

QUICK REFERENCE SHEET

CASTOR

Ricinus communis



Extraction Method:
Cold Pressed, USP grade



Part Utilized:
Seeds

CONSISTENCY:

heavy weight, very light color

AROMATIC CONSIDERATIONS:

little to no aroma

APPLICATION:

Often mixed with another carrier oil such as Almond or Coconut.

! CAUTIONS:

Castor Oil for internal use has both strong advocates and equally strong opponents. That is likely because the castor bean contains both healing properties and properties that are strong to the point of being destructive. The benefits of Castor Oil can almost always be achieved by topical application and, in my opinion, it is much safer to use Castor Oil that way. Castor Oil is generally used internally as a laxative. However, it can cause side effects like cramping and diarrhea. A 2010 study found that using Castor Oil packs externally was an effective means of decreasing constipation. My own experience with Castor Oil, applied to the bottom of the feet, is that it acts as a potent general cleansing agent for the body.

GENERAL INFORMATION:

Castor Oil is very hydrating and moisturizing for the skin and has been used for such skin conditions as psoriasis. It even has some antimicrobial and anti-bacterial properties that may be helpful in reducing acne. Castor Oil can stimulate tissue growth and can be used on wounds to create a moist and protective layer that helps promote healing and keeps sores from drying out. Castor Oil is also used for keeping hair soft and hydrated and may help reduce dandruff symptoms.

Studies have shown that Castor Oil applied topically reduces inflammation and can even help relieve pain. One study found that Castor Oil, because of its anti-inflammatory properties, effectively relieves arthritis symptoms. Another study found an increase in T cells over a seven hour period after the application of Castor Oil.

WHAT IS A CARRIER OIL:

Carrier or base oils are often applied in conjunction with an essential oil. The common industry term for carrier oils is fixed oils. These oils are made from vegetables, nuts, seeds, and flowers. They are considered by many to have therapeutic properties of their own.

Carrier oils are used for several different reasons. One major reason is that pure essential oils are often too concentrated to be applied undiluted to the skin. Adding essential oils to a carrier oil also allows the oil to be spread over a larger application area and to be absorbed more evenly. Many essential oils are quite expensive, and because they are so highly concentrated, one or two drops may be all that you need. The use of a smaller quantity of essential oil is often more beneficial than a larger quantity and is certainly less likely to cause any type of reaction.