



# How to do a castor oil pack on kids!

## Why castor oil?

Castor oil is strongly anti-inflammatory and pain relieving. Castor oil packs can be used for headaches, migraines, constipation, colic, arthritis, sore joints, aches and pains, warts, menstrual cramps and more. **Never apply a castor oil pack to areas of broken skin.**

## Supplies:

- **Flannel cloth** cut into a square or rectangle, approximately 4 times the size of the area to be treated. Using old flannel pajamas or blankets is ideal. Do not use synthetic fibers.
- **Hot pack.** An electric heating pad is ideal as it evenly distributes heat. Use a microwaveable hot pack or hot water bottle in place of the electric heating pad.
- **Castor oil.** You can find a 6 oz bottle of castor oil at most drug stores and natural health food stores.

## How to do a castor oil pack

1. Fold the flannel cloth twice to fit the size of the area you wish to treat. Soak the flannel cloth completely with the castor oil.
2. Warm the flannel cloth in your hands to body temperature.
3. Place the folded cloth on the treatment area and cover with the electric heating pad or hot pack. To avoid staining your heating pad or hot pack you may want to place another layer of cloth in between the castor oil soaked flannel and your hot pack. Castor oil is quite sticky so be sure to use old play clothes/pajamas/sheets, etc to avoid staining.
4. Treat the area for at least 20 minutes, preferably 1 hour or overnight. Monitor the temperature carefully if you are applying it to a young child. Castor oil packs can be safely used on children of nearly *any* age, but the temperature must be monitored carefully to avoid burning. Stop immediately if your child fusses or cries.
5. Once treatment ends you can store the castor oil-soaked flannel in a container for next time. Simply add a few drops of castor oil to the flannel if it no longer feels moist.
6. To cut the oil, wash skin or towel in a solution of 3 tablespoons baking soda/qt of water.

