

est. 2016

balanced healing

with juliana

a holistic approach to your overall wellness

CASTOR OIL

packs + soaks

website entered here
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CASTOR OIL

history & benefits

Castor oil has been used for centuries in ancient healing traditions from Egypt, India, and China. However, the modern castor oil pack as we know it today was popularized in the early 20th century by American health advocate Edgar Cayce. Through his holistic teachings, Cayce promoted the practice of soaking flannel in castor oil, placing it on the body, and applying gentle heat to support detoxification, improve circulation, and encourage healing. Since then, castor oil packs have been embraced as a supportive wellness practice in holistic and integrative health communities around the world.

Benefits Include:

- Reduces inflammation
- Supports hormone balance
- Improves lymphatic circulation
- Stimulates the immune system
- Supports toxin elimination and stimulates the liver
- Can support mold elimination as part of mold/mycotoxin protocol



CASTOR OIL

common placement areas

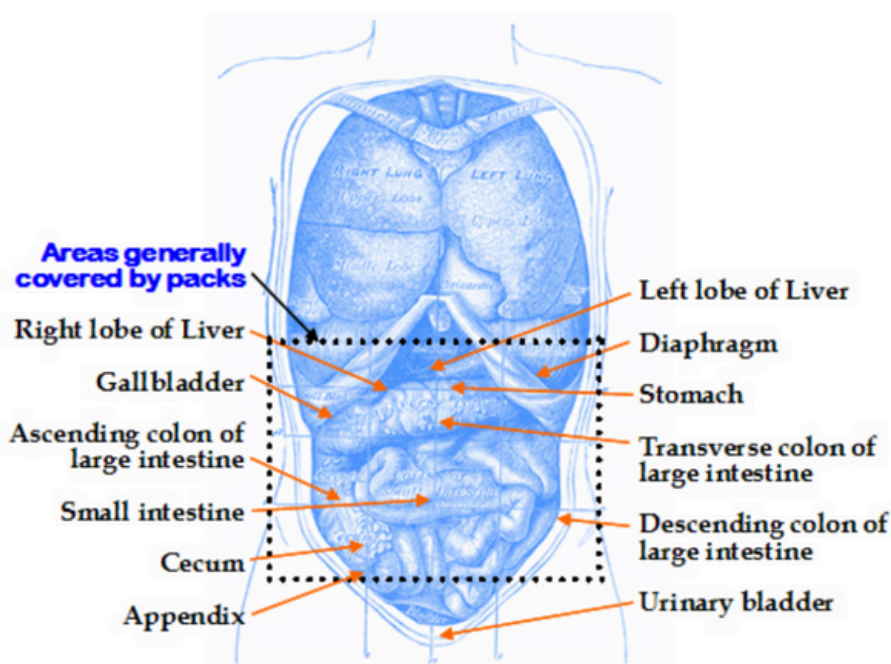
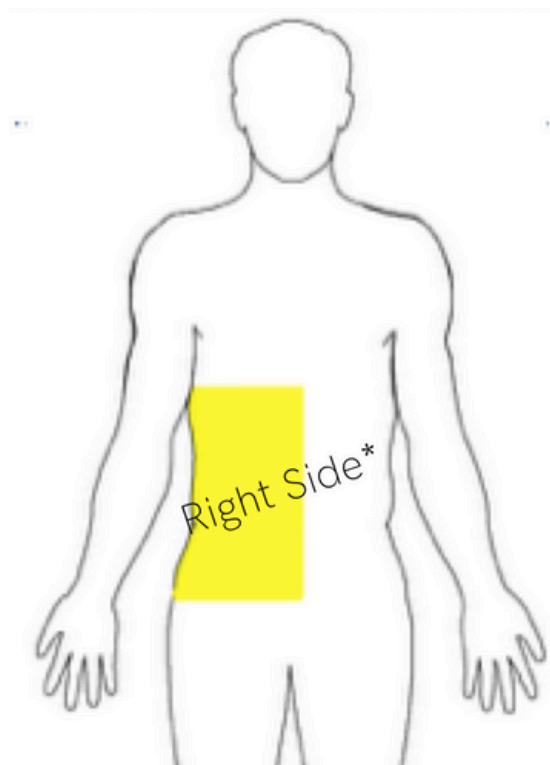


Photo credit: <http://naduir.blogspot.com/2013/02/castor-oil-packs.html>

Castor oil packs are generally relaxing. You may experience cramping or a bowel flush if you do them over your stomach or intestines. Do not take internally. Castor oil should not be applied to broken skin or used during pregnancy. Castor oil packs should only be used under the guidance of your healthcare provider. Discontinue if experiencing discomfort, irritation, or any undesirable side effects and contact your provider.

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CASTOR OIL Pack

the traditional method

This is the original castor oil pack technique inspired by Edgar Cayce's teachings. It involves soaking flannel in castor oil, applying it to the skin, and using heat for enhanced absorption. Though more hands-on, it offers a deeply restorative experience rooted in time-tested wellness tradition.

Supplies:

- Heritage Brand unbleached wool or organic cotton flannel - [order here](#)
- Heritage Brand castor oil in glass container - [order here](#)
- Oven-safe baking dish
- 2 old towels
- A place to rest with the pack on, such as a bed or couch
- Heating pad or hot rice pack

Instructions:

- **Prepare the Pack:** Cut the flannel to approximately 7" x 15", then fold it lengthwise into thirds to create a layered 7" x 5" rectangle.
- **Soak & Warm:** Place the folded flannel in an oven-safe dish. Pour castor oil over it until fully saturated, then warm it in the oven on the lowest setting for a few minutes. (Do not microwave.)
- **Apply the Pack:** Lightly wring out excess oil—it should be saturated but not dripping. Lay a towel on the bed or couch where you'll be resting. Lie down on the towel, place the warm flannel over the desired area (e.g., liver or abdomen), then cover with a second towel. Place a heating pad on top.
- **Relax:** Rest with the pack in place for 45–60 minutes.
- **Storage:** Store the used flannel and any remaining oil in the baking dish or in a sealed glass container in the fridge. Reheat and add more oil before reuse, as needed.

CASTOR OIL Pack

queen of thrones method

This modern, mess-free option uses a pre-made castor oil pack wrap from the Queen of Thrones™ brand. Just apply castor oil to the inner layer, secure the wrap around your body, and optionally add heat. The packs are reusable and easy to use, with specific designs for the liver, abdomen, breasts, and thyroid, allowing you to target different areas of the body based on your personal needs.

Supplies:

- Queen of the Thrones™ Castor Oil Pack (pre-made flannel wrap, various sizes - [order here](#))
- Organic Castor Oil in glass jar (cold pressed, hexane free) - [order here](#)
- Heating pad (optional)

Instructions:

- **Prepare the Pack:** Open the castor oil pack and apply 1–2 tablespoons of castor oil to the inner (soft cotton) side of the pack.
- **Put It On:** Wrap the pack directly over your skin of the targeted area (liver, abdomen, breast, thyroid, etc), with the oiled side against your skin. Use the straps to secure it comfortably in place.
- **Optional:** Add Heat for deeper absorption and relaxation by placing a heating pad over the pack.
- **Relax:** Wear the pack for 45–60 minutes, or longer if desired. Some people wear it while they sleep (if no heat is used).
- **After Use:** Remove the pack and store it in a clean container or reusable bag. You do not need to wash it after each use—just reapply oil as needed before the next session.

CASTOR OIL Pack

quick application method

The simplest way to use castor oil—no pack or heat required. Just apply a thin layer of castor oil directly to the skin over the desired area (such as the abdomen or the the lungs over the upper back) and let it absorb naturally. Ideal for beginners, toddlers and kids, busy days, or gentle use, this method offers many of the same benefits with zero mess and minimal effort.

Supplies:

- Organic Castor Oil in glass jar (cold pressed, hexane free) - [order here](#)
- An old baggy t-shirt that can get stained

Instructions:

- **Apply the Oil:** Pour a small amount (1-2 teaspoons) of castor oil into your hands and gently massage it into the skin over the desired area (e.g., abdomen, upper back to support lungs, liver, joints, etc).
- **Leave It On:** Cover the area with an old T-shirt, let the oil absorb naturally. You can leave it on for at least 30-60 minutes or overnight. No need to wash off unless preferred.

CASTOR OIL Pack

bath soak method

A warm, relaxing way to enjoy the benefits of castor oil. Apply castor oil directly to your skin, then soak in a warm bath for 20–30 minutes. The heat from the water enhances absorption, offering full-body relaxation while gently supporting circulation, detoxification, and skin nourishment—no packs or extra tools needed.

Supplies:

- Organic Castor Oil in glass jar (cold pressed, hexane free) - [order here](#)
- A bathtub

Instructions:

- **Apply the Oil:** Before getting into the tub, massage a few teaspoons of castor oil directly onto the desired area (abdomen, liver, breast tissue, or anywhere you'd like to support)
- **Soak in Warm Water:** Fill the bathtub with warm water (not too hot), then soak for 20–30 minutes. The heat helps open your pores and enhances the oil's absorption.
- After soaking, you can either gently rinse off excess oil or pat your skin dry, allowing some oil to remain and continue nourishing your skin.
- Rehydrate after your soak to support gentle detoxification. Take time to relax and ease into the rest of your evening.

Meet the Founder

Balanced Healing with Juliann (formerly Balanced Healing of Jacksonville) was founded by Juliann Abecassis-Walsh in 2016 with a heartfelt mission: to create a space where patients felt seen and where healing is possible. Juliann built a thriving practice in Jacksonville, Florida, where she led a team of wellness professionals and also worked part-time as an acupuncture physician at Mayo Clinic's Department of Integrative Medicine. Over time, she transitioned away from her clinical director role to focus more intimately on individualized patient care. After the birth of her son, she closed her physical office and embraced a telehealth model—with the exception of bi-monthly injections offered at Sanders Chiropractic in Jacksonville—allowing her to continue serving patients with flexibility and focused attention.

Through Balanced Healing, Juliann offers a telehealth experience that meets patients where they are - creating a connected, accessible, and deeply personal approach to wellness. Her clinical focus includes complex or "mysterious" illness (often related to mold toxicity, Lyme disease, and co-infections), hormone and gut imbalances, stress-related conditions, and restoring the body's natural ability to heal through integrative care.



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