

LINDSAY MARTENS, N.D.
Doctor of Naturopathic Medicine

Indications:

- Increase circulation
- Increase lymph drainage
- Increase liver functioning
- Decrease swelling
- Improve digestion
- Improve immune system functioning

Materials:

- Castor Oil
- White flannel cloth, large enough to cover area of application
- Saran Wrap, large enough to cover area of application
- Towels
- Hot water bottle

Method:

- Fold flannel so that it is 2-3 layers thick and large enough to cover the area of application
- Place flannel in a dish and pour a small quantity of castor oil over it. Work the castor oil into the flannel with your hands. Continue this process until the flannel is saturated with castor oil but not dripping
- Place the castor oil over the area of application
- Cover the area with Saran Wrap, then the towel, then the hot water bottle
- Find a comfortable position to lay or sit in. Rest while the pack is in place
- After removal, cleanse the area with water or water and baking soda
- Place the flannel in a Tupperware dish or a plastic bag and store it in the refrigerator. The pack can be reused numerous times.