

Caster Oil Packs

1. Wool Pack and Caster Oil: "Palma Cristi" – can be ordered from Heritage Store in Virginia Beach: 1-800-269-2502
2. Follow Directions on Pack (but do not boil wool pack in water)
3. Fold pack so it will fit in the bottom of a pyrex brand bread or baking dish. Saturate with castor oil and then warm in oven or toaster oven (no microwave – ever!)
4. Remove the cloth cover from heating pad and turn on High.
5. Put down a plastic sheet or large trash bag where pack is to be done to protect sofa or bed.
6. Fold an old towel lengthwise and put on top of plastic to wrap around pack and heating pad.
7. If the pack is to be done on front of body, put warmed pack saturated with castor oil on area after you lie down. Put heating pad on top of pack and wrap towel around you and the pack.
8. If pack is to be done on the back of the body, lay towel down with the heating pad on top of that. Place the pack on top of the heating pad and lie on top of the pack, then wrap the towel around.
9. Leave pack on for 1.5 hours. While pack is on, listen to soft, harmonious music, or read (or be read to) spiritual or uplifting material. No chaos or negative energy, which could contaminate the finer bodies.
10. After 1.5 hours, remove the pack and store it in the pyrex dish in a cool dark place.
11. Wash the entire area with a mixture of baking soda and warm water. (Use about a level teaspoon of baking soda and just enough water to create a mixture slightly thinner than paste.) Using an old wash cloth, scrub the entire area with the baking soda solution. This removes any remaining oil and, more importantly, neutralizes the acids that are pulled out by the pack, transforming them into harmless salts to be flushed out by the lymphatic system.
12. Other notes:
 - The pack is best done in the evening, prior to bedtime, since this is a very relaxing time. The wool pack is generally folded in half when applied to the body.
 - It is best to establish a rhythm of doing and not doing the pack: Monday – Wednesday – Friday, or Tuesday – Thursday – Saturday, or Monday – Tuesday – Wednesday then stop for 4 days.
 - The first pack done should generally be done on the entire abdomen to clean the organs of assimilation and elimination first. Then the back can often be next – then the specific problem area. Then keep rotating. It is not necessary to wash the pack.