

Unlocking CASTOR OIL

NATURE'S
MOST
VERSATILE
OIL

SIMPLE RECIPES, EVERYDAY USES &
TRADITIONAL WELLNESS WISDOM

INSPIRED BY THE TEACHINGS OF
Barbara O'Neill



NATURAL REMEDIES
FOR THE WHOLE FAMILY



SKIN & HAIR
NOURISHMENT



DIY RECIPES
MADE SIMPLE



TRADITIONAL WISDOM
TIMELESS BENEFITS



One bottle.
Endless
possibilities.



PURE.
NATURAL.
POWERFUL.



ROOTED IN
NATURE



BACKED BY
TRADITION



MADE WITH
LOVE



PERFECT FOR
EVERY HOME

SIMPLE • SAFE • EFFECTIVE • TIMELESS



WELCOME, FRIEND



A little bottle, a lot of heart

This book was written for anyone who's ever stood in front of a shelf of skincare products and wished for something simpler — something their grandmother might recognize.

Castor oil isn't a miracle. It isn't magic. But it is one of the most quietly useful bottles you can keep in a cupboard, and this little guide will show you why.



Unlocking Castor Oil: Simple Recipes, Everyday Uses & Traditional Wellness Wisdom

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A gentle note: throughout this book, traditional practices are clearly separated from research-supported findings, so you always know which is which.



PART ONE

CHAPTER 01

The Little Bottle with a Big Story



*"Nature's medicine cabinet often fits
in the palm of your hand."*

Before we mix a single recipe, let's get acquainted with the oil itself — where it comes from, how it's made, and what actually makes it so special. Understanding the "why" makes every recipe that follows feel less like a trend and more like quiet, time-tested common sense.



What Is Castor Oil?



Castor oil is a thick, pale-gold oil pressed from the seeds — called castor beans — of the *Ricinus communis* plant. One of the oldest plant oils used by people, its use stretches back over 4,000 years to ancient Egypt.

Unlike oils mostly used in cooking, castor oil has almost always been valued for the body rather than the plate. It's thicker than oils like almond or olive oil, with a texture that coats skin and hair rather than soaking straight in.

Today it's sold as an FDA-approved over-the-counter laxative when taken by mouth — a reminder that this is a genuinely active plant compound, not just a pretty bottle.



✦ DID YOU KNOW?

Ancient Egyptian medical texts, including the Ebers Papyrus (circa 1550 BCE), describe castor oil as a remedy for eye irritation and skin care.



The Castor Bean Plant

The castor plant is a fast-growing shrub with large, star-shaped leaves and spiky seed pods. It thrives in warm climates across Africa, India, and the Mediterranean.

△ WORTH KNOWING

Raw castor beans contain ricin, a toxic compound. The oil goes through pressing and refining that removes ricin, making processed castor oil safe for topical and approved oral use.



How Castor Oil Is Made



🌱 STEP ONE

Castor beans are harvested and cleaned, separating the seeds from their spiky outer pods.

⚙️ STEP TWO

The seeds are pressed — either cold-pressed at low temperatures, or processed with heat and solvents.

🧴 STEP THREE

The oil is filtered and refined, removing ricin and plant solids to leave the smooth oil you'd recognize in a bottle.

The method matters. Cold-pressing uses gentle mechanical pressure without added heat or chemical solvents, which tends to preserve more of the oil's natural compounds. This is part of why so many wellness guides recommend looking for "cold-pressed" or "hexane-free" on the label.

Understanding Ricinoleic Acid

Here's the science, explained simply: about 90% of castor oil is made up of a unique fatty acid called **ricinoleic acid**. It's rare in nature — castor oil is by far its richest natural source — and it's the reason this oil behaves differently from other plant oils.

🔬 WHAT RESEARCH SHOWS

When taken by mouth, ricinoleic acid activates specific receptors in the gut that trigger contractions — this is the well-documented mechanism behind castor oil's long-standing use as an FDA-approved laxative. Laboratory and animal studies also point to anti-inflammatory properties.

💖 WHY IT MATTERS FOR SKIN

On skin, ricinoleic acid's molecular structure allows it to penetrate more easily than many other fatty acids, which is part of why castor oil feels so deeply moisturizing rather than sitting on the surface.

🌟 DID YOU KNOW?

Ricinoleic acid is so unusual that it's used as an industrial ingredient too — in everything from lubricants to biodegradable plastics. The same molecule in your skincare shelf shows up in surprising places.

Choosing a Quality Oil



Walk down any wellness aisle and you'll see several versions of castor oil. Here's how the most common ones compare, so you can choose with confidence.

Cold-Pressed



Benefits: Made without heat or solvents; tends to retain more of the oil's natural nutrients and a milder scent.

Drawbacks: Generally costs more; shorter shelf life if not stored well.

Best for: Skin, hair, and lip recipes where you want a gentler, less processed oil.

Refined



Benefits: More affordable, longer shelf life, virtually odorless.

Drawbacks: Heat or solvent processing may reduce some natural compounds.

Best for: Larger-batch recipes like body oils, where a neutral scent is preferred.

How to Store Your Castor Oil

● KEEP IT DARK

Store in an amber or dark glass bottle, away from sunlight, which can break down the oil over time.

🧊 KEEP IT COOL

A cupboard or drawer away from heat sources keeps the oil stable. No refrigeration needed.

🔒 SEAL IT WELL

Always replace the cap tightly to limit air exposure, which can cause the oil to turn rancid.

💡 QUICK TIP

Properly stored castor oil typically stays fresh for up to two years. If it smells sour, sharp, or "off," it's time to replace it.



PART TWO

CHAPTER 02

Unlocking Nature's Wisdom



*"Old wisdom deserves a fair hearing
— and an honest one."*

Castor oil carries centuries of folk tradition. In this part, we'll look at where those traditions came from, and — just as importantly — what modern research has and hasn't confirmed. Both matter. Neither replaces the other.



Traditional Wisdom & What Evidence Says



Long before lab studies, home wellness traditions around the world reached for castor oil. Grandmothers across many cultures rubbed it onto sore joints, dabbed it onto dry cuticles, and passed bottles of it between kitchens. These are *folk traditions* — practical, lived wisdom passed down generationally, not formal medical findings. We share them here as cultural history and self-care ritual, paired honestly with what research currently does and doesn't support.

📖 TRADITIONAL PRACTICE

Castor oil packs over the belly have been used in folk wellness circles for generations as a comforting, warming ritual believed to support digestion and relaxation.

🔬 WHAT EVIDENCE SHOWS

There is currently no strong clinical evidence that topical castor oil packs “detox” the liver — the liver already performs this function continuously. Any felt benefit likely comes from warmth, relaxation, and gentle abdominal massage.

📖 TRADITIONAL PRACTICE

Massaging castor oil into the scalp is a long-standing home remedy for dry scalp and brittle-feeling hair, used across many cultures for generations.

🔬 WHAT EVIDENCE SHOWS

Castor oil's thick, moisturizing texture can genuinely help with dryness and reduce breakage. However, there are no robust human trials confirming it stimulates new hair growth, despite its popularity for that claim.

📖 TRADITIONAL PRACTICE

Taking castor oil by mouth has been used for centuries, including historically to encourage labor in pregnant women nearing term.

🔬 WHAT EVIDENCE SHOWS

Oral castor oil is an FDA-approved laxative with a well-understood mechanism. Its use for inducing labor lacks consistent clinical support and carries risks — only ever under a doctor or midwife's direct guidance.

✿ A GENTLE REMINDER

Throughout history, plenty of home remedies have turned out to be genuinely helpful — and plenty haven't held up under closer study. The most respectful thing we can do with tradition is hold it warmly, while still asking good questions of it.

Safety First



Castor oil is generally well-tolerated for topical use, but "natural" doesn't automatically mean "risk-free." A few honest guardrails go a long way.

⚠ ALWAYS PATCH TEST

Before using a new recipe, apply a small amount to your inner forearm and wait 24 hours, watching for redness, itching, or irritation.

⚠ KEEP OUT OF EYES

Castor oil can cause stinging, redness, or blurred vision if it gets into the eyes. If this happens, flush gently with cool water.

⚠ NEVER INGEST WITHOUT GUIDANCE

Oral use should only happen under the direction of a healthcare provider — including during pregnancy, when oral castor oil should be avoided unless a doctor or midwife specifically recommends it.

⚠ CHILDREN & SENSITIVE SKIN

Use a smaller, more diluted amount for children, and avoid use on broken or irritated skin.

Who Should Check with a Doctor First

If you're pregnant or nursing, managing a chronic skin condition, taking prescription medications, or caring for a young child, it's always worth a quick conversation with your healthcare provider before adding any new wellness practice into your routine — castor oil included.

✳ DID YOU KNOW?

Castor oil is classified as "Generally Recognized as Safe" (GRAS) by the FDA for cosmetic and food use in the United States — but GRAS status applies to the substance broadly, not to every specific use or claim made about it.

PART THREE

CHAPTER 03

Beauty from the Bottle



*"One bottle. So many quiet little
rituals."*

From dry cuticles to tired skin, this part walks through
where castor oil fits naturally into a beauty routine — and
where extra caution is genuinely worth taking.

Face, Hair & Skin



Castor oil's thick, emollient texture makes it a popular addition to simple beauty rituals. Here's a gentle overview of where it's traditionally used — full recipes are coming up in Part Four.

Face

A tiny amount mixed into a lighter carrier oil can help seal in moisture as the last step of an evening routine.

Hair & Scalp

Massaged into the scalp before washing, it may help soften dry, flaky areas and add shine to the hair shaft.

Hands & Cuticles

A classic, simple use — a drop worked into dry cuticles and hands at bedtime.

Feet

Massaged into rough heels and covered with socks overnight as a gentle softening treatment.

Dry Skin Patches

Can be layered over a regular moisturizer to add an extra occlusive barrier on very dry patches.

Massage

Often blended with lighter oils to create a smoother, longer-lasting massage glide.

THE HONEST SUMMARY

Castor oil is a genuinely effective **moisturizer and occlusive** — it helps lock existing moisture into the skin and hair. Claims about it dramatically transforming skin texture, erasing wrinkles, or regrowing hair go beyond what current research supports. Think of it as a solid, old-fashioned moisturizing oil, not a miracle treatment.

Eyebrows, Eyelashes & Eye-Area Safety



This is one of castor oil's most popular uses online — and one that deserves a little extra care, since the eye area is especially delicate.

📖 WHY PEOPLE USE IT

Many people apply a small amount to brows and lash tips, hoping its moisturizing properties will reduce breakage and make hair look fuller and glossier over time.

🔍 WHAT EVIDENCE SHOWS

There are no large, controlled human studies proving castor oil grows new lashes or brows. It can coat and condition existing hair, reducing breakage — which is likely why lashes *look* fuller after consistent use, even without new growth.

⚠️ EYE-AREA SAFETY GUIDANCE

- Apply only to the brow hairs or the very tips of lashes — never the lash line or waterline.
- Use a clean spoolie or cotton swab, never a finger or a shared, undated bottle, to avoid contamination.
- If oil gets into the eye, it may cause stinging, redness, or temporary blurred vision — flush gently with cool water if this happens.
- Discontinue if you notice swelling, itching, or styes developing, and check with a doctor.
- Always patch test on the inner forearm before using near the face for the first time.

💡 QUICK TIP

Apply at night so any excess oil has time to absorb before morning, and gently cleanse the area when you wake.

Castor Oil Packs, Step by Step



A castor oil pack is simply a cloth soaked in oil, placed over the skin and warmed. It's a traditional comfort ritual — soothing and relaxing, even though it doesn't "detox" the body as is sometimes claimed.



🔗 FINISHED RESULT

Afterward, gently wipe away excess oil with a warm cloth. Many people find the warmth and quiet more soothing than anything else — and that's a perfectly good reason to enjoy the ritual on its own terms.

⚠️ SKIP THIS IF

You are pregnant, have an open wound or active skin infection in the area, or have a fever or acute abdominal pain — in the latter case, seek medical care instead.



PART FOUR

CHAPTER 04

Mix, Stir & Create



*"Five simple recipes, made with
what's already in your kitchen."*

Every recipe ahead uses simple, accessible ingredients
and takes just a few minutes to prepare. Patch test each
one before regular use.



Nourishing Night Face Oil



⌚ 5 min

✳ Easy

🗓 Keeps 3 months

Purpose: A lightweight nighttime oil blend that uses a small amount of castor oil to help seal in moisture, balanced with lighter oils so it doesn't feel heavy on the skin.

✓ GOOD FOR

Normal to dry skin types looking for a simple, natural last step in an evening routine.

⊗ AVOID IF

You have acne-prone or very oily skin, or any known sensitivity to castor oil, jojoba, or sweet almond oil.

Ingredients

- 1 tsp castor oil (cold-pressed)
- 2 tbsp jojoba or sweet almond oil
- 3 drops vitamin E oil (optional, for shelf life)
- Small amber glass dropper bottle

Equipment

- Small mixing bowl
- Dropper bottle
- Funnel (optional)

Preparation

1. Combine the castor oil and jojoba or almond oil in a small bowl.
2. Stir in the vitamin E oil if using.
3. Pour the blend into a clean amber dropper bottle using a small funnel.
4. Label the bottle with the date prepared.

HOW TO APPLY

Warm 3–4 drops between clean palms and gently press into damp skin after cleansing, avoiding the eye area.

FREQUENCY

Nightly, or every other night for oilier skin.

STORAGE

Store in a dark, cool cupboard away from direct sunlight.

♥ BENEFITS

The blend helps lock in moisture from the rest of your routine and may leave skin feeling softer by morning.

💡 RECIPE TIP

Apply to slightly damp skin, not dry skin — it helps the oil spread more easily and feel less heavy.

⚠ SAFETY NOTE

Always patch test on your inner arm 24 hours before applying to the face. Discontinue if irritation occurs.

Soothing Scalp & Hair Oil



⌚ 5 min

✳ Easy

🗓 Keeps 2 months

Purpose: A pre-wash scalp treatment that combines castor oil's moisturizing texture with a lighter carrier oil to make it easier to apply and rinse out.

✓ GOOD FOR

Dry, flaky, or stressed-feeling scalps and dry hair ends.

⊗ AVOID IF

You have an active scalp infection, open sores, or known allergies to coconut or castor oil.

Ingredients

- 2 tbsp castor oil
- 2 tbsp coconut or olive oil
- 2 drops rosemary or lavender essential oil (optional)

Equipment

- Small bowl
- Wide-tooth comb
- Old towel or shower cap

Preparation

1. Mix the castor oil and coconut or olive oil together in a small bowl.
2. Add the essential oil drops if using and stir well.
3. Section dry hair and apply directly to the scalp using your fingertips.
4. Work any remaining oil through the length of the hair.

HOW TO APPLY

Massage gently into the scalp for 3–5 minutes, then comb through to the ends. Cover with a shower cap.

FREQUENCY

Once weekly, left on for 30 minutes to overnight before shampooing thoroughly.

STORAGE

Store the unused blend in a sealed jar in a cool cupboard.

♥ BENEFITS

May help soften dry, flaky patches and reduce the look of dry, brittle ends.

💡 RECIPE TIP

Warm the oil slightly between your palms before applying for a more spa-like feel.

⚠ SAFETY NOTE

This blend is thick and can stain pillowcases — use an old towel over your pillow if leaving on overnight.

Whipped Lip & Hand Balm



⌚ 15 min

🌿 Easy

📅 Keeps 6 months

Purpose: A simple whipped balm using castor oil's moisturizing texture alongside beeswax and shea butter for a protective, soothing balm for lips and hands.

✓ GOOD FOR

Dry, chapped lips and rough, dry hands or cuticles.

⚠ AVOID IF

You have a known allergy to beeswax, shea butter, or castor oil. Use a vegan wax alternative if needed.

Ingredients

- 1 tbsp castor oil
- 1 tbsp shea butter
- 1 tsp beeswax pellets
- 3 drops vanilla or peppermint extract (optional)

Equipment

- Small heatproof bowl
- Saucepan for a double boiler
- Small tins or jars
- Hand mixer or whisk

Preparation

1. Set up a double boiler by placing a heatproof bowl over a saucepan of simmering water.
2. Melt the beeswax and shea butter together, stirring gently.
3. Remove from heat and stir in the castor oil and extract if using.
4. Let cool slightly, then whip with a hand mixer until light and fluffy.
5. Spoon into small tins and let set fully before sealing, about 1 hour.

HOW TO APPLY

Dab a small amount onto lips or work into hands and cuticles as needed throughout the day.

FREQUENCY

As often as needed — this is a gentle, everyday balm.

STORAGE

Store in a sealed tin at room temperature, away from direct heat.

♥ BENEFITS

Creates a protective layer that helps soothe dryness on contact, especially in cold or windy weather.

💡 RECIPE TIP

Pour any extra into a small lip balm tube mold for an easy-to-carry version.

⚠ SAFETY NOTE

Do not apply to broken or cracked skin until it has begun to heal, as the high oil content can sometimes slow healing of open wounds.

Relaxing Body Massage Oil



⌚ 5 min

✳ Easy

📅 Keeps 3 months

Purpose: A smooth-gliding massage blend that uses a small ratio of castor oil for richness, balanced with a lighter oil so it doesn't feel sticky on the skin.

✓ GOOD FOR

Anyone looking for a calming, fragrant massage oil for tired muscles or simple relaxation.

⊘ AVOID IF

You have a known sensitivity to lavender or chamomile essential oils, or broken skin in the area to be massaged.

Ingredients

- 1 tbsp castor oil
- 3 tbsp grapeseed or sweet almond oil
- 4 drops lavender essential oil
- 2 drops chamomile essential oil (optional)

Equipment

- Small glass bottle
- Funnel

Preparation

1. Combine the castor oil and grapeseed or almond oil in a small bottle.
2. Add the lavender and chamomile drops.
3. Cap the bottle and shake gently to combine.
4. Let sit for at least an hour before first use to let the scents blend.

HOW TO APPLY

Warm a small amount between your palms and massage gently into shoulders, neck, or feet using slow, circular strokes.

FREQUENCY

As needed for relaxation, especially before bed.

STORAGE

Store away from direct sunlight; shake before each use as oils may settle.

♥ BENEFITS

The richer texture allows for a slower, smoother massage glide, while the lavender supports a calming bedtime ritual.

💡 RECIPE TIP

Warm the bottle briefly in a bowl of warm water for an extra-cozy, spa-like feel.

⚠ SAFETY NOTE

Essential oils should always be diluted as shown here and never applied undiluted to the skin. Avoid during pregnancy without checking with a doctor.

The Complete Castor Oil Pack Guide

⌚ 10 min

🌟 Easy

📅 Keeps Cloth reusable 1 month

Purpose: A complete, ready-to-follow version of the traditional castor oil pack ritual introduced in Part Three — a warming, relaxing self-care practice using simple household materials.

✓ GOOD FOR

Generally healthy adults looking for a calming, warming self-care ritual.

⚠️ AVOID IF

You are pregnant, have an open wound, active skin infection, fever, or unexplained abdominal pain — seek medical care for the latter instead.

Ingredients

- 3–4 tbsp castor oil
- 1 piece soft, undyed flannel or cotton cloth
- 1 plastic wrap sheet or old towel (to protect bedding)

Equipment

- Hot water bottle or heating pad (optional)
- Large towel
- Old t-shirt or wrap to secure in place

Preparation

1. Fold the cloth to a size that comfortably covers the area you'll use it on.
2. Saturate the cloth with castor oil until damp throughout but not dripping.
3. Lie down on a towel or old sheet to protect your bedding.
4. Place the soaked cloth directly onto clean, dry skin.
5. Cover with plastic wrap, then a towel, and add gentle warmth if desired.

HOW TO APPLY

Rest quietly for 20–40 minutes. Afterward, gently wipe the area clean with a warm, damp cloth.

FREQUENCY

Up to 2–3 times per week, with rest days between.

STORAGE

Store the used cloth in a sealed glass container or bag in the fridge; it can typically be reused for about a month before replacing.

♥ BENEFITS

A grounding, restful ritual that many people enjoy as a wind-down practice — the warmth and stillness are the real benefit, more than any detox effect.

🌟 RECIPE TIP

Keep a dedicated 'pack cloth' that you reuse just for this purpose, so you're not soaking a fresh cloth every time.

⚠️ SAFETY NOTE

Topical castor oil packs are not a treatment for any medical condition. If you have ongoing pain or health concerns, please see a healthcare provider rather than relying on home remedies alone.



PART FIVE

CHAPTER 05

Everyday Wellness



*"The simplest rituals are the ones
that stick."*

We'll close with the questions people ask most, the mistakes worth avoiding, and a gentle tracker to help the habit take root.



Frequently Asked Questions

**Q: Can I use castor oil every day?**

Yes, for most people daily topical use on skin or hair is fine. Start with 2–3 times a week and increase if your skin tolerates it well.

Tip: Less is more — a little goes a long way.

Q: Will it really make my hair grow faster?

There's no strong clinical evidence that it speeds up hair growth. It can reduce breakage and add shine, which may make hair look fuller and healthier.

Tip: Pair it with a balanced diet and gentle hair care for the best overall results.

Q: Is castor oil the same as castor bean?

No — the oil is extracted and refined from the bean, removing ricin, a toxin found in the raw seed. The processed oil is considered safe for topical and approved oral use.

Tip: Never attempt to eat raw castor beans.

Q: Can I take it by mouth to lose weight or detox?

Oral castor oil is only FDA-approved as a short-term laxative. It isn't a weight-loss or detox tool, and overuse can cause cramping, dehydration, and electrolyte imbalances.

Tip: Talk to a doctor before any oral use.

✦ DID YOU KNOW?

Castor oil has also long been used in industrial settings — as a lubricant, in soap-making, and even in some early biodiesel research — a sign of just how versatile this single plant oil really is.

Common Mistakes & Quick Reference



X USING TOO MUCH

A little goes a long way — too much can leave skin or hair feeling greasy and weighed down rather than nourished.

X SKIPPING THE PATCH TEST

Even natural oils can cause sensitivity. Always test a small area first, especially near the face or eyes.

X USING OLD OR RANCID OIL

If the oil smells sour or "off," it has likely gone rancid and should be replaced rather than used.

X EXPECTING OVERNIGHT RESULTS

Most gentle benefits, like softer skin or less hair breakage, build gradually over weeks of consistent use.

Quick Reference Guide

Use	Amount	Frequency
Face oil blend	3–4 drops	Nightly
Scalp treatment	2 tbsp blend	Weekly
Lash/brow tips	Tiny dab	Nightly
Cuticles/hands	1 small drop	Daily
Castor oil pack	3–4 tbsp on cloth	2–3x weekly

Your 7-Day Gentle Wellness Tracker



Consistency matters more than intensity. Use this simple tracker to build a gentle weekly rhythm — check a box each time you complete a ritual.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Applied face oil	☐	☐	☐	☐	☐	☐	☐
Scalp treatment	☐	☐	☐	☐	☐	☐	☐
Cuticles / hands	☐	☐	☐	☐	☐	☐	☐
Castor oil pack ritual	☐	☐	☐	☐	☐	☐	☐
Felt relaxed & cared for	☐	☐	☐	☐	☐	☐	☐

✿ REFLECTION PROMPT

At the end of the week, jot a note: did any particular ritual feel especially soothing? Let that one become your anchor habit going forward.

Notes for the week ahead...



WITH GRATITUDE

One Bottle. Endless Small Rituals.



Thank you for spending this time learning alongside us. Wellness rarely arrives all at once — it builds quietly, one small, repeated ritual at a time.

We hope this little bottle earns a permanent spot on your shelf, and that these pages remind you that simple, time-tested care is still worth making room for.

Warmly, from our kitchen to yours.

This book is for educational and informational purposes only and does not replace personalized medical advice. Please consult a qualified healthcare provider with any questions about your individual health.

