



Raina Monet Lasse

LISTEN. UNDERSTAND. HEAL.

Castor Oil Packs

Great for your liver, lymphatic circulation, and gastro-intestinal immune health....

Saturate a folded piece of flannel (folded to approx. 8 x 10 inches, 4 layers thick). With a new flannel you can begin the saturation process by just drizzling some on with each use; it will soak in and eventually it will be saturated. Over time, it should be fully saturated but not drippy.

Fill a hot water bottle with hot tap water. Sometimes it helps to preheat the bottle by filling it with hot water and letting it stand one minute. Pour out that water and refill. Place flannel against abdomen, then put hot water bottle on top of that.

Relax, breathe, do positive visualizations, read, etc.

When finished, place flannel in a designated container (or on a plate, or a glass Pyrex container with a lid, NO PLASTIC!). It can remain at room temperature. Before each use pour a quarter-sized dollop of new oil onto the pack. Rub excess oil into abdomen after each use.

Use the castor oil pack for 30-45 minutes per day, 4-7x/week. Do not use during menstruation.

A word of caution...castor oil will stain! I suggest sacrificing an old t-shirt to be your "castor oil shirt" and always wear that while doing the pack. Fleece bathrobes also work well.

Enjoy this classic Naturopathic treatment!

Dr. Raina Lasse, ND