

CASTOR OIL PACK

REQUIRED ITEMS

- 1. Castor Oil**
- 2. Flannel**
- 3. Water Bottle (optional)**
- 4. Plastic**

METHODS

Option (A)

- 1. Fold flannel twice so that it is three layers thick and approximately 3" x 6" {75mm x 150mm}**
- 2. Soak flannel in warm castor oil.**
- 3. Place flannel over area to be treated (ask your health care provider to show you the area they desire treated).**
- 4. Place plastic over flannel (to prevent staining of linens and clothing).**
- 5. Leave flannel soaked in castor oil in place for between 30 minutes to 2 hours.**
- 6. While treatment is being applied, rest comfortably.**

Option (B)

- 1. Soak flannel in castor oil.**
- 2. Wrap flannel around a hot water bottle.**
- 3. Place flannel (and water bottle) over area to be treated (ask your health care provider to show you the area they desire treated).**
- 4. Place plastic over flannel (to prevent staining of linens and clothing)**
- 5. Leave flannel soaked in castor oil in place for between 30 minutes to 2 hours.**
- 6. While treatment is being applied, rest comfortably.**