

CASTOR OIL PACKS

A Foundational Tool for Drainage & Nervous System Support

Castor oil packs are one of my absolute favorite foundational tools. They gently open drainage pathways, support the nervous system, and help the body shift into rest, repair, and healing mode. This ancient practice remains one of the most powerful (yet simple) things you can do at home. When we support drainage and regulation, everything works better — hormones, digestion, immune function, sleep, mood, and detox pathways.

What Is a Castor Oil Pack?

A castor oil pack is organic castor oil applied to a piece of cotton flannel and placed on the body — most commonly over the liver (under the right rib cage). It helps reduce inflammation, support detoxification, improve lymphatic flow, and calm the nervous system. Simple. Gentle. Foundational.

How Can Castor Oil Packs Support You?

- Deep sleep and relaxation
- Nervous system regulation (less fight-or-flight)
- Hormone balance (PCOS, estrogen dominance, peri-menopause, menopause)
- Liver and gallbladder function
- Lymphatic drainage
- Digestive concerns (bloating, constipation, IBS, reflux)
- Period discomfort, fibroids, ovarian cysts
- Joint pain and inflammation
- Thyroid and adrenal support
- Immune balance
- Stress, anxiety, and mood support

How to Use a Castor Oil Pack

Step 1: Pour 1–2 tablespoons of organic castor oil into the center of your cotton flannel pack. Step 2: Place the pack over your liver area (under your right rib cage) or over an area of discomfort. Secure it in place. Start with 20–30 minutes. Work up to 1 hour. Many people eventually wear it overnight for deeper support.

Where Should I Place It?

Most commonly: over the liver (right rib cage). You may also place it locally over the lower abdomen (PMS, ovarian cysts, fibroids), joints, or areas of inflammation or discomfort. For deeper support, alternate between liver placement and local placement — or do both.

Do I Need Heat?

Extra heat is not required. Your body heat is often enough. If you choose to add gentle heat, make sure it is comfortable and not excessive.

Can I Just Rub Oil on My Skin?

You can — but it provides about half the benefit. Using a proper pack helps enhance lymphatic drainage, liver support, and deeper detoxification.

Do I Need to Wash My Pack?

Ideally, no. Keep the oil centered in the middle of the compress to avoid the seams. Replace the pack every few months or when it becomes overly saturated. If washing: • Soak in hot water with baking soda and natural soap • Hand wash • Blot with an old towel • Hang to dry

What If I Get a Headache?

This can be a sign of increased circulation or detox. Take a break for a few days and restart slowly with shorter sessions.

Who Should Avoid Castor Oil Packs?

- Not recommended during pregnancy
- If breastfeeding, use lower abdominal placement instead of over the liver
- You may use during your cycle — just not your very first pack