



## Castor Oil Packs

Castor oil packs are hugely beneficial to help break down scar tissue, ease menstrual pain, aid circulation by bringing healthy blood flow to the womb, drawing out toxicity, ease endometriosis, and blockages in the fallopian tubes.

You'll need:

- Castor oil
- A flannel/muslin/small cloth big enough to cover your abdomen/lower abdomen
- A pan with a bowl over it to heat the pack
- A large towel
- Smaller towel you'll use only for the castor oil packs
- A heat source – a hot water bottle retains the heat for the longest time

Instructions for making the pack:

1. Place the flannel/muslin/small cloth in a bowl.
2. Put the bowl over water in a pan (bain-marie) and bring it to the boil
3. Pour enough castor oil over the cloth so that it is saturated but not dripping
4. Allow the saturated cloth to heat in the bowl over the water

To use the pack:

1. Choose a time when you can be peaceful, perhaps before bed
2. Place the large towel on the bed (**the oil stains and is very hard to remove**)
3. Lay on your back, place the heated castor oil pack on your abdomen, over your womb
4. Put the smaller towel on top of the pack, followed by the heat source. It should feel very warm, but not hot enough to burn you.
5. The ideal length of time to keep the pack on is 1 to 1 ½ hours, but anything from 20 minutes onwards would be of benefit
6. Relax and enjoy

When to use:

- If you are trying to conceive use 3 times a week for a minimum of 30 minutes, only in the first half of the menstrual cycle (from menstruation to ovulation, but NOT after ovulation)
- Do not use during menstruation as it could encourage a heavier bleed



To re-use:

- Place cloth in a bag/ foil and keep in fridge until next use
- Warm enough castor oil to soak the cloth in the bowl over water again. You'll need less as there will be plenty of oil left from last use.
- Re-use up to 4 times.

Good quality, organic Castor oil can be purchased from health food stores or online.

Enjoy this deeply relaxing experience. It can be lovely time to meditate, or catch up on some reading, so try and keep activity around you to a minimum to allow relaxation of your abdomen.