The castor oil pack

A traditional naturopathic therapy for liver, lymph, and calm.

Castor oil packs are a traditional naturopathic therapy used to support the liver, lymphatic system, and digestive organs. Applied with gentle warmth over the abdomen, they can help stimulate circulation, encourage lymphatic movement, and support relaxation of the nervous system. Many people also experience improved digestion and a sense of deep calm after using them.

What you will need

- Organic cold-pressed castor oil*
- A castor oil wrap* — or a piece of cotton flannel large enough to cover the abdomen, an old towel to protect clothing or bedding, and some plastic wrap
- A hot water bottle or heat pack

How to prepare the pack

- **1.** If using a cloth, fold it to fit comfortably over the abdomen or liver area (right side, under the rib cage). If using a wrap, skip this step.
- **2.** Saturate the wrap or cloth with castor oil — well soaked, but not dripping.
- **3.** Place it directly on the skin over the abdomen or liver area.
- **4.** Secure it. If using a cloth, cover with plastic wrap or a towel to protect clothing and bedding.
- **5.** Place the hot water bottle or heat pack on top.
- **6.** Relax, and leave the pack in place for 30 to 60 minutes.

When to use it

Packs are often most beneficial in the evening, as the body shifts into rest-and-repair mode — while lying down, reading, or resting before sleep. During the detox you may use them:

- 2 to 4 times per week
- In the evening, after dinner, or all night
- As part of a relaxation ritual before bed

After the pack

Remove the cloth and gently wipe the skin with a warm, damp cloth if needed. The same cloth can be reused many times — store it in a glass container or sealed bag between uses.

> *Use the packs consistently rather than intensely. Gentle and regular beats heroic and occasional.*

** See the Nutrition & Naturopathy Guide for product recommendations.*