

# Castor Oil

Castor oil packing is a technique that has been employed by naturopaths for many generations

We believe it is essential to only use the purest materials on your skin. This is why our castor oil is sourced from only the finest quality cold extracted British Pharmacopeia grade castor oil and our castor oil packing fabric is made from 100% pure unbleached cotton.

**Quantity: 500ml**  
(30-90 days' supply)

**Type:**  
Liquid

**Code:**  
CH015



**SUITABLE FOR:** VEGANS ✓ A Vegan Society Registered product **FREE FROM:** ALLERGENS ✓ ADDITIVES ✓

## Directions for use:

To successfully apply your traditional castor oil pack you will need to source our packing fabric – product code CH016.

Unwrap the unbleached 100% cotton fabric and place in an easy to clean container then thoroughly soak with castor oil. Apply the soaked fabric onto the appropriate area, securing with a cling film wrap to save staining, for the recommended time, often 30 mins to 24 hours. If you are applying heat to the pack, by applying a hot water bottle, to avoid scolding carefully wrap the water bottle in a towel before applying.

Once completed you can place the wrap back in the pouch and store in a fridge. You can reuse this wrap as many times as needed, although we do not recommend using beyond thirty days from the first application.

**Allergen information:**  
Allergen free and additive free.

This product is suitable for vegans.

This premium BP grade, cold extracted castor oil, is recommended for external use only, as part of a traditional castor oil pack, as advised by your recommending practitioner.

Fitted with a child resistant lid (CRC) to preserve the quality of the oil.

Store in a cool, dry environment and out of direct sunlight.

Keep out of the reach of children.

