



USHA HONEYMAN,
D.C., N.D., DABCI

*Chiropractic Internist
Naturopathic Physician*



1368 NW Lincoln Ave.
Corvallis, OR 97330
541-754-6323

Regain your body's potential.



Gentle hands-on treatment.

Castor Oil Pack Treatment

Castor Oil Packs aid in elimination and detoxification of the body. Additionally, castor oil has an antispasmodic effect, and promotes relaxation.

Contraindications

Do not use heat with: ulcers, bleeding, uterine growths, or pregnancy. If you choose to use a heating pad do not fall asleep with it.

Supplies

Flannel (cotton or wool) the large enough to cover belly from ribs to hips with 2 or 3 layers.

Plastic wrap (no ink) sized to cover belly and slightly larger (1 or 2 inches) than the flannel.

Bath towel

tight fitting T-shirt, choose one you don't mind getting stains on

Castor Oil, 6 to 8 oz bottle

Hot water bottle or heating pad - Optional

Directions:

- lay out bath towel on flat surface.
- center plastic wrap on the towel
- center flannel on plastic wrap
- saturate flannel well with castor oil, but not so much that the oil will drip off the flannel.
- Invert this stack onto your belly. Castor oil saturated flannel should be against your skin. Wrap the towel around your torso.
- put on the T-shirt to hold the pack in place
- you may sleep all night with the pack on, or keep it on for 45 minutes while you rest, meditate, read, etc.
- store the castor oil saturated flannel in a glass container. I find a quart jar works well. The same flannel may be reused for many weeks.
- To get the castor oil off your skin, use a solution of baking soda, 2 teaspoons per cup of water.
- Caution, castor oil stains things. I recommend dedicating a T-shirt and towel just for your castor oil pack use. If you sleep in the castor oil pack, be sure the flannel is well covered if you don't want castor oil on your bed sheets.

If you wish you may warm the pack first or while it's on your belly, using a heating pad, hot water bottle, or by placing it in the oven first.