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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.

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

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