



Pure Organic Castor oil

TOP 5 BENEFITS & USES

01

Reduce Swelling & Soothe Pain

Castor oil may be effective in reducing inflammation and pain on sore muscles and joints due to its high anti-inflammatory properties. Apply oil to a castor wrap and place onto the affected area, along with a heat pack, for maximum oil absorption.

Aid in a Natural Detox

Castor oil is very high in ricinoleic acid which stimulates lymphatic flow, helping to remove toxins naturally from the body. Apply oil to a castor wrap and place over the liver area, just under your right rib cage.

02

03

Moisturise Dry Skin

Loaded with antioxidants and rich in Vitamin E, Castor oil helps to nourish and protect your skin while keeping it hydrated. Apply a thin layer of oil and gently massage into dry areas.

Support Circulation & Scar Healing

Packed with essential fatty acids castor oil may help to improve blood flow to targeted areas, supporting healing and circulation. Massage directly into the desired area and leave for about an hour to absorb. Or use a castor wrap to protect your clothes.

04

05

Hair Growth Benefits

Castor oil helps to stimulate the hair follicles, encouraging the growth of thicker and stronger hair. Massage a small amount of castor oil into your scalp and roots. Leave on for at least an hour, and then wash as normal.



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2 EASY WAYS TO USE

HERE ARE TWO EASY METHODS TO USE CASTOR OIL EFFECTIVELY:

MASSAGE CASTOR OIL INTO THE SKIN



A simple and effective way to hydrate and nourish your skin, soothe irritation, such as eczema or psoriasis, or relieve muscle tension.

Use for: Dry skin, sore muscles, minor skin irritations or redness, scar healing, soothing dry eyes when applied to the eyelids, or as a face moisturiser.

How to Use: Apply a small amount of castor oil directly to the skin and gently massage it in. Be mindful of how much you use, especially on your face – a little goes a long way. You can also mix it with your favourite essential oils or carrier oils for a soothing massage.

APPLY OIL TO A CASTOR OIL WRAP



Perfect for targeting specific areas for deep oil penetration, easing discomfort in joints or muscles, or reducing inflammation in targeted areas.

Use for: Joint pain, digestive discomfort or bloating, detoxification, parasite cleanse, or women's health concerns like endometriosis or period pain.

How to Use: Apply up to 1 tablespoon of castor oil directly to a castor oil wrap or cotton pad. Secure the wrap in place. Find a comfortable spot to sit or lie down and rest for at least 30 minutes to an hour. Apply a heat pack on top for maximum oil absorption.

To move around comfortably or wear overnight, secure the wrap snugly to keep it in place. If you're wearing it in bed, lay a towel underneath you to protect your sheets in case you move around. Using a cotton pad underneath the wrap is optional, but will help keep the wrap clean making washing easier.



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HOW TO USE






AILMENT		METHOD	HOW LONG
Sore Muscles after exercise		Massage directly onto area	Apply for 1-3 days, morning and night, until improvement
Rash, eczema, dry skin, or scars		Massage directly onto area	Apply morning and night, for a few weeks until improvement
Dry eyes		Apply a thin layer onto eyelids before bed	Apply before bed, for a few weeks until improvement
Lymphatic massage		Massage directly onto area	Apply daily or weekly, depending on your condition
Face oil, wrinkles, aging skin		Apply onto face in thin layer and massage in	Apply daily, morning and/or night, as part of skincare routine
Hair treatment		Massage a small amount into the scalp and roots	Apply weekly, leave on for an hour or overnight, then wash as normal

For most of these methods, our [Rose Quartz Castor oil Roll-on](#) is a great applicator to easily apply a thin layer of Castor oil. You can also layer it with your favourite carrier oil or mix with essential oils if you prefer.



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HOW TO USE

AILMENT	METHOD	HOW LONG
Sore muscles from recent strain	 Apply castor wrap over area	Apply morning and night for 1-3 days, until improvement
Sore joints longer lasting	 Apply castor wrap over area	Apply daily, 4-5 times p/week, for a month or so until improvement
Liver Detox	 Apply castor wrap over liver area	Apply daily, 3-4 times p/week, for a month or so until improvement
Bloating or indigestion	 Apply castor wrap over waist area	Apply daily, for 1-3 days, until improvement
Period pain	 Apply castor wrap over abdomen area	Apply daily for 1-3 days during cycle and 4-5 days before next cycle
Endometriosis	 Apply castor wrap over abdomen area	Apply daily, 4-5 times p/week, for a month or so until improvement

For these methods, apply up to a tablespoon of Castor oil in the centre of the wrap and smooth in with a spoon. Alternatively, apply the oil directly to a cotton pad and use the wrap to keep it in place.



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HINTS & TIPS

How often should I use a Castor oil wrap?

You may only need to apply the oil for a day or two to start feeling improvement, but for longer-lasting conditions it could take a month or so of consistent applications. For most applications I would suggest using the wrap 4-5 times a week for a few weeks and see how you feel.

Can I use castor oil on my face daily?

Yes, absolutely! Castor oil is an excellent swap for your daily moisturiser. It's packed with antioxidants and vitamin E, which nourish and protect your skin while keeping it hydrated.

Plus, it has a very low comedogenic score, so it won't clog your pores. It is a thick oil, so you only need a thin layer and massage in, or layer it with your favourite carrier oil.

Can I take Castor oil orally?

Our Castor oil is safe to take orally if you like. It's 100% pure and organic. Some people use it for constipation as it tends to get things moving. I wouldn't recommend taking it daily, but many people have a tablespoon once a week for general wellness. Just go easy at the start as it can have a laxative effect.

Best Tip for Soothing Relief of Muscle and Joint Pain

Adding a pinch of cayenne pepper to your castor oil before applying it to the affected area can make a big difference. This combination helps boost circulation and enhances the oil's anti-inflammatory effects, providing soothing relief. Just remember to do a quick patch test to ensure your skin responds well to this blend.

A Note about Detoxing

If you're new to Castor oil, it's best to start with shorter sessions and gradually increase as your body adjusts. While most people feel rejuvenated afterward, some might experience what's known as a "Herxheimer reaction" or detox symptoms, such as feeling a bit uncomfortable, fatigued, or having a headache. If you notice these symptoms, it's best to wait a day or two before using castor oil again to give your body time to adjust.



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OUR RANGE



PURE ORGANIC CASTOR OIL BOTTLES & ROLL ONS

Our Pure Organic Castor Oil is cold-pressed, hexane-free, certified 100% pure, and bottled in Amber glass bottles, ensuring the highest quality. Our Castor oil range includes 50 mL, 200 mL, 500 mL, and 1 Litre bottles, as well as 10 mL and 50 mL convenient rollers.



CASTOR OIL WRAPS

Castor wraps are used to apply castor oil to specific areas of your body. They protect your clothes, provide compression, and allow for greater oil absorption. Our Castor oil wraps range includes our 8 Piece Wrap packs, 1 Piece Waist Wraps, Cotton Pad Inserts, Heat Packs, and Hair Wraps.

No medical claims are implied and the information in this guide is not intended for the diagnosis or treatment of any condition. Please consult your naturopath if you plan to use the wraps while pregnant or breastfeeding.