

Castor Oil Packs

WHAT THEY DO

Like Acupuncture, Castor Oil Packs help increase blood flow. They also help break up adhesions, making them perfect for period pain, Endometriosis or Adenomyosis.

WHEN TO USE

Do Castor Oil Packs daily for 20 mins. Do this after your period until ovulation if you're trying to conceive. Only continue after ovulation if you're not possibly pregnant.

DO NOT use Castor Oil if you are on blood thinning medication or have bleeding disorders like Hemophilia

HOW TO DO THEM

1. Get a hot water bottle or heat pack ready – just not too hot!
2. Wrap it in plastic wrap so the oil absorbs into your skin not the heat pack
3. Have paper towel or a warm face washer on hand
4. Rub on a 10–20c piece sized amount of castor oil on your lower tummy, 4 fingers below your belly button, from hip point to hip point. this will cover the 3 Acupuncture points below
5. Leave on for 20 mins then wipe or shower off
6. Can be done with cupping. Best done with a meditation/Yoga Nidra for total relaxation

