



Castor Oil - Ayurvedic oil used for various Ayurvedic treatments.

Castor oil is a traditional Ayurvedic oil valued for its strengthening, protective, and restorative properties. Pressed from castor seeds and often combined with Ayurvedic herbs, it deeply nourishes the hair, eyelashes and eyebrows, helping them stay strong, shiny, and resilient. Rich in essential fatty acids and vitamin E, It enhances skin elasticity, supports hair regeneration. Applied on body joints promotes comfort and flexibility, applied on the belly with hot water bag reduces belly discomfort.

Benefit in the Ayurvedic tradition

In Ayurvedic tradition Castor Oil is traditionally uses to:

- ❖ Strengthen thin or spare eyebrows
- ❖ Repair and restore dry or damaged hair
- ❖ Soothe and relax the abdominal area
- ❖ Support the body's natural detoxification through the skin
- ❖ Enhance skin radiance and tone
- ❖ Improve suppleness and mobility of the joints.

How to use Castor oil

- ❖ For the abdomen: gently warm up the oil before application. Massage the area using circular motions, then cover with a hot towel and a blanket for about fifteen minutes. A hot water bag can be used instead.
- ❖ For hair: Castor Oil is blended with other Ayurvedic oils depending on the scalp type.

Application: always apply it on dry, warmed skin. In cold weather, ensure the room is comfortably heated and the body remains covered after application to allow optimal absorption.

Additional benefits:

In the Ayurvedic tradition, Castor Oil is considered a warming and stimulating oil, ideal for abdominal and joint massage.

Castor Oil packs are a natural wellness practice used to promote deep relaxation, support intestinal balance.

- ❖ **Skin:** the skin will appear softer and firmer from the very first treatment.
- ❖ **Seasonality:** according to Ayurveda, abdominal treatment is performed in case of bloating, while for the joints it is used when stiffness is present.
- ❖ **General well-being:** It provides comfort and softeners where needs. Particularly beneficial in winter or whenever the body feels tense or sluggish. Castor Oil offers warmth, comfort, and a sense of gentle care.

Castor Oil - Sweetness in a bottle