

✓ ALLERGEN FREE



conella

# Castor Oil Packing Fabric

The packing fabric contained within measures approximately 68 x 50cm

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 natural materials on your skin. This is why Conella's Castor Oil Packing Fabric is made from 100% pure unbleached cotton.

You will have normally been told where on your body you want to apply the cotton pack and the duration these need to be applied, between 30 mins - 24 hours.

To create a pack remove the fabric from the sealed packaging and fold the fabric into a shape that fits the area you need to apply the pack too, then thoroughly soak the fabric with castor oil in an easy to clean container of your choice and apply appropriately.

Once you have applied the pack, to avoid stains and inconvenience, you can hold the pack in place by securing with cling film.

Where appropriate apply a source of heat, normally with a hot water bottle, although to avoid scolding we recommend that you put a towel between the hot water bottle and the pack.

The material is designed for multiple use, so once you have used the pack you can put the fabric back into the sealable pouch and store in the fridge.

We would recommend once used that this material is re-placed after approximately one month.

**Contact us:**

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