



KIN MEDICINE GUIDE TO CASTER OIL PACKS



Supplies

- Castor oil from the health food store (make sure the label says "hexane free")
- Large (12"x27") piece of unbleached natural wool or cotton flannel
- Old bed sheet and old towels
- Heating pad or hot water bottle
- Quart-sized glass mason jar
- Tongs

Instructions

- Fold your large (approximately 12"x27") piece of flannel into thirds to make three layers.
- Place folded flannel in the large mason jar and add a few tablespoons of castor oil, giving the oil time to seep in. Continue to add castor oil a few tablespoons at a time until the cloth is thoroughly soaked.
- Castor oil can stain so be aware of your surroundings and cover any surfaces (bed, chair, etc.) with old sheets or towels.
- Plug in heating pad or fill hot water bottle.
- Carefully remove flannel from jar with tongs and place over liver.
- On top of the flannel place a towel.
- Relax for 30-60 minutes. You can practice deep breathing, meditate, listen to a podcast or just close your eyes and let your mind wander.
- After the desired time, remove the pack and return the flannel to the glass container. Store in the fridge.
- Use a natural soap to remove any castor oil left on the skin.
- Drink some water or tea to help you stay hydrated after doing this to support detox.

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