

CASTOR SEED OIL

RICINUS COMMUNIS

Country of Origin: India
Cold Pressed from seeds

Our cold-pressed, unrefined, hexane-free Castor Seed Oil is a versatile stillroom essential, naturally rich in vitamin E, omegas, polyphenols, and ricinoleic acid. Long used in traditional wellness and beauty practices, it is valued for nourishing the skin, hair, lashes, and brows, and for its role in slow, supportive body care rituals. This 100% pure, food-grade oil is most often used topically or as the foundation of traditional castor oil packs.

FUNCTIONAL CONSTITUENTS

Ricinoleic Acid	The key compound in castor oil, ricinoleic acid is known for its anti-inflammatory, antimicrobial, and moisturizing properties. It helps soothe skin, support wound healing, and promote hair growth, while also acting as a natural laxative to aid digestion. With its ability to reduce pain, support detoxification, and balance gut health, ricinoleic acid is a powerful ingredient for overall wellness and self-care.
Triglycerides:	Essential fats that serve as the body's primary energy source, supporting cell function, metabolism, and overall vitality. Found in foods like coconut oil, avocado, and fish, they help absorb fat-soluble vitamins, protect organs, and maintain healthy skin. Balanced triglyceride levels are crucial for heart health, brain function, and sustained energy, making them a key component of overall wellness.

Clinical Studies: <https://pmc.ncbi.nlm.nih.gov/articles/PMC1781768/>
<https://pmc.ncbi.nlm.nih.gov/articles/PMC3384204/>
<https://pmc.ncbi.nlm.nih.gov/articles/PMC11855838/>

WHAT TO LOOK FOR VS. WHAT TO AVOID

- Cold-pressed (never solvent-extracted)
- Unrefined and in its natural state
- Hexane-free
- Thick, dense, slow-moving texture
- Stored in dark glass to protect freshness
- Refined or deodorized castor oil
- Solvent-extracted oils
- Overly thin or watery texture
- Plastic packaging
- Oils with little to no natural aroma



HOW WE SOURCE

Castor seed oil varies widely in quality depending on how it is pressed, refined, and stored. Many commercial versions are heavily processed, deodorized, or solvent-extracted to make them thinner and more neutral. We do not thin, deodorize, or modify this oil for cosmetic appeal. Its weight, texture, and subtle aroma are part of what make it useful in traditional applications.

OUR CASTOR SEED IS:

- ✓ Cold-pressed to preserve the oil's natural fatty acid profile
- ✓ Never solvent-extracted or refined
- ✓ Hexane-free
- ✓ Food Grade
- ✓ Left in its natural, thick, viscous state
- ✓ Stored in dark glass to protect the oil from light and oxidation

WHAT IT SUPPORTS

Castor Seed Oil has a long history of use in traditional self-care and stillroom practices. When used externally and in ritual applications, it is commonly reached for to support:

- Skin softness and moisture
- Scalp, hair, brow, and lash nourishment
- Comfort and warmth through topical application
- Traditional castor oil pack practices
- Slow, grounding body care rituals

Castor Seed Oil is valued not for speed, but for consistency and patience, used over time as part of supportive self-care routines.

Why We Use Castor Seed Oil

Castor seed oil is naturally rich in ricinoleic acid, a fatty acid unique to castor oil. This is what gives it its dense texture and makes it especially suited for external use and traditional castor oil pack rituals.

It has been used historically to:

- Soften and nourish skin
- Support scalp, hair, brows, and lashes
- Provide warmth and comfort when applied with heat
- Serve as the base oil for castor oil packs

This is not a trend oil. It's a working oil.

USAGE SUGGESTIONS

Topical	Apply a small amount to dry or rough skin, cuticles, brows, lashes, or scalp. Best used sparingly.*
Massage	Warm between the hands and apply alone or blended with other oils for a slow, grounding massage.*
Castor Oil Packs	A traditional stillroom practice using oil, cloth, and gentle heat.*

HOW TO USE A CASTOR OIL PACK

- Saturate a soft flannel cloth (2-4 layers thick) with castor seed oil.
- Place the cloth over the desired area of the body.
- Cover with wax paper or plastic wrap.
- Apply gentle heat using a heating pad or hot water bottle.
- Leave in place for at least one hour, or overnight if desired.
- Rest while the oil does its work.

Traditional External Practices

- **Castor Oil Packs:** One of the most well-known traditional uses, involving oil, cloth, and gentle heat.
- **Comfort Rituals:** Used externally with warmth for areas that feel tense, stiff, or in need of attention.
- **Protective Skin Care:** Included in salves and balms to help maintain a moist, protected skin environment.

These uses emphasize patience, repetition, and rest rather than quick results.

Traditional Internal Use (Food-Grade)

Castor seed oil has historically been used internally in small amounts as part of traditional wellness practices, particularly for digestive support. Because it is potent, internal use has always been approached with care, intention, and respect.

In the stillroom, internal use is:

- Occasional, not daily
- Minimal in amount
- Used for specific purposes rather than general supplementation

Those considering internal use should do so thoughtfully and consult a qualified healthcare professional if unsure.

CASTOR SEED IN THE STILLROOM

Castor seed oil holds a quiet, utilitarian place in the stillroom. It is not decorative and not delicate. It is kept for moments that call for weight, warmth, and time.

Traditionally, castor oil is reached for when the body needs steady attention rather than stimulation, applied slowly, often with heat, and allowed to work over hours rather than minutes. Its thick texture is part of its purpose, meant to stay where it is placed and support focused, external care.

CAUTIONS

Safety Group 4: Not for use by children, pregnant or nursing women, or individuals with weakened immune systems. Keep out of reach of children. A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

MORE WAYS TO USE CASTOR SEED

Castor seed oil has been used far beyond a single purpose. In the stillroom, it's valued for its texture, staying power, and versatility across skin, hair, and body care rituals.

Hair & Scalp

- **Scalp Conditioning:** Massaged into the scalp to soften dryness and support overall scalp comfort.
- **Hair Care Rituals:** Used as a deep-conditioning oil to add shine, reduce breakage, and protect ends.
- **Brows & Lashes:** Applied sparingly with a clean wand or cotton swab as part of a nightly care routine.

Castor oil's thickness makes it especially useful for areas that benefit from slow, overnight application..

Skin & Body Care

- **Targeted Moisture:** Applied to very dry areas such as heels, elbows, knees, and cuticles.
- **Facial Oil Blends:** Used in small amounts or blended with lighter oils for facial massage and skin-softening rituals.
- **After-Sun Care:** Traditionally used to soothe skin that feels warm, tight, or overexposed.
- **Scar & Blemish Care:** Applied consistently over time as part of long-term skin care routines.



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