



dōTERRA® | eBooks

Castor Oil: The Ritual Revival

Head-to-Toe Wellness for
Every Age

Table of Contents

Castor Oil's Timeless Power.....	03
Not All Castor Oil is Created Equal.....	04
The Science Behind Castor Oil.....	05
Benefits of Castor Oil	05
How to Use Castor Oil	07
Head-to-Toe Rituals	08
Everyday Recipes & Blends.....	08
For All Ages	09
See What Castor Oil Can Do for Your Routine	09



Castor Oil's Timeless Power

From Ancient Rituals to Modern Wellness

From pharaohs to modern wellness enthusiasts, castor oil has journeyed through the centuries as a golden elixir of beauty and balance.

Castor oil has been treasured for thousands of years—used in ancient Egypt, India, and China for its beautifying and beneficial properties. Egyptians used it in their beauty rituals. Ayurvedic practitioners praised it for balancing the body. Even traditional Chinese wellness practices used castor seeds as part of herbal detoxification.

Today, castor oil is being rediscovered as a simple, safe, and powerful addition to daily wellness. Thanks to its high content of ricinoleic acid, castor oil supports skin hydration and provides soothing comfort—especially when used with a castor oil pack or patch.

And now, for the first time, dōTERRA is bringing you **USDA certified organic, cold-pressed, hexane-free castor oil**—clean, pure, and ready for your most important wellness rituals.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Not All Castor Oil is Created Equal

Why Quality Matters

dōTERRA® Castor Oil is sourced and processed with the same quality standard you expect from our essential oils. This means you get trusted purity in every drop—perfect for sensitive skin, family use, and full-body application.

dōTERRA Castor oil is:

- **CPTG**
- **Organic.** Made from organically grown plants
- **Cold-Pressed.** Retains full nutrient content
- **Hexane-Free.** Made without harsh chemical solvents
- **Vegan-Friendly.** Produced without animal derived products

Where Does dōTERRA Castor Oil Come From?

Picture the sun-drenched fields of Gujarat, India, where castor plants sway gently in the warm breeze, their spiny seed pods glinting under the Indian sun. Here, in the heart of India's western

plains, generations of farmers have cultivated castor as both a tradition and a livelihood. From these resilient plants comes castor oil—thick, golden, and rich in history, purpose, and potential.

Why Gujarat, India?

Purposeful Sourcing from the World's Castor Capital

India is the world's largest producer of castor oil, also known as the Gold Oil of India. Even more remarkable, over 80% of the world's castor oil comes from smallholder Indian farmers—many working without mechanization yet producing a globally essential resource.

The region's semi-arid climate, well-drained soils, and deep-rooted agricultural knowledge make it ideal for cultivating *Ricinus communis*, the plant from which castor oil is derived. Castor has long been part of the local cropping system, and its cultivation supports thousands of smallholder farmers across the state.



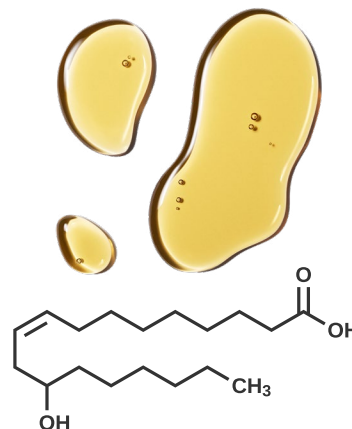
The Science Behind Castor Oil

The Power of Ricinoleic Acid

Castor oil is rich in **ricinoleic acid**, a unique fatty acid not found in any other plants. Research has shown that this compound has the potential to:

- **Improve skin barrier hydration and reduce transepidermal water loss.** This means castor oil helps your skin hold on to moisture more effectively. Reducing this water loss keeps your skin feeling soft, supple, and protected.

Reference: *Vieira C, Evangelista S. "Ricinoleic acid: A Review of its Pharmacological Properties and the Mechanisms of Action Involved." Phytotherapy Research. 2010.*



Benefits of Castor Oil

Ancient Wisdom. New Standard.

The benefits of Castor Oil are vast and varied. See why it is still as valuable today as it has been throughout history.

Nervous System & Vagal Tone

The navel region is a hub for nerve endings and fascia that connect to the vagus nerve—your body's main parasympathetic nerve. Stimulating this area may help:

- Promote **rest-and-digest** responses
- Calm the nervous system
- Support bowel regularity and hormone balance

Combined with soothing essential oils like Lavender, Roman Chamomile, or Frankincense, castor oil can enhance this calming effect.

While more research is needed on belly button oiling specifically, castor oil's ability to penetrate deeply through the skin and connective tissue is well documented.

Skin Barrier Benefits

Castor oil is a humectant (draws in moisture) and occlusive (locks it in), making it ideal for dry, irritated, or aging skin. Clinical studies show:

- It increases **hydration** of the stratum corneum (top skin layer)
- Supports **collagen and elastin** by protecting skin's lipid barrier
- Can reduce **mild dermatitis and skin irritation**

Rich in vitamin E and omega-9 fatty acids, castor oil nourishes the skin.

Benefits of Castor Oil (Cont.)

Essential Oil Recommendations

- Frankincense
- Yarrow|Pom
- Immortelle
- Lavender

Reference: Singh A, et al. "Natural oils for skin-barrier repair: Ancient compounds now backed by science." *International Journal of Molecular Sciences*. 2020.

A Gentle Self-Care Ritual

In the past, castor oil was often taken internally, but today it's far more common to use it topically as part of a soothing routine. Many women enjoy applying a small amount of castor oil over the abdomen and pairing it with a warm compress or castor oil pack.

The combination of warmth and moisture creates a calming, spa-like experience that invites the body to slow down, release tension, and rest more deeply.

Rather than being about what it "does," this ritual is about how it feels—nourishing, grounding, and supportive of a moment to care for yourself.

Essential Oil Recommendations

- Cypress
- Helichrysum
- Peppermint
- Rosemary
- Ginger

Women's Routine Support

Many women find that creating a simple nightly routine with castor oil is one of the most grounding things they can do for themselves. Using a castor oil pack over the abdomen encourages warmth, relaxation, and a sense of flow through the body—especially during times of the month when cramping, bloating, or emotional tension can feel overwhelming.

This practice can become a moment of pause—supporting circulation, easing daily stress, and helping you reconnect with your body.

Essential Oils to Pair with Your Routine

- **Marjoram** – traditionally known for comfort and calm
- **Clary Sage** – supportive during monthly cycles
- **Fennel** – refreshing and grounding
- **Lavender** – soothing for mind and body
- **Geranium** – harmonizing and balancing
- **Ylang Ylang** – uplifting and relaxing
- **Clary Calm**® – a blend created for women's cycles
- **RevitaZen**™ – supportive for daily balance and restoration

Add a drop of Geranium, Ylang Ylang, or Clary Calm to your castor oil pack before applying to enhance your routine. These aromas can help you unwind, release tension, and enjoy the ritual of caring for your body.

How to Use Castor Oil

Three Easy Ways to Use Castor Oil

1. Castor Oil Pack

Drizzle 1–2 tablespoons of Castor Oil onto a castor oil pack. Add essential oils if desired. Apply over the abdomen, liver, or other area, then cover for 30–60 minutes or overnight.

Pro Tip: Apply a warm compress for additional benefits.

2. Navel Patch

Place 1 to 2 drops of Castor Oil directly into the navel and cover with a patch. This practice is often used in wellness routines to encourage overall balance.

3. Spot Application

Apply Castor Oil to areas such as the eyebrows, joints, scalp, dry skin patches, or lymph nodes. Castor Oil is both a humectant, which draws in moisture, and an occlusive, which seals moisture in. These properties make it ideal for dry, irritated, or aging skin.

Note: Castor oil will stain! Wear old clothes or use a towel when using larger applications or packs.



Head-to-Toe Rituals

Scalp + Hair

- Massage into scalp 1–2 times a week as a pre-wash treatment to support circulation and scalp hydration
- Pair with: Rosemary, Cedarwood, and Peppermint essential oils

Lashes + Brows

- Apply nightly with clean mascara wand or Q-tip
- Strengthens delicate hairs and improves moisture

Women's Monthly Support

- Apply pack over liver (right side, under ribcage)
- Use 3–5x/week for 30–60 mins
- Pair with: RevitaZen™ and Clary Sage

Digestive + Bloating Relief

- Apply to lower abdomen
- Use patch or pack method
- Pair with: DigestZen® (can also use Ginger or dōTERRA Supermint® if you prefer)

Move with Ease

- Massage into knees, shoulders, or back
- Pair with: Deep Blue®, AromaTouch®, Copaiba

Dry Skin + Cracked Areas

- Apply to heels, elbows, hands, lips
- Pair with: Lavender, Frankincense, Immortelle

Everyday Recipes & Blends

Women's Blend

- 2 tbsp Castor Oil
- 5 drops Clary Sage or ClaryCalm®
- 3 drops Geranium
- 2 drops Copaiba

Use on lower abdomen daily

Navel Patch

- 1 tsp Castor Oil
- 2 drops RevitaZen Detoxification Blend

Apply to belly button and cover with patch overnight. Wipe off any excess oil in the morning.

Digestive Soothing Compress

- Apply Castor Oil + DigestZen® to lower belly
- Cover with cloth and warm compress for 45 mins

Use as needed

Tension Balm

- 1 tbsp Castor Oil
- 3 drops Lavender
- 2 drops Vetiver

Rub onto neck and feet before bed

For All Ages

Castor Oil for Every Chapter of Life

Babies

Castor Oil provides moisture for delicate, developing skin. A small amount can be combined with a gentle carrier oil such as almond, coconut, apricot, or jojoba and use during calming routines like infant massage to support softness.

Children

Active, growing children benefit from Castor Oil's skin-nourishing properties. Apply to knees, elbows, and dry patches after bath time or in bedtime routines to soften and moisturize skin.

Teens

With hormonal changes and evolving skin needs, Castor Oil offers natural support for clearer-looking skin. It may also provide soothing comfort as part of an abdominal massage during monthly cycles and makes a great addition to hair and scalp care.

Women

Castor Oil is a daily essential for women's wellness, offering moisturizing support for the skin, abdominal comfort, and tired muscles. A versatile staple for both beauty and wellness routines.

Men

Castor Oil is a powerful addition to men's wellness routines, ideal for beard care, skin moisturization, and post-workout recovery care for joints or muscle tension.

Aging Adults

As skin loses moisture and joints need more attention, Castor Oil provides deeply hydrating, nourishing support. Use it to care for dry areas, ease joint tension, and maintain comfort and mobility each day.

See What Castor Oil Can Do for Your Routine

The Gold Standard for Self-Care

If your routine could use an upgrade, reaching for dōTERRA Castor Oil is a convenient, supportive way to harness the power of ancient rituals with modern applications in your everyday life.

Questions? Visit dōTERRA.com to learn more about Castor Oil.

