

## Cold Castor Oil Pack



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### Equipment Needed:

1. Flannel or Wool Cloth
2. Ice Pack or frozen water bottle
3. 4 - 6 ounces of castor oil

**Indications:** Castor oil is an anti-inflammatory agent and has analgesic properties. It can be used for many situations. Listed below are just a few.

1. Liver Cleansing
2. Inflammation, pain and/or infection if closed
3. Breast Infection and/or plugged milk duct
4. Peptic Ulcers
5. Colitis
6. Prostate or female pelvic problems (apply over low abdomen, groin, medial thighs, and seat area).
7. Arthritis
8. Chest colds
9. Bruising and dark under eye circles

### Procedure:

1. Fold 1 to 2 inch thickness of flannel cloth.
2. Dampen the cloth and pour castor oil onto the cloth.
3. Cool castor oil pack in refrigerator.
4. Place over treatment area
5. Place icepack or frozen water bottle on top. Pack may remain in place 1 - 8 hours. Minimal treatment time is 1 hour.
6. After treatment, if you choose, you may clean off castor oil with soda water prepared by adding one teaspoon baking soda to one pint of cool water. Dip a cloth into soda water and rub skin briskly until thoroughly cleansed.
7. Castor oil pack may be kept up to one year in a plastic container or zip lock bag.

**Directions:** Usually, the castor oil pack in an acute situation is used 1 - 3 times/day. For a more chronic situation the pack is usually applied 1 - 3 times/week.



THE  
SOLINGER METHOD

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