

Hirai Health Services
403-276-5756

CASTOR OIL PACKS

SUPPLIES REQUIRED:

1. *High quality pesticide-free castor oil.*
2. *Wool or cotton flannel. Make it at least 10 cm larger than the affected area that you need to treat with the castor oil pack.*
3. *Hot water bottle or heating pad for heat to help the castor oil sink deep into the tissues.*
4. *Saran wrap to wrap around the area being treated to hold the castor pack tight against the skin.*
5. *Towel to cover the area to hold the heat in.*

DIRECTIONS:

1. *Put oven on to 150 degrees Fahrenheit (66 degrees Celsius).*
2. *Soak the wool or cotton flannel in the castor oil. Really mix the oil deep into the flannel so it is soaked thoroughly. It should give you some oil on your fingers if you touch the flannel briefly.*
3. *Place the castor oil soaked flannel in a glass baking dish.*
4. *Put in the oven that is now heated to 150 degrees Fahrenheit. It should be heated thoroughly within about 20 to 30 minutes. Make sure to check how hot it is by gently touching the pack to your wrist so that you do not BURN yourself!*
5. *Get your bed or wherever you are going to lie down with the castor oil pack on, ready by covering the area with either old towels or plastic to protect the area from being covered with castor oil.*
6. *Get either your hot water bottle or your heating pad ready to use. Make sure the heating pad that you use has an automatic shut off after a certain amount of hours so that you don't burn yourself.*
7. *Once the pack has heated thought properly apply to affected area making sure that it is not too hot. After the castor oil pack has been applied to the area then put saran wrap around the whole pack, apply the towel over top the area and place the hot water bottle or heating pad on top of the towel. Then lie down. Leave it on for at least 30 minutes to 60 minutes.*
8. **Please note:** *If you do get castor oil on anything you will need to use baking soda in your wash water along with the laundry soap to get the castor oil out of the towels or sheets or clothes. About 1 cup per load should be sufficient.*