



## The Nervous System Reset™

### Castor Oil Packs

#### A Traditional At-Home Supportive Practice

Castor oil packs are a traditional naturopathic therapy used externally on the abdomen to support relaxation, comfort, and general wellbeing. They are commonly used as part of self-care routines for digestive discomfort, bloating, menstrual-related tension, and to promote a sense of calm in the body.

This is a gentle, at-home practice often used in the evening to support rest and relaxation.

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#### You Will Need

- Organic Castor oil
  - A hand towel or flannel cloth
  - A hot water bottle
  - A towel (to protect clothing and surfaces)
  - A jar or container for storage
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#### Instructions

- Get comfortable in a resting position and prepare your hot water bottle.
  - Place a towel between your clothing and abdomen to protect fabrics from oil.
  - Soak the hand towel in castor oil until damp (not dripping).
  - Apply a small amount of castor oil directly to the abdomen, then place the oil-soaked towel over the area.
  - Place the hot water bottle on top of the towel and relax for **20–30 minutes**.
  - After treatment, gently wipe away excess oil from the skin.
  - Store the oil-soaked towel in a sealed jar for reuse.
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### Important Guidelines

- This practice is traditionally used **outside of menstruation**. It is recommended to avoid use during your period.
  - A typical rhythm is **two weeks on, two weeks off**, depending on individual tolerance.
  - Use in the evening is often preferred as it may support relaxation and a restful state.
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### What You May Notice

Some people may observe mild skin redness after use. This is generally associated with increased local circulation and skin sensitivity and usually resolves within a short period of time.

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### Relaxation Benefit

Castor oil packs are often used as part of a calming bedtime routine. The warmth and stillness of the practice may help support the parasympathetic (“rest and digest”) state, encouraging relaxation and downtime.

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### Final Note

This is a gentle supportive therapy and should feel comfortable and soothing. Discontinue use if irritation occurs.