.
- ☞ Pour oil onto flannel until it is well moistened.
- ☞ Heat flannel/oil in glass dish in oven or microwave to a comfortable temperature, if desired.
- ☞ Lie down placing flannel directly on skin over the treatment area.
- ☞ Place plastic wrap that is 1-2 inches larger than flannel on all sides over flannel to prevent staining of clothes or bedding.
- ☞ Wrap the towel around body over the flannel and plastic. If using heat, apply hot water bottle or heating pad (on medium setting) over the treatment area.
- ☞ Rest. You may sleep, use visualization, or meditation at this time. (30-60 minutes)
- ☞ You may replace the flannel pack in the glass container and store in refrigerator. This flannel and oil may be used for up to 6 months.
- ☞ To clean off the oil, wash skin or towel in a solution of 3 tablespoons baking soda/quart of water.

#### Reference:

Buchman, Dian Dincan, The Complete Book of Water Healing, (Chicago, IL:Contemporary Books), 2002.