

Dr. Penny Seth-Smith N.D.
Naturopathic Family Physician
Board Certified in Acupuncture

CASTOR OIL PACKS

MATERIALS:

1 face cloth or flannelette folded into 4-6 layers, or equivalent
Castor oil – from drug store
Cling wrap or plastic bag or plastic sheet to cover cloth plus a bit
Small towel
Hot water bottle or hot packs – preferably not electrical hot pad
Ziplock bag to store sticky cloth

METHOD:

Fold cloth to size to cover body area to treat
Apply castor oil to saturate cloth
Apply oily cloth to skin
Cover with plastic
Cover with towel- probably doubled at first, or as needed to allow heat but no burning
Apply hot pack.
Leave on for 30-45 mins, e.g while resting, meditating, watching TV
Can do once a day to once a week.

DRY SKIN BRUSHING

Using a natural bristle brush, loofah or, if the skin is very sensitive, a natural sponge, brush over the whole body, working from the fingers and the toes to the torso and then towards the heart, for 30-60 seconds before you shower or bathe.

HOT & COLD HYDROTHERAPY

Hot water for approximately 3 minutes then cold water for approximately 30 seconds, repeat 3 times.

If a digit or limb is to be treated, place it alternately into bowls of hot and cold water or under hot and cold water running from taps. If a part of the torso is to be treated, play hot then cold water from the shower over the area, after you have taken your usual shower.

IMPORTANT RULE: ALWAYS END ON COLD

2518 Blackwood St., Victoria, B.C., V8T 3W1
Tel: (250) 361-9888