



Quick Version of a Castor Oil Pack

This version of using a castor oil pack is much easier, quicker, and less messy! As with any external application, discontinue use if itchiness or redness on the skin occurs. Contact your practitioner with any questions.

- 1) Warm 1 oz or more of the castor oil in a double boiler, do not warm castor oil in the microwave.
- 2) Drizzle the warmed castor oil directly onto the cotton/wool flannel or directly onto skin. Draw a pretty design if you'd like, adding your healing intentions.
- 3) Fold cloth in half and rub oil into the cloth or spread evenly over skin.
- 4) Place the cloth/flannel over abdomen or other body part and cover with a hot water bottle (natural rubber preferred) or microwaveable rice pillow. If using heating pad, do not leave it on to fall asleep with!
- 5) Leave for 20 minutes to an hour.
- 6) To clean your cloth after use, run thru hot water, rub in baking soda, wash with your next warm/hot wash.

If you are doing a series, you can re-use the cloth by placing it in a plastic zip lock bag and keep in a cool, dry, dark place or in the refrigerator. Do not re-use if there is any sign of discharge or body fluids on the cloth. If doing a series every other day for one week, wash the cloth after this series. Castor oil does go rancid, so check by smelling the oil or your cloth for rancidity.

A castor oil pack is great before or after doing your Arvigo self care massage. You can also do a pack over a sore, tight sacrum. There are many stories of people getting relief from achy joints and swelling soft tissue by massaging a thin layer of oil directly onto the area before bedtime. A pack can also help with liver detoxification and a sluggish gallbladder.