Castor Oil Packs & Dry Skin Brushing

Healthy Hormones

Castor Oil Packs

- Old technique
- Increases blood flow and lymphatic drainage
- Can help heal tissue underneath the skin
- May help with digestion, immune function and reduce swelling anywhere including joints and muscles
- Often used for menstrual issues, fibroids and cysts

Materials

- Castor Oil
- Piece of cotton or flannel that can cover the area
- Hot water bottle
- Plastic wrap
- There are castor oil pack available the health food stores

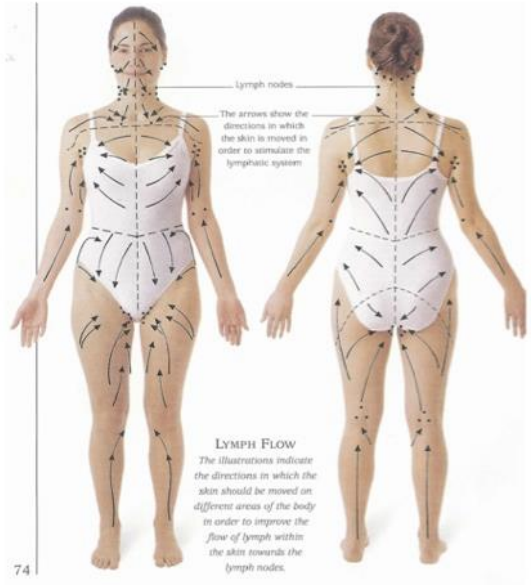
Instructions

- Drizzle the castor oil on the material
- Place the material on the area that is an issue
- Place a piece of plastic wrap over the material (it can stain)
- Place the hot water bottle on top of the plastic
- Relax and leave it for 20-30 minutes
- Do this repeatedly until a benefit is seen – the material can be used over and over

Dry Skin Brushing

- The skin plays a big role in detoxification and can help remove toxins and metabolic waste
- It stimulates blood and lymph circulation close to the skin
- It helps support the immune system
- Gets rid of dead skin cells and helps increase cell renewal
- Purchase a natural bristle brush (should be somewhat soft) – a loofa can also be used – should cause friction but not scratch

Instructions



- Brush the skin with in a circular motion all over the skin
- Always be brushing in a motion towards the heart
- So start with the bottom of feet and brush upward, doing the ankles, legs, buttocks and all body parts below the heart
- Then start at the top of the body, doing the head, neck, chest and raise the arms when brushing so it is again going towards the heart
- Have a shower or bath right after and wash the brush