

CASTOR OIL PACK



North East Natural Health Centre Cooking Corner

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— Home Remedies —

Castor oil pack: moves bloods and breaks down adhesions and clots. Use 1-2x a week throughout cycle until bleed starts, then stop and start again next cycle. For a brighter, less painful, clotty and sticky flow.

Soak a muslin cloth in castor oil and apply to the belly. Cover with tea towel and hot water bottle/heat pack. Lie down and breathe deeply for 15-20min until heat pack has cooled.

For best results follow with a belly massage of 2 drops clary sage essential oil + ginger/chamomile oil mixed with a little coconut oil. Massage deep into the belly/pelvis and hips.

Add the hip opening stretches if you are often sedentary/sitting or prone to tightness through the hips and lower back