

## **Dr. Penny Seth-Smith N.D.**

*Naturopathic Family Physician with Prescriptive Authority  
Certifications in Acupuncture, Oral Chelation & Facial Mesotherapy*

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### **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.

#### **IMPORANT RULE: ALWAYS END ON COLD**

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