

# How to Make and Use Castor Oil Packs



Castor oil is an oil made from “castor beans” — the seeds of the *Ricinus communis* plant. Castor oil is commonly used in traditional medicine and as a food supplement.

A castor oil pack is a piece of wool or a cloth soaked in castor oil so you can apply it on the skin. The cloth may be cotton flannel or other dense material that can soak up a lot of liquid.

People use this against a number of ailments, including skin conditions, blood circulation problems, and digestive issues.

[Click Here for  
Castor Oil Packs Instructions](#)