



## How to use a Castor Oil Eye Compress for Eye Styes

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Written by: Marisol Teijeiro N.D. (inactive) & Heather Tanti RPN (non practicing)  
Medically reviewed by: Melanie Swackhammer, BA

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Chances are, you or someone you know has experienced the aggravating symptoms of an eye stye, agreed? Have you ever wondered how to use a natural remedy like a Castor Oil Eye Compress to help eye styes?

You know the struggle I'm talking about...

- Your eye annoyingly swells, impairing your vision with a half-closed eyelid
- A painful red bump appears on your eyelid just in time to wreak havoc on your day
- Your eye waters and crusts, making it feel like there's constantly something stuck inside of it...

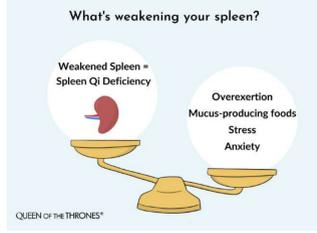
Can you relate? You're not alone. You see, uncomfortable styes occur most often at change of season, during stress, or hormonal phases of life. Makes sense, agreed?

Good news, you're in the right place to get answers to your questions.

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Have you heard of spleen qi deficiency? Stay with me here.

Symptoms of spleen deficiency tend to signal a weakness when it comes to digesting dampness (or excess moisture). Often caused by overexertion, poor dietary habits and anxiety/mental strain!. This terminology is used in traditional Chinese medicine.

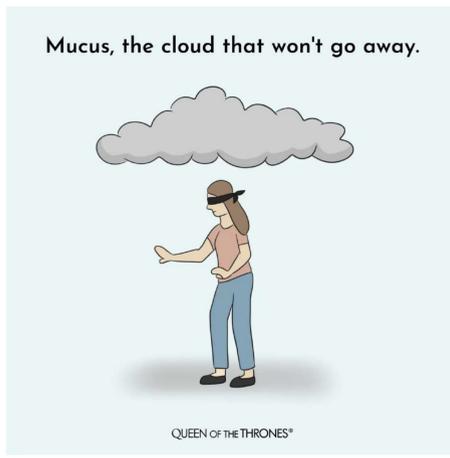


Things like dairy, bananas and mucus-producing substances should be avoided for consumption when possible to help lessen the imbalance within your spleen.

How can you help rebalance your spleen qi deficiency?

The key is to rest and digest with a castor oil compress, which shifts the body into a relaxed state<sup>1,2</sup> to help clear the mucus-blocking dampness taking over.

Mucus is like a big fog that doesn't allow you to see clearly, or feel well. Think of it like the old game of Marco Polo, only you never get to take off the blindfold to see exactly what is going on within you.



Now, you may be wondering...

### How can I fix the uncomfortable stye on my eye?

Well, I use the [Castor Oil Eye Compress Kit](#), from Queen of the Thrones®. It's as simple as taking the Cosmetic Castor Oil and pouring ½ tsp on the compress, gently blotting both sides together and then placing it over your eyes.

Note that the Castor Oil is not to be used internally in the eye, and is safest when applied as a weighted compress.

Your Castor Oil Eye Compress supports improved...

- Lymphatic drainage<sup>3</sup>
- Natural anti-inflammatory effects<sup>4</sup>
- Natural antihistamine properties<sup>5</sup>

Your Eye Compress ultimately supports balance within the area around the eye, enhancing your body's ability to fight off the bacteria and inflammation causing the stye<sup>6</sup>. Pretty amazing, agreed?

Plus, as a bonus, when you wear your Eye Compress to bed, the compress effect of your sleep mask naturally boosts the antioxidant and sleep hormone-melatonin<sup>7</sup>, while also supporting eyelash growth and eyebrow health<sup>8</sup>.

[ORDER YOUR EYE COMPRESS KIT HERE!](#)

Plus, did you know Castor Oil works as a natural, and easy-to-do home remedy for those with hypothyroidism (underactive thyroid)? This thyroid condition can impact the outside lateral part of the eyebrow, causing thinning and/or hair loss.

A classic sign of thyroid dysfunction, agreed?

### Enhance natural melatonin production with an Eye Compress!

It's true! Castor Oil plus your Eye Compress promotes your feel-good hormones oxytocin<sup>11-12</sup> and dopamine<sup>13-14</sup>, by naturally allowing your body to relax and reset using gentle compression<sup>15</sup>.

So what's it all mean? Essentially, falling and staying asleep will begin to feel a lot easier because your body will know how to naturally relax. Makes sense, right?

Styes are known to be a product of humidity, which thankfully the thickness of Castor Oil, placed not in the eye, but on the lid itself, counteracts and absorbs, supporting relief from the inflammation that is occurring<sup>16</sup>. Sounds good, agreed?

The takeaway? Castor Oil is special, and when combined with a compress it becomes superb in its abilities to naturally support your body!

Would you love to know more? [Click here for your free eGuide](#) so you can know all there is to know about Castor Oil Compresses!

The best part? You'll also know how to use your Castor Oil Eye Compress as your new sleep-aid so you can have the sleep you've been dreaming of.

Are you a practitioner, health coach or wellness influencer? If you're interested in...

- Recommending our easy-to-use tools to the people you serve.
- Practically applying them in your health and wellness professional practice in clinic or online.
- Or becoming a Wholesale Partner

Contact us at: [royalty@queenofthrones.com](mailto:royalty@queenofthrones.com)

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