

Castor Oil Packs

Castor oil packs offer multiple benefits, they can support the immune system increase lymphatic circulation, increase blood flow and circulation and eliminate stagnation, help with pain, inflammation, swelling, cysts, fibroids, adhesions & breaking down scar tissue, constipation, endometriosis, haemorrhoids, pelvic congestion, fibrocystic breasts, period pain and detoxification. Castor oil packs are a great option for liver detoxification. In our modern society we are bombarded by chemicals on a constant basis, it is easy for the liver to become overwhelmed. Castor oil is a very effective way to assist the liver to flush out some of the toxins and old hormones they need to eliminate. I love these, they are good for so many things. And the added benefit is that doing castor oil packs, you need to take some time out regularly to care for your body, listen to it and give it some love. It's a great opportunity to also build in some relaxation or meditation techniques.

When doing any new treatment, it is always best to listen to your body. Firstly, do a small skin patch test for 24 hours with castor oil before commencing, just in case. If you start to feel uncomfortable during the time the pack is on, remove it. If your body requires significant detoxification or you are very sensitive it can take some time to work up to having it on for an hour, so the first few times only leave on as long as you are comfortable (it may only be 15 mins) and then increase the time slowly, always listening to your body. Though it is rare, occasionally some people will get some cramping and diarrhoea even from topical application of castor oil

It is generally not advised to use castor oil packs during menstruation or if you have diarrhoea. If you are actively trying to conceive, use only during the first part of your menstrual cycle, from the end of menstruation until the time of ovulation. The benefits of castor oil packs are seen when they are done regularly. Aim for 3 to 4 times per week. If you are actively trying to conceive and can not do them for the second half of your cycle, try and do 4 to 5 times per week in the follicular (pre ovulation) phase of your cycle.

How to Do a Castor Oil Pack

Materials:

Castor Oil (good quality, organic & cold pressed is essential)
approx 90cm Flannel or thick cotton fabric (organic, you don't want formaldehyde getting in and undoing all your hard work!)
2 x Old bath towels (castor oil stains, so don't use anything good!)
an old, stained t-shirt
Hot water bottle (or heated rice pack, or heating pad)

Directions:

1. Soak your flannel with warmed castor oil. You can warm it in the oven or stove, just to be warm enough to apply to the skin without discomfort. I tend to cheat a little and just keep it room temp, then pop my flannel on to the hot water bottle while I am getting organised to warm it up a bit before applying it to my skin.
2. Fold fabric in half and it should be about the size appropriate to cover the area you wish to apply the pack to, and be double thickness.
3. Apply to the area, this may be lower abdomen or liver, or occasionally lower back.
4. Get yourself comfy, lying down on one of the towels. You're going to be here a while, so settle in.
5. Apply hot water bottle or rice pack over area and cover with a towel to keep heat in.
6. Leave pack on for 45-60 minutes (or shorter time if you are sensitive or find it uncomfortable).
7. When finished, roll up your fabric & place in a jar. & pop it in the fridge You can re-use the fabric for a month or two, add more oil when you need to to keep it saturated. Replace fabric when it changes colour, or starts looking or smelling not so fresh.

8. You can wash your skin with soap and water to remove the very sticky castor oil, or you can pop an old t shirt over the top and go to bed, the rest will be absorbed overnight continuing the good work you started with the pack.