

Castor Oil Pack



LOVE YOUR CENTER
The Arvigo Techniques of Maya Abdominal Therapy®

SUPPLIES NEEDED

1. High quality cold-pressed castor oil – roll-on or in a standing bottle (can find at New Season's, Portland area co-ops and online)
2. A hot water bottle or heating pad
3. One foot square piece of wool or cotton flannel or an old t-shirt

INSTRUCTIONS

1. Roll castor oil over abdomen or instructed area. (Your liver is on the right side of your abdomen just below your ribs). If you did not purchase roll-on castor oil, apply castor oil very lightly over your abdomen. You should use no more than a dime-size amount per application. Quantity is the key to successful experiences. If you use too much, it will not soak into your skin and will feel messy.
2. Place your fabric on top of the oiled area.
3. Have a hot water bottle ready and put that on top of your belly. If it is summer time, this step is not necessary.
4. Relax for 20-40 minutes or as recommended
5. For maximum effectiveness, do castor oil packs nightly but at least 4 nights each week.

QUICK & DIRTY METHODS

1. Apply castor oil to your abdomen and put on an old t-shirt you don't mind staining. Go to bed and wear it all night. The oil will be absorbed through your skin during the night, and you should wake up without any on your skin. Be careful to not apply too much or you will likely stain your sheets.
2. Apply castor oil in the shower (at the beginning of your shower). Rinse off at the end. You will need to scrub it off well.

These instructions were generously provided by Dr. Ariel Touchet, ND, LAc. To learn more about castor oil packs, please visit flowerhandwellness.com.



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