

# CASTOR OIL THERAPY FOR REPRODUCTIVE HEALTH

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## MATERIALS NEEDED TO PREPARE YOUR CASTOR OIL PACK:

- [One Organic Wool Flannel Cloth](#)
- [Organic Castor oil](#)
- [Heating pad](#)
- Thin towel (one your are okay possibly staining)
- Large towel (to be placed underneath you, so that you don't stain your sheets - avoid getting the oil on your sheets as it will stain)

## WHAT IS CASTOR OIL?

Castor oil is derived from the seeds of the Castor plant (*Ricinus communis*), also known as Palma Christi. Castor oil has been used for thousands of years, dating back as far as 4,000 years, to promote healing in the body, and more specifically, the reproductive system.

## WHAT IS A CASTOR OIL PACK?

A Castor Oil Pack is a cloth soaked in castor oil which is placed on the skin to enhance circulation and promote healing of the tissues and organs underneath the skin.

## 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

## HOW TO USE A CASTOR OIL PACK:

1. Only use this during the first part of your cycle, also known as the follicular stage, which is counted from day 1 of your menses up until ovulation. If you do not know when you ovulate, I suggest using ovulation sticks or using a BBT Chart (preferable).
2. Fold the flannel cloth to make a pack of appropriate size, which fits over your lower abdomen, making sure it covers your entire lower abdomen. Saturate one side of the flannel cloth with castor oil in a medium-sized bowl, making sure it is completely saturated. Be generous with the amount of oil you're using. Make sure oil is fully absorbed into the flannel cloth by massaging and pressing the cloth together.
3. Place a large towel underneath you, so that you do not stain your sheets with the castor oil.
4. Lay down in a comfortable position and place the saturated flannel cloth over your lower abdomen and cover with a thin towel. Then place a heating pad on top, making sure that the heating pad covers the entire area.
5. Allow the castor oil pack to remain in place for approximately one hour, but no more than an hour. This is an ideal time to meditate, read, listen to soothing music or nap.
6. After removing, massage the castor oil into your abdomen and remove excess oil with a towel.

We recommend using the castor oil pack every night, using a fresh application of oil for each session. If you're unable to do it every night, 3-4 times per week is suggested for optimal results. Your follicular stage is approximately two weeks.

*Precautions: Castor oil should not be taken internally. It should not be applied to broken skin. It should not be used during pregnancy, breastfeeding, or during menstruation. If you are actively trying to conceive, discontinue use after ovulation has occurred.*

