

BONUS PRACTICE

CASTOR OIL PACKS

CASTOR OIL PACK THERAPY

I've been using castor oil packs for over 15 years, and I truly love them.

Castor oil and its applications date back to ancient Egypt, where it was considered sacred and used for a wide range of ailments. Today, castor oil packs are used to support the immune system, promote lymphatic flow, enhance liver function and detoxification, support reproductive health, and reduce pain and inflammation. Castor oil packs are incredibly relaxing—which is healing in itself.

One study

Showed that 2-weeks of castor oil packs led to improvements in liver enzymes and cholesterol levels.

Another similar study

Another study showed that Castor oil packs increase T-cell lymphocytes which can identify and kill viruses, fungi, bacteria, and cancer cells.

Another study

This study found that using castor oil packs helped older adults have smoother, more comfortable BMs, with less strain and better formation – always a win!

Warning: Honestly, the whole process is a bit of an ordeal—the oil is sticky and can stain, so you need to be in the mood, set up properly, and get into it. But if you're willing to take the time, these treatments are definitely worth the effort in my opinion. Extremely relaxing and healing!

OVERVIEW

Castor oil packs involve applying a cloth soaked in castor oil to the skin, adding heat, and allowing the oil to absorb for about 60 minutes. This practice offers a wide variety of benefits—both scientifically studied and slightly... magical.

INTEGRATED INTO YOUR PROGRAM

I want you to use the castor oil packs at least three times a week, though you can use them every night if you like. You can do an hour in the evenings, or sleep with them on. Rotate between the TARGETED AREAS BELOW. They will support circulation, reduce inflammation, and gently assist your body's detox pathways.

CONTINUED USE

Castor oil packs are also powerful stand-alone treatments, so feel free to continue using them after your program. For long-term detox support, 2-3 times a week is ideal, alternating between the belly and liver areas.

MATERIALS

- Organic Castor oil - about 50-60 ml per treatment
- A piece of cotton flannel, wool cloth, or soft, absorbent fabric- a small face towel or even an old t-shirt can work
- Plastic wrap - to protect clothing and surroundings
- Hot water bottle or heating pad
- Old towel to protect bedding - precautionary
- Storage container with lid - to keep your soaked cloth for next time

BUILD YOUR OWN OR BUY ONLINE



With the increased popularity of castor oil packs, you can of course buy all the bits, or full kits, online. I actually find the kits (like the one shown on the right, wrapped around the woman) to be really helpful and make the whole process faster.

HOW TO

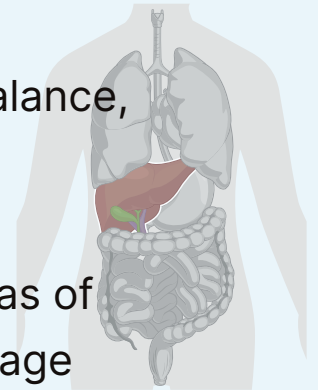
1. **Soak the cloth:** Pour castor oil onto your cloth until it's soaked but not dripping.
2. **Apply the pack:** Lay the soaked cloth on the area you want to treat—be careful not to drip as it can stain.
3. **Secure with plastic wrap:** If you're 'building your own' pack, use plastic wrap to keep everything in place and prevent spills.
4. **Add heat:** Place a hot water bottle or heating pad on top to help the oil absorb.
5. **Relax and let it work:** Get comfortable and relax for 30-60 minutes, or even overnight, letting the warmth and oil work their magic.
6. **Clean up:** After the treatment, store the cloth in a container with a lid to use again next time.

Targeted Areas

BELLY – Supports digestion and elimination.

LOWER BELLY, UTERUS – Supports menstrual balance, hormone health, and uterine support.

NECK & UPPER SPINE – Especially helpful for areas of compression. Applying the pack here can encourage circulation, calm inflammation, and help soften tension in the muscles that often tighten around the neck and spine. Place the pack so it covers the base of the neck and upper spine, (Or where you feel pain obviously) and rest in a comfortable position, allowing the warmth and oil to penetrate deeply.



LIVER – Aids detoxification. To target the liver, lie on your left side and place the pack over your right side, just below the rib cage. Stay in this position for 30–60 minutes, using pillows to keep you comfortable.

Detox Support

The liver is a key organ to support, as it's central to the body's natural renewal and detoxification. If you've carved out some time for yourself to truly retreat and heal—without a full schedule of obligations—castor oil packs are a perfect self-care practice to support your liver (and nervous system). They can easily be incorporated into your program, especially with the leftover castor oil. I hope you give them a try!