



A Better.

NATURAL HEALTH & WELLNESS ESSENTIALS

The Top 5 Benefits & Uses

A SIMPLE, SUPPORTIVE
RITUAL JUST FOR YOU.



SIMPLE RITUALS FOR
DETOX, RECOVERY,
AND DAILY
WELLBEING.

A Better. Mind. Body. Spirit.



AUSTRALIAN OWNED



100% ORGANIC



MADE WITH CARE



Top 5 Benefits & Uses

PURE ORGANIC CASTOR OIL

1



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.

2



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.

3



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.

4



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.

5



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.



2 Easy Ways

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 Castor 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.



Massage How to Use

WITH PURE ORGANIC CASTOR OIL

Aliment

Method

How long



Sore muscles
after exercise

Massage directly
onto the area

Apply for 1-3 days,
morning and night, until
improvement



Rash, eczema,
dry skin or
scars

Massage directly
onto the 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 the area

Apply daily or weekly,
depending on your
condition



Dry skin,
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.



Wrap How to Use

USING A CASTOR OIL WRAP OR PAD

Aliment

Method

How long



Sore muscles
from recent
strain

Apply castor
wrap over area

Apply for 1-3 days,
morning and night, until
improvement



Sore joints
longer lasting

Apply castor
wrap over area

Apply daily, 4-5 times per
week, for a month or until
improvement



Liver Detox

Apply castor
wrap over liver
area

Apply daily, 3-4 times per
week, for a month or 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 per
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.



FAQ's

SIMPLE SUPPORT FOR YOUR RITUAL

1



Can I wear the waist wrap overnight in bed?

Yes, many people wear the wraps overnight, however, 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.

2



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.

3



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.

4



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.

5



Tip: Soothing Relief of Muscle & 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.



Our Range

SIMPLE SOLUTIONS FOR YOUR RITUAL



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.





Contact

WE'RE HERE TO SUPPORT YOUR RITUAL



hello@abetter.com.au



Samara: +61 421 082 860



abetter.com.au



@abetter.com.au



/abetter.com.au



@abetter_com_au

Proudly Australian Owned. Shipped from Melbourne.
Our Castor oil is sourced from India, tested and certified 100% pure.
Bottled in Melbourne. Cold-Pressed, Organic, Hexane Free. No fillers.
Our wraps are made in China. Inner: GOTS Certified Organic Cotton, Dacron. Outer: TPU waterproof fabric.



No medical claims are implied in the information given in this booklet and diagnosis or treatment of any condition is not intended. Any reference to medicinal or health benefits cannot be taken as a replacement for medical advice or seen as a diagnosis for a specific condition. Products are for external use only.



Please note: Whilst we make no therapeutic claims for our products, the oils have many benefits which are well documented in therapeutic literature. Please check about this with your naturopath or health provider.



THANK YOU FOR CHOOSING A BETTER.
Simple ritual support, made with care.