



Castor Oil Pack

(General Use)

- Castor Oil
- Flannel Cloth
- Plastic Wrap or Towel
- Heating Pad (optional)

Soak flannel in castor oil, place on area (abdomen, joints, etc), cover with wrap or towel, apply heat 20–45 min.

Supports detox, reduces inflammation, relieves pain and promotes circulation.

Natural Remedies & Benefits

Trish's Tried & True

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