



Chiropractic Applied Kinesiology Vitamins Herbs
Homeopathy Health Education Classes

BOZEMAN WELLNESS CENTER

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Chiropractic Physician
Professional Applied Kinesiologist

Castor Oil Packs

Castor oil packs help to improve blood flow, which helps healing. The oil can be purchased at a health food store or drug store.

Take a cotton cloth and soak it in castor oil. Place the cloth directly on the skin (in the area recommended by your doctor). Place a blanket or towel over the area. Place a hot water bottle or heating pad over the towel. Leave on for 20 minutes

After the treatment, you can clean your skin with a solution of two teaspoons of baking soda dissolved in one quart of water.

Remember to wear old clothes and use old towels, as the castor oil will stain.

Packs should not be used when menstrual bleeding is heavy.

The cotton cloth can be kept in the fridge and reused.