

# CASTOR OIL PACK

## REQUIRED ITEMS

1. Castor Oil
2. Flannel
3. Water Bottle (optional)
4. Plastic

## METHODS

### Option (A)

1. Fold flannel twice so that it is three layers thick and approximately 3" x 6" {75mm x 150mm}
2. Soak flannel in warm castor oil.
3. Place flannel over area to be treated (ask your health care provider to show you the area they desire treated).
4. Place plastic over flannel (to prevent staining of linens and clothing).
5. Leave flannel soaked in castor oil in place for between 30 minutes to 2 hours.
6. While treatment is being applied, rest comfortably.

### Option (B)

1. Soak flannel in castor oil.
2. Wrap flannel around a hot water bottle.
3. Place flannel (and water bottle) over area to be treated (ask your health care provider to show you the area they desire treated).
4. Place plastic over flannel (to prevent staining of linens and clothing)
5. Leave flannel soaked in castor oil in place for between 30 minutes to 2 hours.
6. While treatment is being applied, rest comfortably.

NOTE: Any oil that discolors linens or garments can be removed by washing with baking soda

