



Castor Oil Pack

Ingredients

Castor Oil
Soft cloth big enough to cover low abdomen
Hot water bottle/heating pad
Wax paper
Towel

Instructions

Gently warm 1-2 tbsp castor oil in a skillet. *Do not let it boil.* Remove from heat, add 2-3 drops of essential oil if desired (lavender, frankincense, or myrrh are lovely) and soak up the oil mixture with your piece of cloth. Check the temperature first (cool until you can tolerate it on your skin) and place the oil-soaked cloth over your low abdomen. Cover the cloth with a piece of wax paper, and cover that with a towel and then put a hot water bottle or heating pad over the towel. Leave the pack on for at least 20 minutes. Some people like to wrap it on & leave it overnight. The cloth should be saturated but not dripping heavily or super-messy. Use less oil if necessary.

Notes

A Nalgene bottle filled with boiling/really hot water works well as a hot water bottle. Purchase castor oil at your local health food store or in most regular pharmacies (in Health & Beauty Section, usually). For your "soft cloth", flannel is an excellent choice. You may also use an old t-shirt, a bandana, etc.

If you are trying to conceive, only use the castor oil pack between menses and ovulation. Do not use the pack after ovulation!

The important thing is this: To be able at any moment to sacrifice what we are for what we could become.

- Charles Dickens

