

# Castor Oil Eye Packs

Castor Oil was a beauty staple in Egyptian and Greek cultures, and Cleopatra used it to enhance her eyes. It is commonly used as a treatment to help eyelashes and eyebrows grow.

Castor Oil improves circulation to where it is applied via nitric oxide stimulation, so when applied to the lashes and brows it ensures that the hair follicle is getting a good blood supply. Castor oil is also anti-inflammatory and provides nourishment for the skin and hair follicle

There is a wealth of research supporting the use of Castor Oil in the eye as a treatment for dry eyes and prevention of cataracts. Castor Oil is 100% safe and even beneficial to use in/around the eyes.

It helps balance the circadian rhythm by promoting melatonin

- You can simply rub a little castor oil on the eyelid
- Apply castor oil to the eyelashes with a eyelash wand
- Use an organic cotton eye mask and pour on a little castor oil in the centre of each eye patch

<https://queenofthethrones.com/quick-fix-for-better-sleep-and-tired-eyes-nightly-castor-oil-beauty-routine/>

**Contraindication:** the oral consumption of castor oil has been shown to possibly stimulate smooth muscle contractions of the uterus, it is not known if the castor oil pack ritual does the same thing, therefore to be safe do not use castor oil packs during pregnancy



Lots of information here from The Queen of Thrones who make castor oil packs for various areas of the body in the US <https://queenofthethrones.com/blog-page/>