

THE 5 STEP GLOW RITUAL

With Your Castor Oil Roll-On

— RELEASE. SMOOTH. RESTORE. —

BEFORE YOU BEGIN

Warm your skin with a steamed towel, apply castor oil to clean face, then gently wipe away.

This is your ritual.
Enjoy the moment.



1 JOWLS & CREPEY NECK

Chin to Ears + Down the Neck



Apply liberally to neck using a downward motion, from chin to collarbone.

TCM ORGAN ZONE

STOMACH & LARGE INTESTINE
(Digestion, release, letting go)

CREPEY NECK – KIDNEYS & SPLEEN
(Vitality, essence, nourishment)

ENERGETIC / EMOTIONAL MEANING

Let go of control and stubbornness. Releases old weight. Supports vitality and helps you say no.

2 SMILE LINES & BAGS

Up & Outward



Glide up and outward toward cheekbones.

TCM ORGAN ZONE

LUNGS & LARGE INTESTINE
(Breath, protection, release)

ENERGETIC / EMOTIONAL MEANING

Linked to expression and held emotion. Helps release grief, sadness, and the need to be strong.

3 HOODED EYE & CROW'S FEET

Inner to Outer



Glide from inner eye outward to temples.

TCM ORGAN ZONE

LIVER & GALLBLADDER
(Release, vision, planning, transform)

ENERGETIC / EMOTIONAL MEANING

Where fatigue and emotional load show up. Linked to frustration, anger, overthinking, and difficulty seeing clearly.

4 11s & FROWN LINES

Up, Down & Across



Glide up, down, and across forehead lines.

TCM ORGAN ZONE

BLADDER & SMALL INTESTINE
(Storage, transform, mental clarity)

ENERGETIC / EMOTIONAL MEANING

Linked to tension and overthinking. Helps release worry and the need for control.

5 WHOLE FACE FLOW

Circle & Down



Starting at the midpoint of hairline a half circle around the face, then down, both sides.

TCM ORGAN ZONE

SPLEEN & STOMACH + THYROID
(Nourishment, transformation, communication)

ENERGETIC / EMOTIONAL MEANING

Supports flow, self-worth, confidence, truth, and the ability to receive.

TO FINISH

Rub hands together, sweep them over your face, through your hair, and down.

Your ritual is complete.



Your Ritual Continues Here

Scan to enhance your ritual
with the Beauty Eye Mask



TCM
= Traditional Chinese Medicine. A holistic system that connects organs, energy flow, and emotions.

TCM ORGAN ZONES
= Areas of the face believed in TCM to reflect internal systems and energetic pathways.

ENERGETIC / EMOTIONAL MEANING
A reflective lens. Explore how tension, stress and life experiences show up in your skin.

THE CASTOR OIL PACK FOUNDATION

The Liver Pack & The Eye Mask
WARMTH · WEIGHT · STILLNESS

START HERE

The oil is movement one. The pack is movement two. The oil grounds you. The pack holds you there long enough for something to change.

*Worn together,
they close the circuit.* 

1 THE LIVER PACK

Warmth & Gentle Weight



The original, and where nearly every queen begins. Over the right side of your ribs, an hour before bed or all night. If you only ever own one, own this.

REGULATORY INPUTS
Warmth · Weight · Pressure

2 THE EYE MASK

Stillness & Inward Time



Closes the energetic circuit between the external and internal liver meridian (the pathway charted by the ancient Traditional Chinese Medicine doctors) containing your vital force, your Qi or Prana, inward while you sleep.

REGULATORY INPUTS
Stillness · Closed eyes · Slowed breath

THE COMBINATION

Worn together, they close the circuit. Your body works in unison, in rhythm. And it remembers.

*One concerted flow of energy,
up the front and down the back.*

THEN CHOOSE BY WHAT YOUR BODY IS ASKING FOR

PELVIC is in her cycle or her passage (perimenopause, postpartum) and needs soothing while she bleeds

BREAST carries it in her chest, or feels the tender week coming before and during her period

BACK aches where nobody has her back

KNEE is stiff on the stairs, or afraid to move forward

THYROID holds it in her throat, never fully unclenches her jaw, and doesn't speak her truth

KIDS wants her little ones in the ritual early, ages 2+, always done together with an adult

HAIR WRAP wants a non-electric hair heater that runs on her own body warmth, so the oil can permeate, nourish and hydrate the scalp

Every one is organic cotton. Every one does the same job: it holds.

NO MATTER WHERE YOU START, YOU START HERE.

This is your foundation.

NIGHTTIME CASTOR OIL PACK RESET

FACE • EYES • LIVER • REST

1 GUA SHA GLOW



Warm your face with a hot, steamed cloth. Complete the Gua Sha Glow Protocol using the Rose Quartz Castor Oil Roll-On. Finish by pressing the same warm, damp cloth over your face to lock in moisture and gently wipe away excess oil.

2 REST THE EYES



Apply enough castor oil for a smooth glide. With the Rose Quartz Roll-On, trace a gentle figure eight around both eyes.

3 PREPARE THE LIVER AREA



Massage castor oil over your liver area, beneath your right ribs, or use the White Quartz Castor Oil Roll-On.

4 PACK, MASK & REST



Place your Castor Oil Pack over your liver area. Once your nighttime routine is complete, get into bed, put on your Beauty Eye Mask, and drift off to sleep.

CHOOSE YOUR CRYSTAL



ROSE QUARTZ FACE + EYES

Traditionally associated with love, self-love, and a gentle ritual for radiant-looking skin.



WHITE QUARTZ LIVER AREA

Traditionally associated with clarity and amplification, used here to magnify your grounding intention.

Quartz is naturally piezoelectric under pressure; this material property is not evidence of a therapeutic effect.

An intentional ritual to close the day.

For external use only. Avoid direct contact with eyes.
Do not use the Castor Oil Pack for Liver during pregnancy.

WHEN YOU FEEL EARTHY

Ground to Glow

ENERGY RESET · ELEMENTAL ADD-ON

ABHYANGA INSPIRATION

Adapted from the Ayurvedic self-massage practice of Abhyanga. This traditional oil-massage practice is often taught as regular self-care. Ground to Glow adapts its rhythmic strokes into an in-shower castor oil ritual.

1 WET, WASH & PREP

Step into the shower and wet your body. Wash your hair, put it up, and remain in the shower for the entire ritual.



MORNING RITUAL



2 OIL DOWNWARD

On wet skin, begin with the face and neck. Continue across the shoulders, down the arms to the hands; over the chest and belly; around the hips, flanks, and reachable back; then down the legs to the feet.



3 BRUSH UPWARD

Still in the shower, use your body brush from the feet upward. Reverse the entire route: feet and legs; hips, flanks, and reachable back; belly and chest; hands and arms; then shoulders and neck. Repeat every movement shown on page 2.



FULL-BODY PATH — OIL DOWN, BRUSH UP

For external use only. The shower may become slippery; use caution.
Use gentle pressure and avoid broken or irritated skin.

WHEN YOU FEEL EARTHY

THE MOVEMENT GUIDE

USE THESE MOVEMENTS WITH BOTH OIL & BRUSH

Follow the full path downward with oil, then upward with your brush.

JOINTS



Use circles over the joints.

LONG BONES



Use long strokes along the long bones.

ABDOMEN



Move clockwise on the abdomen.

HIPS, FLANKS & BACK



Sweep side to side across the hips and flanks, continuing around the reachable lower back.

BREAST AREA



Trace an infinity symbol beginning below the right breast.

4 PAT DRY

Step out carefully and gently pat dry. Remove any excess oil before dressing. Most of the oil will absorb, leaving your skin feeling deeply moisturized, soft, and smooth.



WHY OIL DOWN & BRUSH UP?

In this ritual, castor oil's naturally heavy quality guides the movement downward. Brushing upward creates an enlivening counter-movement, inviting the energy to rise.

FULL-BODY PATH — OIL DOWN, BRUSH UP

For external use only. The shower may become slippery; use caution.
Use gentle pressure and avoid broken or irritated skin.

WHEN YOU FEEL AIRY

Root the Feet

ENERGY RESET • ELEMENTAL ADD-ON

GROUND • STEADY • ROOT



NIGHT RITUAL

THE RITUAL

At bedtime, apply castor oil to the soles of your feet using your hands or the Black Obsidian Castor Oil Roll-On. Massage slowly over the heels, arches, balls of the feet, and toes.



BLACK OBSIDIAN

Born from volcanic lava that cooled into natural glass, black obsidian is traditionally associated with grounding, steadiness, and feeling rooted.

Let the day settle beneath your feet.

For external use only. Use caution when standing after applying oil.

WHEN YOU FEEL FIERY

Center the Heart

ENERGY RESET • ELEMENTAL ADD-ON

CALM • SOOTHE • SETTLE

NIGHT RITUAL



THE RITUAL

At bedtime, apply a small amount of Black Castor Oil to the center of your heart area. Using your right hand, massage slowly in gentle clockwise circles.



BLACK CASTOR OIL

Its deep color comes from roasting the castor beans. In traditional Jamaican methods, ash from the roasting process contributes to its characteristic darkness. Energetically, the ash symbolizes fire after it has burned down, calming, soothing, and settling Fire energy.

Let the fire soften as the day comes to rest.

For external use only. Avoid broken or irritated skin.

THE BELLY BUTTON OILING RITUAL

A small moment of care. A ritual to make your own.

START HERE

Gently roll Castor Oil around your belly button. Choose the direction that reflects the moment you want to create.

1 CLOCKWISE

Uplift & Energize



Gently roll in a clockwise motion as part of an uplifting ritual. Take a moment to awaken your senses and welcome a positive, vibrant feeling into your day.

A MOMENT TO UPLIFT

2 COUNTERCLOCKWISE

Calm & Relax



Gently roll in a counterclockwise direction as a cue to slow down. Take a breath, soften into the moment, and make space for relaxation in your busy day.

A MOMENT TO UNWIND

YOUR DAILY PAUSE

Let each roll guide you toward a moment of energy or serenity.

WHY MAKE IT A RITUAL?

A moment to centre

Create space to feel calm and grounded.

A cue to unwind

Make a gentle pause part of your day.

Nourishing skin care

Castor Oil hydrates and nourishes the skin around your belly button.

THOUGHTFULLY DESIGNED

Premium amber glass

Protects the oil from light.

Less-mess roll-on

Easy, precise application.

Rose quartz roller

A smooth touch for your daily ritual.

On-the-go size

Compact and easy to keep close.

A LITTLE RITUAL. A MOMENT FOR YOU.