



Castor Oil Packs

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Castor Oil Pack Treatment

Castor oil packs aid in the elimination and detoxification of the body. Castor oil packs have been used in many cultures for the multitude of benefits they provide. Their deep, subtle, and warming effect makes castor oil packs an ideal candidate when both cleansing and rejuvenation of the reproductive system are desired! Offer yourself this deeply relaxing and worthwhile practice.

INDICATIONS

The castor oil pack has many applications and is used in many conditions including uterine fibroids, non-malignant ovarian cysts, headaches, migraines, constipation inflammation, intestinal disorders, and gallbladder and liver conditions.

BENEFITS OF CASTOR OIL PACKS

- Supports a comfortable cycle with a healthy flow
- Relieves stagnation within the pelvis
- Stimulates the natural cleansing process of the tissues and releases toxins for their elimination
- Nourishes and strengthens the reproductive channels
- Helps release deep-seated emotions held in the pelvis
- Provides comfort and a sense of being rooted within the self

CONTRAINDICATIONS

Do not use heat with uterine growths, bleeding, pregnancy, ulcers, or while menstruating. Do not fall asleep while using the electric heating pad.

SUPPLIES

- Castor oil roll on
- Flannel cloth (cotton or wool; 20-40 inches by 24-48 inches)
- Glass dish (Square 9 x 9-inch Pyrex or similar container)
- Bath towel
- Hot water bottle or heating pad
- Two safety pins

THE TECHNIQUE

1. Obtain a piece of cotton flannel or unbleached wool (three layers thick, about one square foot in size).
2. Pour castor oil onto the fabric until the fabric is saturated with the oil.
3. Lying on your back with your head supported and an old towel underneath you, place the fabric over the lower abdominal area covering the top part of the pubic bone up to the naval.
4. Cover the fabric with plastic (a plastic bag or plastic wrap).
5. Place a hot water bottle or electric heating pad (set on low-medium) on top of the plastic layer.
6. Allow the castor oil pack to remain in place for approximately one hour. This is an ideal time to meditate, read, listen to soothing music, or sleep.
7. Remove the castor oil pack. Gently massage your lower abdomen (just above your pubic bone) in small, clockwise, circular motions.
8. Repeat this process at least 5 days a week for a month (discontinue when menstruating), then every other day the second month, and so on until you are doing the technique once a week or on an as-needed basis.

NOTE

Anticipate your first menstrual cycle after beginning castor oil packs to be slightly heavier. This should then normalize in the following months. You may store the pack in the refrigerator and reuse the pack. You may need to add more oil to the pack during each use.