

22 LIFEHACKS WITH CASTOR OIL

22个使用蓖麻油的生活技巧



If you are searching for an affordable, multi-purpose oil to keep in your home, castor oil is an excellent choice!

Castor oil is extracted from the seeds of the *Ricinus communis* plant, naturally found in Africa, India and South America. Today, India is the largest producer and exporter of castor oil globally, responsible for almost 83.65% of total exports.

Castor oil is loaded with ricinoleic acid (a potent antioxidant), Vitamin E, proteins, minerals and has antifungal and antibacterial properties that make it virtually a cure-all for anything that ails you. Castor oil has been used for thousands of years and it is still trending today!

How to Use Castor Oil?

1. A Natural Laxative

One of the best-known medicinal uses for castor oil is as a natural laxative to relieve temporary constipation. It increases the movement of the muscles that push material through the intestines, helping clear the bowels. The laxative effect works quickly—within two to six hours—so do not take it right before bed!

One study found that when older people took castor oil, they experienced decreased symptoms of constipation, including less straining during bowel movement and lower reported feelings of incomplete bowel movements.

Although it can be used to relieve occasional constipation, castor oil is not recommended as a treatment for chronic constipation. To maintain healthy bowel movement, drink plenty of water (at least eight glasses per day), eat more fresh fruit and fibre-rich foods, or take a fibre supplement such as **NewLife™ Herbal Klenz Powder**.

As castor oil is used by medical professionals to induce birth, women at all stages of pregnancy should avoid consuming castor oil.

2. Anti-aging Moisturiser for Healthy Glowing Skin

The ricinoleic acid found in castor oil is a potent antioxidant that protects the skin from free radicals that cause collagen damage and wrinkles. In addition, the fatty acids in castor oil work to hydrate and soothe your skin from any irritation. It also works as an emollient, smoothing flaky skin and making it feel softer. It can also provide a barrier on the skin and lock in moisture, promoting moisture retention.

It is a natural alternative to store-bought moisturisers and lotions. Many popular skincare products contain chemicals, preservatives, perfumes, which could irritate the skin and harm your overall health in the long run.

Swapping out these products for castor oil can help reduce your exposure to these additives. Besides, it can be used for the whole body and face.

正在寻找一种价格实惠，多用途的油？蓖麻油是一个很好的选择！

蓖麻油是从蓖麻的种子中提取的，天然产于非洲、印度和南美洲。今天，印度是全球最大的蓖麻油生产国和出口国，占总出口量的83.65%。

蓖麻油富含蓖麻油酸（一种有效的抗氧化剂）、维生素E、蛋白质、矿物质，并具有抗真菌和抗菌的特性，使其几乎成为任何疾病的万灵药。蓖麻油已经被使用了数千年，今天仍然流行！

如何使用蓖麻油？

1. 天然泻药

蓖麻油最著名的药用用途之一是作为一种天然的泻药来缓解暂时的便秘。它通过增加肠道的肌肉运动推动物质，帮助清理肠道。它的通便作用在两到六小时内迅速发挥作用，所以不要在睡前服用！

一项研究发现，老年人服用蓖麻油后，他们的便秘症状有所减轻，包括减少排便时的紧张感和排便不完全的感觉。

虽然蓖麻油可以用来缓解偶尔便秘，不推荐用它作为治疗慢性便秘。如果想要保持健康肠道，那应该喝大量的水（每天至少八杯水），多吃新鲜水果和富含纤维的食物，或服用纤维补充剂，如**新生命草本净化粉**。

由于蓖麻油被医疗专业人员用于引产，处于怀孕各个阶段的妇女都应避免食用蓖麻油。

2. 抗衰老润肤剂—令肌肤散发健康气息

蓖麻油中的蓖麻油酸是一种有效的抗氧化剂，可以保护皮肤免受自由基的伤害，自由基会导致胶原蛋白受损和产生皱纹。此外，蓖麻油中的脂肪酸能保湿并舒缓皮肤免受任何刺激。它也能润肤、平滑剥落的皮肤，让皮肤感觉更柔软。它还可以为皮肤提供一个屏障，锁住水分，促进保湿。

它是商业润肤霜和乳液的天然替代品。许多受欢迎的护肤品都含有化学物质、防腐剂、香水，这些物质会刺激皮肤，从长远来看会损害整体健康。

用蓖麻油代替这些产品可以帮助您减少接触这些添加剂。此外，它可以用于全身和面部。

3. Shiny, Healthy Hair

Castor oil is the elixir for healthy scalp and healthy hair. Use it as a natural hair conditioner to lubricate, coat and condition hair strands to improve smoothness and shine. Hair becomes much less brittle, so there is less breakage.

Castor oil may also benefit those who experience dandruff due to its anti-inflammatory properties.

4. Makes Hair Grow

Castor oil increases blood flow to the scalp, supplying valuable nutrients to hair follicles, thus promoting natural hair growth. If you have balding areas on your scalp or you want thicker hair, or wish for thicker eyebrows or eyelashes, castor oil works wonderfully.

5. Promotes Wound Healing

Castor oil can also relieve the pain from scratches and other abrasions and help them to heal quickly. Applying castor oil to wounds creates a moist environment that stimulates tissue growth so that a barrier can be formed between the wound and the environment, decreasing the risk of infection.

6. Relieves Skin Inflammation

Castor oil has both pain-relieving and anti-inflammatory properties, thus helping skin disorders like psoriasis and eczema by alleviating their symptoms and reducing flare-ups.

Again, it is a natural, healthier alternative compared to most body creams which come with preservatives, chemicals, and fragrance.

7. Gets Rid of Dark Circles and Tired Eyes

From a stressful lifestyle to lack of sleep, hormonal changes to genetics, many things can lead to dark circles under the eyes, and they can become permanent if neglected for too long! Give castor oil a try, it can help to fight dark circles or soothe the tiredness around your eyes.

8. Acne Treatment

Acne is most common in teens and young adults and can negatively impact self-esteem.

Castor oil decreases the inflammation from the acne and kills bacteria, which helps the acne to clear up. Put it on affected areas before you go to bed, and you will notice a drastic improvement when you wake up in the morning.

9. Healthy Lips

Castor oil does wonders for dry and cracked lips. If you did not already know, castor oil is added to many lip remedies you buy over the counter! You can rub a bit on your lips, and it will help heal cracks and prevent further chapping.

10. Fights Candida

Candida albicans is a type of fungus that commonly causes dental issues like plaque overgrowth, gum infections, and root canal infections. Castor oil has antifungal properties and may help fight off Candida, keeping the mouth healthy.

Castor oil may also help treat denture-related stomatitis, a common issue in older adults who wear dentures. A study found that brushing with and soaking dentures in a solution containing castor oil leads to significant reduction in Candida in older adults who wore dentures.

3. 光泽亮丽的头发

蓖麻油是健康头皮和头发的灵丹妙药。用它作为天然护发素，润滑，涂层和护理发丝，提高顺滑和光泽。头发变得不那么易脆碎，所以也就少了一些断折。

由于它的抗炎特性，蓖麻油也可以治疗头皮屑。

4. 促进毛发生长

蓖麻油增加头皮的血液流动，为毛囊提供宝贵的营养，从而促进头发自然生长。如果有秃顶，或者想要更浓密的头发，又或者想要更长更厚的眉毛或睫毛，蓖麻油可以解决您的问题。

5. 促进伤口愈合

蓖麻油还可以减轻抓痕和其他擦伤造成的疼痛，帮助它们更快地愈合。在伤口上涂抹蓖麻油可以制造一个湿润的环境，刺激组织生长，从而在伤口和环境之间形成屏障，减少感染的风险。

6. 缓解皮肤炎症

蓖麻油具有止痛和消炎的特性，因此有助于缓解牛皮癣和湿疹等皮肤疾病的症状和减轻发作。

与大多数含有防腐剂、化学物质和香味的身体乳霜相比，蓖麻油是一种天然、更健康的替代品。

7. 消除黑眼圈，舒缓疲惫的眼睛

从紧张的生活方式到睡眠不足，从荷尔蒙变化到基因，很多因素都会导致黑眼圈，如果忽视太久，它们会变成永久性！试试蓖麻油，它可以帮助对抗黑眼圈或缓解眼睛周围的疲劳。

8. 痘痘护理

青春痘在青少年和年轻人中最常见，可对自尊心造成负面影响。

蓖麻油有助于减少青春痘引起的炎症，杀死细菌，从而帮助清除青春痘。睡前将它涂在患处，早上醒来时，您会发现显著的改善。

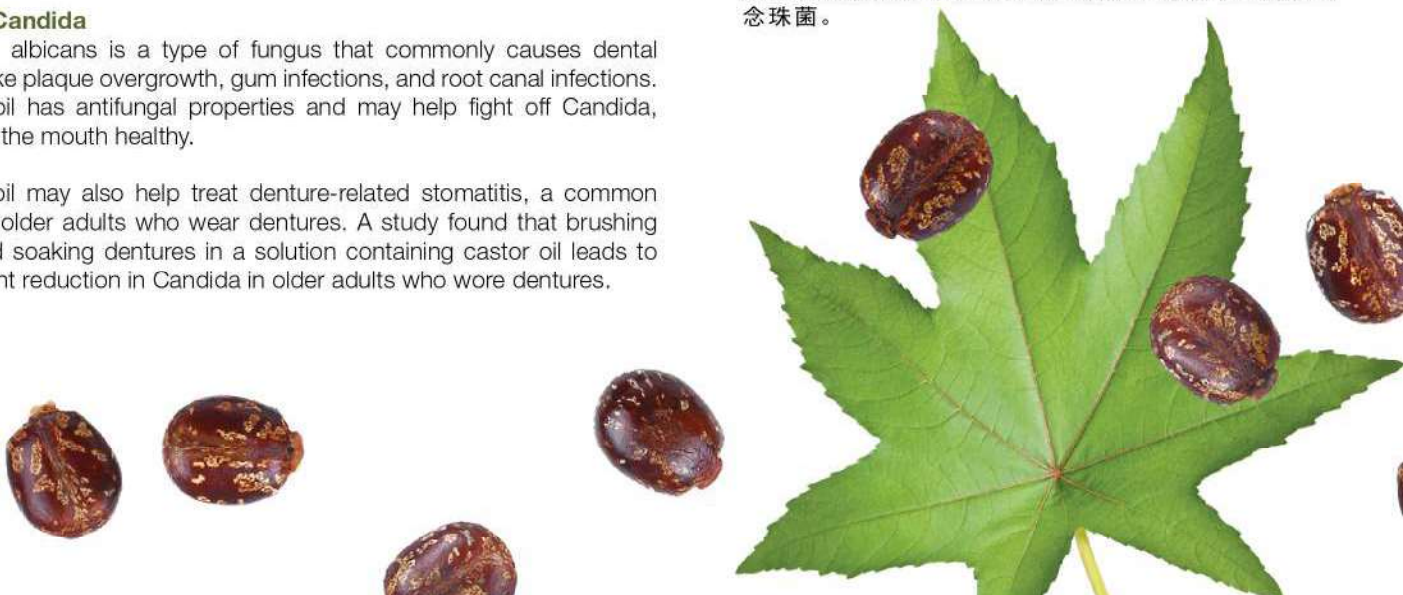
9. 美丽健康的嘴唇

蓖麻油对于干裂的嘴唇有奇效。如果您还不知道的话，许多柜台销售的护唇膏都含有蓖麻油！擦一点在嘴唇上，它会帮助愈合裂缝，防止嘴唇进一步开裂。

10. 抗念珠菌属

白色念珠菌是一种真菌，通常会导致牙菌斑过度生长、牙龈感染和根管感染等牙齿问题。蓖麻油具有抗真菌特性，可以帮助对抗念珠菌，保持口腔健康。

蓖麻油也可以帮助治疗假牙相关的口腔炎，这是戴假牙的老年人的常见问题。一项研究发现，用含有蓖麻油的溶液刷牙和浸泡假牙可以显著减少戴假牙的老年人感染上念珠菌。



11. Arthritis Pain Reliever

Massaging castor oil into achy joints will give you a bit of relief from the pain of arthritis. You can mix castor oil with enough turmeric to make a paste and then rub it into your joints.

12. Relieves Sore Muscles

Castor oil is excellent for alleviating sore muscles. Just apply it directly to the painful area and then massage for as long as you like. It is great as a general massage oil even if you do not have sore muscles, its Vitamin E content is fantastic for your skin.

13. Prevents Stretch Marks

Rubbing castor oil into the skin can help to improve elasticity and prevent stretch marks caused by pregnancy.

14. Cures Calluses, Corns, Ringworm, and Fungal Ailments

Castor oil applied directly to calluses and corns can help alleviate the pain and swelling they cause and ultimately make them disappear. This may take a few applications but it definitely works. It also works great at curing ringworm and other fungal ailments.

15. Insomnia Treatment

Castor oil helps cure your sleepless nights. Just rub a bit on your eyelids before you retire for the night, making sure to not get any in your eyes. The castor oil will help to bring about a peaceful night's sleep, and you will wake up refreshed in the morning.

16. Alleviates Colic in Babies

Warm a bit of castor oil by rubbing it in your hands and then gently massage the baby's belly area. This will help alleviate the pain of gas and other tummy troubles in your infant and help them sleep without causing any adverse side effects like many over-the-counter medications.

17. Haemorrhoids Treatment

Castor oil works great for shrinking haemorrhoids and alleviating the pain and itching that they cause. Note that this really only works for haemorrhoids that are outside the body.

18. Beautiful Nails

Massaging just a small amount of castor oil into your cuticles, on your fingernails and toenails each day for a couple of months will give you long, healthy and beautiful nails.

19. Removes Warts and Skin Tags

Castor oil can be used to remove unsightly warts and skin tags. Apply the oil to the wart or skin tag every day for a few weeks, and you should begin to see them disappear.

20. Lubricates Scissors, Grinders and Door Hinges

Castor oil makes a great lubricant for scissors, grinders and appliances. Because it actually can be ingested, it is much better for use on metals that touch food than other lubricants that should not be ingested. It works for door hinges too.

21. Perks Up Your Plants

If your plants seem to be a bit lifeless, a mixture of castor oil will perk them right up.

Castor oil can also be used as a safe, non-toxic natural herbicide and pesticide. So be garden smart, use castor oil in your garden without having to worry about the potential side effects that commercial formulas may cause to your children, pets or the environment.

22. Insect Repellent

You can also use castor oil as a safe, natural, non-toxic insect repellent.

11. 减轻关节炎疼痛

用蓖麻油按摩疼痛的关节会减轻关节炎疼痛。可以把蓖麻油和足够的姜黄混合成糊状，然后搓摩在关节上。

12. 缓解肌肉酸痛

蓖麻油对缓解肌肉酸痛非常有效。把它直接涂在疼痛的部位，然后按您喜欢的时长按摩。它是一种通用的按摩油，即使没有肌肉酸痛，它的维生素E含量对您的皮肤有神奇的作用。

13. 预防妊娠纹

将蓖麻油涂抹在皮肤上可以帮助改善皮肤弹性，防止妊娠引起的妊娠纹。

14. 治疗老茧，鸡眼，癣和真菌疾病

直接将蓖麻油涂在老茧和鸡眼上可以帮助缓解它们引起的疼痛和肿胀，最终它们会消失。这可能需要做上几次，但它绝对有效。它也能很好地治疗癣和其他真菌疾病。

15. 治疗失眠

蓖麻油有助于治愈失眠。晚上睡觉前在眼脸上擦一点蓖麻油，确保不要弄到眼睛里。蓖麻油将有助于带来一个宁静的夜晚睡眠，使您第二天早上醒来精神焕发。

16. 缓解婴儿腹胀

在手掌上滴一些蓖麻油，然后搓手使油暖和，接着轻轻按摩宝宝的腹部。这将有助于缓解宝宝的气痛和其他肚子问题，并帮助他们入睡。这种方法是安全的，不像许多会引起不良副作用的非处方药。

17. 治疗痔

蓖麻油对缩小痔疮和减轻由痔疮引起的疼痛和瘙痒有很大的作用。注意，这只对体外的痔疮有效。

18. 美指甲

持续几个月每天用少量蓖麻油按摩指甲和脚趾甲，让您的指甲长长、健康、漂亮。

19. 去除疣和皮垂

蓖麻油可以用来去除难看的疣和皮垂。每天将蓖麻油涂在疣或皮垂上，持续几周，您会开始看着它们消失。

20. 润滑剪刀，研磨机和门铰链

蓖麻油是剪刀，研磨机和器具的很好的润滑剂。因为蓖麻油实际上是可以食用的，所以用它于接触食物的金属上比其他不应该被摄入的润滑剂要安全得多。它也可以润滑门铰链。

21. 让植物旺盛、充满活力

如果您的花园看起来有点死气沉沉，一种蓖麻油的混合物可以给您的植物带来生机。蓖麻油还可作为一种安全、无毒的天然除草剂和杀虫剂。所以，在您的花园里使用蓖麻油，不必担心化学商业产品对孩子的孩子、宠物或环境可能带来的潜在副作用。

22. 驱虫剂

蓖麻油可以作为一种安全、天然、无毒的驱虫剂。



Uses | 用途**Directions | 使用说明**

Detoxify your stomach or treat constipation
胃排毒或治疗便秘

Do this on an empty stomach in the morning. Add 2 table-spoons of castor oil to a glass of fresh juice, mix and drink up fast. Wait for half an hour, have one glass of warm water.
早上空腹喝。在一杯新鲜的果汁中加入2汤匙的蓖麻油，混合后快速饮用。等半个小时后，再喝一杯温水。

Anti-aging, ultra-hydrating moisturiser for face and body
脸部和身体的终极抗衰老保湿品

Mix castor oil and coconut oil in a 1:1 ratio. Suitable for all ages.
将蓖麻油和椰子油按1:1的比例混合。适合所有年龄。

Shiny, healthy hair
光泽亮丽的头发



Apply the castor oil onto hair ends two to three times a week as hair conditioner for shiny, healthy hair.

If you have dry scalp or dandruff, rub a little castor oil into the scalp and massage it. Leave this for 1-2 hours or overnight and rinse with a gentle shampoo.

Balding or desire thicker hair? Massage a bit of castor oil into the affected area for about 6 minutes every day to promote natural hair growth.

每周将蓖麻油涂抹在发梢两到三次，作为护发素，使头发健康有光泽。

如果头皮干燥或有头皮屑，擦一点蓖麻油在头皮上按摩。放置1-2小时或过夜，然后用温和的洗发水冲洗。

如果秃顶还是想要更浓密的头发，每天将一点蓖麻油按摩到有问题的部位约6分钟，促进头发自然生长。

Longer, thicker eyebrows and lashes
更长、更厚的眉毛和睫毛

Rub a couple of drops of castor oil between fingers to warm it up and then massage the oil along your eyebrows. You can also dip a mascara spoolie in castor oil and gently brush up your lashes.

在手指间滴几滴蓖麻油使其温热，然后沿眉毛按摩。也可以用睫毛膏的小刷子蘸上蓖麻油，再轻轻地刷睫毛。

Treat all kinds of skin problems—rashes, scratches, psoriasis, eczema, acne, ringworms, calluses, corns, fungal ailments, sunburn etc

治疗各种皮肤问题如皮疹、抓痕、牛皮癣、湿疹、青春痘、癣、老茧、鸡眼真菌疾病、晒伤等。



Mix castor oil and coconut oil in a 1:1 ratio. Apply the oil mixture on the affected area.

将蓖麻油和椰子油按1:1的比例混合。将混合油涂在患处。

Relieve arthritis, joint pain and sore muscles

缓解关节炎、关节疼痛和肌肉酸痛

Mix castor oil and coconut oil in a 1:1 ratio. Massage into the affected area.

将蓖麻油和椰子油按1:1的比例混合。将混合油涂在患处按摩。

Healthy lips and nails
美丽健康的嘴唇和指甲

Rub a small amount of castor oil on lips and cuticles.
将少量蓖麻油涂抹在嘴唇和角质层上。

Treat haemorrhoids
治疗痔

Soak a cotton ball in castor oil, then apply it to the haemorrhoids and leave it there for about 15 minutes or so. Do this multiple times each day if needed.

将棉球浸泡在蓖麻油中，然后涂抹在痔疮上，把它保持在那里15分钟左右。如果需要，每天重复几次。

Relieve colic in babies
缓解婴儿腹绞痛

Warm a bit of castor oil by rubbing it in your hands and then gently massage the baby's belly area in a clockwise direction.

在手掌上滴一些蓖麻油，然后搓手使油暖和，接着顺时针方向轻轻按摩宝宝的腹部。

Uses 用途	Directions 使用说明
<p>Treat insomnia and remove dark circles 治疗失眠和消除黑眼圈</p>	<p>Mix castor oil and coconut oil in a 1:1 ratio. Apply a little oil around your eyes, massage gently with fingertips for half a minute and leave it overnight. Castor oil cures your sleepless nights and gets rid of your dark circles.</p> <p>将蓖麻油和椰子油按1:1的比例混合。取少量油涂在眼部周围，用指尖轻轻按摩半分钟，放过夜。</p>
<p>Safe lubricant 安全润滑剂</p>	<p>Rub a little castor oil on your scissors, grinders, door hinges etc. Let it sit for a while then wipe clean with a paper towel.</p> <p>在剪刀、研磨机、门铰链等上擦一点蓖麻油。静置一会，然后用纸巾擦干净。</p>
<p>Perk up your plants 让植物旺盛、充满活力</p>	<p>Just combine a tablespoon of the castor oil with 4 cups of warm water and a tablespoon of NewLife™ Dishwash. Drip about 3 tablespoons into the dirt around the plants and then follow with regular water.</p> <p>只需将一汤匙蓖麻油与四杯温水和一汤匙新生命洗碗液混合。在植物周围的泥土中滴上大约3汤匙的混合溶液，然后再加点水。</p>
<p>Non-toxic, natural pesticide— combats mealy bugs, spider mites, aphids, etc. 无毒天然农药，防治粉虱、 蜘蛛螨、蚜虫等。</p>	<p>Place 1 tablespoon of castor oil and 1 tablespoon of NewLife™ Dishwash into a 500ml spray bottle. Shake vigorously until the mixture is emulsified. Top up with water till full and mix well.</p> <p>Spray evenly to the affected areas. Then wipe off the bugs or mites with tissue paper, cloth or cotton pad.</p> <p>Spray periodically to keep bugs and mites away.</p> <p>将1汤匙蓖麻油和1汤匙新生命洗碗液倒入500毫升的喷雾瓶中。大力摇动，直到混合物乳化。再加满水拌匀。</p> <p>均匀喷洒在有问题的部位。然后用纸巾、布或棉垫擦去虫子或螨虫。</p> <p>定期喷洒，防止虫子和螨虫。</p>
<p>Safe and natural insect repellent 安全天然的驱虫剂</p>	<p>Mix 1 teaspoon castor oil, 1.5 tablespoon water and 10 drops of Wonda Oil. Pour mixture into a small spray bottle. Shake before use.</p> <p>混合1茶匙蓖麻油，1.5汤匙水和10滴万宝油。将混合液倒入一个小喷雾瓶中。在使用前摇晃。</p>



NewLife™ Organic Castor Oil

Certified Organic by USDA (United States Department of Agriculture).
BP (British Pharmacopoeia) grade.
Cold-pressed. Unrefined. Not solvent extracted.
100% pure and contains no artificial ingredients.

新生命有机蓖麻油

经美国农业部 (USDA) 有机认证。
符合英国药典标准。
冷压萃取，未经提炼，不使用溶剂。
100%纯净，不含人工成分。

