



EAST BOCA  
ACUPUNCTURE

## Castor Oil Pack

Castor oil, when applied topically to the skin, has been shown to increase circulation and improve the elimination and healing of tissues and organs.

It is very supportive of the lymphatic system, which helps improve digestion, boost immune function, and reduce swelling and inflammation.

### Castor Oil Benefits:

- General detoxification
- Supports a healthy flow for menstruation
- 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
- Intestinal disorders: constipation, loose stools, poor elimination
- Liver and gallbladder disorders: fatty liver disease, gallstones
- Lung congestion, asthma, bronchitis and during acute colds and flus

### Frequency:

Castor oil packs can be used frequently, up to daily if needed. It is recommended that you begin with applying a castor oil pack for up to an hour.

Generally, when beginning castor oil packs for a chronic condition, begin with every second or third day. For acute conditions (colds and flus, bronchitis, constipation etc), use daily or as recommended by your health care practitioner.

Castor oil **should not** be used in pregnancy, during menstruation, or if you have an IUD.

It is normally recommended that the minimum use should be for an hour each day – for three consecutive days in a week – this frequency and duration may often be exceeded in order to bring better and faster relief. If you know or believe you have a high toxic load then every other day would be better to start with

350 Camino Gardens Blvd. Suite 102  
Boca Raton, FL 33432  
Office: (561) 528-2021  
heatherkoernerlac@gmail.com  
www.eastbocaacupuncture.com



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The most common side effect is a rash that may occur at the site of the pack. This typically usually only occurs during the first few applications of the pack, and may be relieved by using the baking soda wash. Rashes and other reactions are rare, and if they occur they usually indicate that the elimination of toxins is sluggish and the pack should be used on alternate days for the first week of use. Call East Boca Acupuncture if you experience any side effects before continuing.

#### **Traditional Castor Oil Pack Materials Needed:**

- Castor Oil – preferably cold-pressed or expeller-pressed, and hexane free.
- Flannel cloth – wool flannel is preferred, although cotton may be substituted in the case of wool allergy
- Castor Oil Pack Holder – or plastic wrap (you can wrap the pack with saran wrap around you to hold it in place and keep everything in place. Castor Oil STAINS!)
- Hot Water Bottle or heating pad

#### **The Technique:**

1. Get your piece of cotton or unbleached wool and pour castor oil onto the fabric until the fabric is saturated with the oil. (Pro-Tip: Put fabric in ziploc and pour castor oil in so you can saturate it without making a mess. It STAINS!)
2. Lying on your back with your head supported and an old towel underneath you, place the fabric over the lower abdominal area, liver, or other areas you are working on. If you are working the reproductive area make sure you are covering the top part of the pubic bone up to the naval.
3. Cover the fabric with plastic (a plastic bag or plastic wrap). [Pro-Tip: Saran wrap is a great way to keep everything clean and contained]
4. Place a hot water bottle or electric heating pad (set on low–medium) on top of the plastic layer and allow the castor oil pack to remain in place for approximately one hour. Use this time for self-care. Ideally, you will do something restful like: reading, listening to soothing music, a guided meditation on youtube, or sleep.
5. Remove the castor oil pack. Gently massage your lower abdomen (just above your pubic bone) in small, clockwise, circular motions.
6. Clean off. You can use baking soda in the shower to help get the oil off if you're having trouble.
7. Repeat as directed.

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