



# Castor Oil Pack 101



## 1. Castor Oil

Buy a high quality castor that comes in a glass bottle. Castor oil contains ricinoleic acid which has anti-inflammatory properties. My favorite is Queen of Thrones Castor Oil.

## 2. Make your pack

Either make your own pack or purchase one that can wrap around you made with organic cotton or wool as the piece that is on your skin. If you purchased mine thank you!



## 3. Apply your oil & pack

Using a roller or out of the bottle add 1-2 tsp either on your skin or the organic cotton or wool. You can apply it to any area of the body but most use it on the abdomen/liver. Once the pack is on and apply a heating pad. ✨ Make sure it's not too hot.



## 4. Rest

Rest. I like to do this at night an hour before bed but whenever you can find time to rest for at least 20 min to an hour do it. You can sleep with this on but I recommend laying a towel down because castor oil will stain clothing and sheets.

## 5. Tips

- For best results do this 3 days in a row each week.
- Not recommended while on your period, pregnant or breastfeeding.
- Castor oil will stain so wear appropriate clothing or lay on a towel. Your pack will get stained and that's ok it's what it's made for.
- Make sure your detox pathways are open and you are pooping daily.



# Castor Oil Pack 101

## cont.

### How to wash

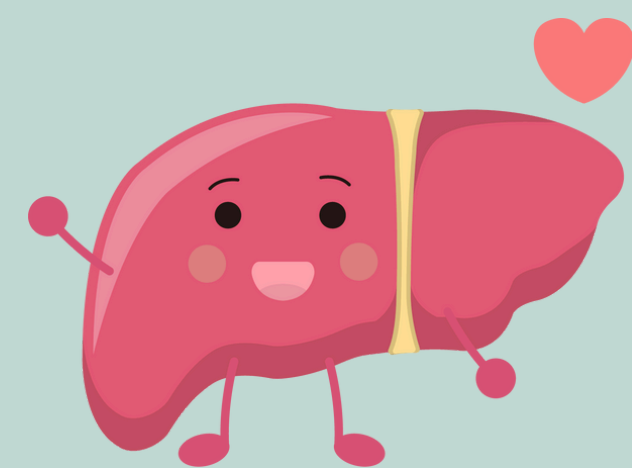
Depending on how much you are using it you can wash once a week or once a month. To wash, sprinkle some baking soda on the pack then add a little unscented gentle soap to it. Scrub and rinse thoroughly with hot water. Let air dry. You can machine wash just be sure to wash it alone so it doesn't stain any other clothing. Still do the baking soda process even if you plan to machine wash.



### Benefits of Castor Oil Packs

When placed on the skin the benefits of castor oil packs include:

- enhance circulation
- promote healing of the tissues and organs underneath the skin
- improve liver function
- relieve pain, reduce cramps and menstrual related ailments
- reduce inflammation
- improve digestion



### Additional Info

- They are safe for most ages.
- Be sure to drink plenty of water to help with the detox process.
- The Wellness Mama had a great blog here: <https://wellnessmama.com/remedies/castoroil-packs/>
- <https://intjnm.com/evidence-for-the-topical-application-of-castor-oil/>



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# Thank You!

## The Back Story

I made this castor oil pack originally for myself as all others were big and bulky and not comfortable for me. As a hormone specialist, and avid user myself, castor oil packs are always a great tool for me to recommend to my clients.

Once I started sharing it with others they too liked the design and requested I make one for them. So, I got busy and started making them for others. The original one was just leftover fabric I had but once I started making them I was excited to go shopping. For the fabric to wrap around and still be comfortable and available for most sizes, I used a soft stretchy fabric made of rayon, polyester, and spandex. While I would love to find a minimally processed fabric, the availability and cost are just too high to make this wrap an affordable option. But I am always looking so there may be a bamboo option in the near future.

The part that touches your skin with the castor oil is organic cotton flannel. There are 3 layers for absorbency. I can make ones with wool but the cost again goes up.

I do want you to note that castor oil does stain and after a few uses you may notice oil stains on your wrap. It's totally ok because it's being used for just that purpose- to contain the oil. If you decide to wear it under clothing or to bed may I suggest you designate a shirt while you wear it and or lay on a towel down just in case to not get your sheets stained by the oil.

I hope you enjoy your new castor oil pack.

XOXO,

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