



CASTOR OIL PACK

Materials:

- ◆ Castor oil - cold pressed is preferred over refined
- ◆ Flannel cloth - wool is preferred over cotton unless unavailable or allergy exists
- ◆ Saran/plastic wrap – plastic sheet – medium thickness
- ◆ Electric heating pad
- ◆ Bath towel
- ◆ Two or three safety pins

Procedure:

Fold a soft flannel cloth into three to four thicknesses so that it is large enough to cover the area being treated. Prepare a slightly larger plastic wrap layer as well. Place the cloth on top of the plastic wrap and saturate the flannel with castor oil. It should be wet but not dripping. The saturated cloth should then be placed on the _____ with the plastic wrap on top. Then, if indicated, a heating pad (or heated towel) is placed over the top of the plastic wrap on either a “medium or high” setting but not so high as to cause burning. The heat will promote absorption of the oil and soothe the intestines. This is generally left in place for approximately _____ min. NOTE: the heat should **not** be used if an internal abscess or appendicitis is suspected.

Another option is to apply the pack without heat using a towel wrapped around the body to hold the pack in place. Once pinned, the towel wrap can be left on overnight or for a 24-hour period. An overlapping of the towel and plastic wrap will help to insure that the castor oil does not stain your linens.

Afterwards, the skin should be cleaned with a solution containing 2 teaspoons of baking soda in one quart of water. The pack itself may be used repeatedly and can be stored in a plastic container between uses. It should be washed periodically, especially when it appears soiled.

Frequency: 1 2 3 4 5 6 7 consecutive days per week. Much of the time the packs are on a cyclic basis with rest periods in between.