

# Nighttime Castor Oil Routine for Graceful Aging

Uncover the Secrets to Radiant Skin and Overall Wellness

## STEP #1 Castor Oil Face Wash with Rose Quartz Roll-On

1. Rinse your face with warm water and a washcloth.
2. Roll your Castor Oil Rose Quartz Roll-On over your face, following natural contours.
3. Wipe off oil with a warm washcloth, then pat dry.

What it's great for:

- Gently removes makeup and won't clog pores (non-comedogenic)
- Creates a soothing sensation, while energizing the skin
- Hydrates skin & balancing natural oils
- Lessens the appearance of temporary redness & promotes an even skin tone
- Supports smoother and firm-looking skin

## STEP #2 Castor Oil Beauty Eye Mask

1. Rinse eye area with warm water and a washcloth.
2. Place a dollop of Golden Castor Oil in the palm of your hand and use your clean fingers to apply it to your lashes, brows, and skin around your eyes.
3. Put on your organic cotton Castor Oil Beauty Eye Mask and go to sleep.

What it's great for:

- Supports thicker-looking lashes and brows
- Reduce appearance of fine lines, wrinkles and crow's feet
- Reduce appearance of dark circles and brightens eyes
- Blocks out sleep disruptors
- Enhances relaxation

## STEP #3 Liver Castor Oil Pack

1. Using your Castor Oil Rose Quartz Roll-On, apply Golden Castor Oil to your liver area.
2. Place the Pack over your liver area (under your right rib cage) and tie it in place. Wear for 1 hour or overnight.

What it's great for:

- Supports hydrated, firm-looking skin
- Creates a soothing sensation
- Energizing for the abdominal area
- Provides a natural sense of calm and relaxation
- Supports the solar plexus chakra

## STEP #4 Oil Pulling with Castor Oil

1. Swish 1 tablespoon of Golden Castor Oil in your mouth.
2. Spit out the oil into the garbage after 1-2 minutes.
3. Rinse and brush as usual.

What it's great for:

- Cleanses teeth and gums
- Freshens breath
- Moisturizes gums and cheeks
- Supports a healthy-looking smile
- Support overall oral wellness

## Start your Nighttime Graceful Aging Routine today!



Liver  
Castor Oil  
Pack

SHOP NOW



Castor Oil  
Beauty  
Eye Mask

SHOP NOW



Organic Golden  
Castor Oil Roll-On  
with Rose Quartz

SHOP NOW



Golden  
Castor Oil  
8.4 oz

SHOP NOW



Golden  
Castor Oil  
3.4 oz

SHOP NOW