Intro to Castor Oil for Beauty

This is an ancient practice, logging of the face where people basically like they use. Unfortunately, Vaseline, which I highly don't recommend because it's a petroleum base and you probably don't want to go to bed with petroleum or don't use petroleum base.

That's nasty, but they do it. But the alternative is castor oil and castor oil use. Again, if you want to do that, you supply it completely all over your face and you can go to bed.

The one caution with that is of course it's messy, right? So, you know, you probably want to avoid having it all over the face. So my workaround for that, that this that I've been using for years is that I apply Castrol again with the roll on all around my eyes and including my eyebrows and eyelashes, because castor oil has been known to help improve the appearance of fine lines and wrinkles.

This is Doctor talks, real talk from real doctors on the issues that matter to you most. Welcome to the Longevity Leaders podcast. I'm Doctor Isaac Jones and this episode is part of our exclusive series recorded at the Exponential Longevity Summit, a global gathering of cutting edge health experts exploring the edge of human performance, healthspan and longevity.

Let's get into it. All right. Welcome to this incredible interview that I've got going on with Doctor Marcel.

Doctor Marcel's Background and Healing Journey

I'm excited to have you, doctor Marcel, why don't you share a little bit about your background and you've got an incredible clinical, healing system, and, you know, you transform that, you know, so many patients over the years with what you do.

But I'd love for you to just share a little bit of context of who you are and what makes you so excited about longevity, beauty, and, and this whole space. I love the size of it.

Thank you for having me on. We're good friends and it's just always such a pleasure to speak with you. And it was such a great introduction. So thank you for that.

But what what I want to let the audience know is, you know, I started my, my, my medical career back when I was an infant. I always wanted to be a doctor, but unfortunately, due to medical mismanagement, I was diagnosed early on with asthma, but it wasn't really asthma.

No doctor had placed their hands on me. It was actually anxiety. And what happened with that as I was mis medicated? You know, it really ruined my life as a child and made me really, like, stick out, like a sore thumb with a lot of weight gain, due to pregnancy and different things.

And as I evolved and aged and grew, I really, really got a bad taste in my mouth for the medical system. And I lost my passion for wanting to be a doctor.

I always wanted to help people, but I just didn't want to go down that road because that was the only road at the time that I could see. And as I aged and got older and started working, I was really, really fortunate to fall into the lap of a German homeopathic pharmaceutical laboratory called heal.

And I was really, really blessed to be able to learn everything about alternative medicine, holistic homeopathic. I was working with chiropractors like you are.

I was working with naturopathic doctors, pharmacists, everyone with from a holistic mindset. And suddenly this entire world just opened in front of my eyes, of a world that actually looks at the whole and not just the organ system or the organ or the body part.

And what I realized was that this just felt so inherently aligned with who I was in my body, and it just felt so good. Yeah, that, that in this in the process of working in this role, I really started just learning everything that I could.

And then I started, I grew in that role and became like the, the prime educator for all the doctors who were treating, you know, cancer and autoimmunity.

And then one of the doctors one day says to me, you need to become the doctor. You and I took that as a sign from God. And, you know, I enrolled the next day.

And that year by the college, I chose naturopathy over chiropractic because at the time naturopathy had this like big, huge scope and you could do whatever you wanted to.

So if you wanted to play in the land of diabetic medicine, or if you wanted to work with traditional Chinese medicine or homeopathy or herbology, I just was really in the in the energy of exploring.

And I had learned already so much during my time as a rep. One of the things that I had learned was about castor oil and castor oil, palm. I had started to delve into a little bit of working with castor oil for beauty, but this thing called the castor oil pack just really sounded like a crazy woowoo thing that these, you know, I was I was in and involved in the holistic medicine thing, but I totally wasn't into. Yes.

Yet, you know, and then because this Castro OPEC thing was, you know, this cotton cloth that you apply oil onto it and then you place it onto your body and you know, it has a way of like self-soothing the system and just helping you to relax.

And from there, you know, you feel better and your body parasympathetic activation. Yeah. Like in a way, it's it's just so soothing because of the cloth on your skin.

Right. So it just. And the oil, like, just the sensation of the oil on the body. So it just helps the body to just feel better. Right. It's just one of those things.

It's just so like there's they really don't know what it does exactly. So I can't make any statements in terms of exactness within the science. But we do know that it's just soothing for the body.

And I really still wasn't ready to do it because I just thought it was woowoo until I got really, really sick in my fourth year of college. Because this, this I went into school already not feeling well, and then the Me for years.

As you know, in our professional programs is just enormous. Crazy. Yeah. I mean, it's it is very grueling. And then the boards that you have to pass and all the licensing requirements, I mean, it's it's very, very grueling.

So yeah. Yeah. And so and when I was sick here, here was my, my, my problem, my dilemma was that I was doing everything right. I was doing everything by the book that an antibiotic doctor would prescribe.

I was exercising, right. I was, you know, reading all the labels on my food. I was eating the right foods. I was seeing all the right doctors. I was doing my food sensitivities.

I was taking all the right supplements, taking an enormous amount of supplements. Actually, I was going for IV's and cooling other therapies. I was like, everything I saw, you name it, I was doing it.

And I got to the point where so bedridden, I couldn't do anything. And then when I'm like, I, oh, I tell you the truth, I was losing faith in my medicine and I was worried.

I was like, oh, no, like like what if like, what I'm going to school for doesn't even work for people like this is this is horrible, right? But then a light bulb came on.

And for over a decade, people told me to do a castor oil pack. And again, you know, they couldn't explain why it worked. They didn't know what it did.

They just kind of said, it just feels good. Try it. You'll see. Right. And I was like, you know, what have I got to lose? I'm desperate. I want to get out of bed.

I was literally in the last year by my college, like walking into my residency and I. So I took this, like old cotton bag, sewed it up, and then I put it on my body and literally like the best way that I can describe the feeling that I got that day was, and it's biblical is because the only way that I can describe it is literally that.

I mean, I put it on my body like the sky opened up and angels just began to sing. And yeah, there was a there's something about the castor oil that just connects you like, wow, nine like it just moves your system into just such a state where, you know, it's like a meditative state in a way.

And it didn't surprise me that it was able to do it, because when I had tried to meditate in the past, I was absolutely never able to, like, I just couldn't I couldn't calm down my system enough right to be able to do that.

So then if you can't call me system down, well, then you can't feel better, right? And and the things that you're taking, your body's really unable to receive it.

So what I realized was that these castor oil pots were actually very much an energetic practice, much more so than anything physical. So just opening up your body to be able to receive all the goodness of the supply and some of the the soreness of the cold under therapies of the I. V.

therapies of the council, all of the countless things that people do for their health. And then at one point, they're just like, oh my God, I'm stuck.

And so, you know, it really inspired me. And when I started my clinical practice, you know, I just I just couldn't like, stop talking about castor oil products.

Castor Oil Basics and Quality Standards

And what was really ironic was that my very first patient, this beautiful, beautiful, African American black woman walks into my room and she looks like she was in her 40s, like, so young.

And I was like, wow, this lady is just stunning. You know? I'm like, I want her. I want her secret sauce. And then she literally ask you, what's your secret?

I look open of her file and she's like 65. And I'm like, oh my God, you're 65. And she's I'm like, tell me your secrets. I want to know them. And she goes, two things castor oil and everything that you need to know to heal is in the Bible.

And oh, yeah, those two, those two things. Oh, yeah. I took those with me, as, like, really like a sign from the divine that I was on the right way. And that more than likely, it was going to be my mission to really bring castor oil back from the lower recesses of the health of doors, because when I first met castor oil, I literally kneeled down in a health food store, and I had seen a halo around the bottle and the bottle was all dusty.

I picked up the oil and I'm like, what is this? Right? But it had fallen out of fame because it was messy, hard to do. Not easy. Right. And and so I knew that my role was going to become to, you know, make it simplified and, and show the world the multi uses of this beautiful cosmetic and self-soothing oil.

Wow. And is it like an omega six. Omega three. Like what is the kind of make up of it. Where does it come from.

And I assume there's probably a bunch of, you know, because of how you've made it so popular that there's a bunch of rip off brands that are out there, like, how do you stay away from the things that are actually vegetable oil based?

And they're saying castor oil versus the ones that are true. Yeah. Like what's the castor oil? That's great question. So castor oil really is a very, very unique vegetable oil.

And it's a combination of omega fatty acids omega three omega six and also oleic acid. So which is basically similar to like what's an olive oil and sesame oil.

And then the really unique thing about casseroles that contains this molecule called ricin, a link acid, and ricin, a link acid, it just is so unique.

And and it's just like, again, we don't really know what it does, but it just does something very, very special. And what do we feel is that it's the uniqueness of that ricin, the like acid molecule that's not not a triglyceride found anywhere else, that that's what makes the consistency of the castor oil very illegally and probably is what what castor oil owes it's carrier oil abilities to is because of that uniqueness.

Right. So like, you can, you know, it's castor oil because it's it's and don't let anyone tell you otherwise because some people will say, oh, ours is liquid, more liquidy or or a lot smoother.

That's not castor oil. Then that's something else. And you really do have to be careful because, you know, when when we brought out our Queen of Thrones brands in the United States and Canada, you know, there was very, very few, Castro, parts in the marketplace.

There was we were the only game in town, really, for castor oil packs. And what ended up happening is rapidly like, all these brands came out on the oil, and all these brands of the castor oil packs came out.

But the thing is, none of them understand the science. And behind the really like looking at a castor oil and reading it for the quality. Right. They don't understand like as an example, when you when you test castor oil, like first of all these are the these are the things that you need to have in your castor oil.

Or don't even bother testing it because you're going to waste your time. It must be in glass, castor oil or something that that really should never sit in plastic.

Just begin again because of its its carrier ability. Like if you do a small little experiment at home and you take like one glass, two glasses of water, you put olive oil about, you know, four tablespoons, four tablespoons of castor oil, and then you start dumping and pepper spoonfuls and then you shake them around you or you stir them around.

What you'll notice is that the, the the pepper in the olive oil glass is fall to the bottom, but the pepper in the castor oil in the Castro glass is actually supported and held.

So it's a very it's super, super, super unique. But that also is one of the reasons why, you know, we don't know if there could be transfer of plastic into the castor oil.

So we want to avoid that as much as possible. And because it is, you know, such a self-soothing oil, you know, we're always looking to make it as clean as possible.

And that's what you can see in testing. So it in testing and in the oil, you're always looking for it to be extracted, either cold pressed or expeller pressed.

Now there's you know, there are different ways to do it. Yeah. There's other there's, there's, there's ones I assume they did that toxic to. Yeah. Like there's, there's a way to do it to remove the oil from the bean, using hexane which is a chemical.

So you always want your Castrol to be hexane free. And then the other way is mechanically by either cold pressing and expeller pressing, the only difference between cold pressing and expeller pressing is that expeller pressing uses a little bit of a heat.

Not enough to damage the oil, but you'll hear. You'll hear out there that people are always like, oh no, it must only be cold pressed. That. Isn't that right, you it has to be tested to see which one is better.

For an example, we've been, for a few years now, actually working with Expeller pressed rather than cold pressed, because the reality is, like, we're one of the biggest, producers of castor oil at this point.

And whenever we were, I was testing the cold press. It just wasn't meeting the standards. And Expeller pressed was testing better. And so, yeah, so, you know, and I know that that was definitely a deterrent for many people to buy our product and maybe might have, you know, swayed brand loyalty and such for people going to other brands.

But I am strong in what I believe, and I'm only going to be delivering the very best to people when it comes to the oil and the packs, and I use it so much in my daily practice, there's no other way that I could live with myself, you know, I don't.

Yeah, like so the testing because you can see the testing a lot. Number one you can see oxidation status. You can see you can see a peroxide value. That's a level of like how oxidized it is.

You can see free fatty acids. Free body acids basically means, you know, every everybody has a glycerol backbone and a triglyceride chain. And the more that those are cleaved off.

So taken the triglyceride fatty chains are taken off of the glycerol backbone. The less integral it is and the more exposed it's been to either light or heat or some kind of damage.

So you're looking for that. You're also looking for a healthy level of iodine in castor oil, because castor oil is a known, known carrier of iodine, which in in many cases now is a micro molecular amount.

So it isn't anything that is not too high of a dose to be of any harm. But the iron is an important nutrient for many women, many men. There's many areas that are deficient in iodine.

So it's just it's just it's just another beautiful, beautiful thing about castor oil, like the way that castor oil is also known to be high in vitamin E, you know.

So which is what makes it so, so nourishing. So, you know, those those are really important. I actually got kind of so fed up of, non regulation in terms of supplement industry and product industry in terms of quality control.

But you know what I did you're you're gonna you're gonna love it. Created your own. Oh no I actually tested 13 brands off of Amazon. I tested 13 brands off of em.

And of course, that's why I created my own, because I didn't I wasn't trusting the ones that were out there, for sure. But I tested 13 brands on Amazon.

Even brands that were making certain label claims, you know, about, you know, the amount of in the like I said they would have within them. And like it was shocking.

Many of them were not even castor oil. I don't even know what they were. Oh my gosh, they were smooth. They were missing residual like acid. Like they just didn't have the proper structure.

Others were just cold pressed but oxidized. So, you know, I'm a big, big believer of third party testing all along the supply chain right from before we buy it to when we receive it and before it's bottled.

And that's that's what we do in order to make sure that the quality is there for the consumer. And and of course, you I mean, that's, that's, that takes a lot of money and time, but that it's really good that you that you do that like acid.

Is there any beauty benefits to oleic acid? Is there any kind of you know, I mean, it's it's it's something that I'd love for you to share a little bit more of.

And, and then what are the beauty benefits of castor oil? Because I've heard this as a theme is like, you know, really beautiful, you know, either, you know, older men and women use castor oil and, and then and.

Beauty Benefits and Face Care Routine

Yeah. So I will probably get to how you use castor oil but yeah. Yeah. So this is the cool thing about castor oil is that in terms of it's probably the most deeply hydrating oil that because of its structure and also the most richly nourishing, it's which is awesome.

So especially when that comes to mature, maturing skin as we mature male or female dryness begins, things begin to sag, things begin to shift and change.

Right? But the biggest complaint an issue is dryness of the skin. And so you right as a hormones change and shift off, like everything just gets dry and it gets worse as we age.

So then our routines really need to shift and change. And so castor oil is wonderful. Like I use it regularly as a face wash. I don't use soap anymore.

Because soap really is just more drying to the skin in most cases. Right? Yeah. And, and then I'll apply this to younger women and men because it actually works a long lifetime.

So the earlier you can start with castor oil, the better that it is. But my simple routine to wash my face is simply I take a steamed cloth. And this, this.

I want to encourage people to do this. Tried for seven days and just notice the difference in your skin. For so you you steam a cloth, you open up all your pores and then you take castor oil.

You either like, use a bottle like that, you take about a quarter size amount or we have these fancy, roll ons that you can just, like, roll the castor oil on your face and, you know, focus it around your eyes.

Castor oil is great. As for women, as an eye makeup remover, right? Sort of makeup. Yeah. And then you just, you know, you massage it into your skin, and then you take that same wet cloth and you just wipe everything off.

And that's a face washing routine, like basically oil. Oil washing for your face, like it's super, super simple. And I do that nightly and that's, that's how I maintain skin people, whenever I bring that up, they get worried because then they're like, oh my God, it is such a thick and heavy oil.

Number one, is it going to cause acne or blocked pores. Right. And the beauty with castor oil again, it's such a counterintuitive oil, even though it is the thickest of the oils like it is the least cometo genic, which means it's the least likely to actually clogged pores of most of the oils that people are using cosmetically.

Yeah, yeah. So that's a great practice there with face watching washing. People are now doing a practice called slugging. This is an ancient practice slugging of the face where people basically like they use unfortunately Vaseline, which I highly don't recommend because it's a petroleum base and you probably don't want to go to bed with petroleum.

So I don't use petroleum base. That's nasty. But they do it. But the alternative is castor oil and oil use. Again, if you want to do that, you just apply it completely all over your face and you can go to that.

The one caution with that is of course it's messy. Right. So, you know, you probably want to avoid having it all over the face. So my workaround for that, that this that I've been using for years is that I apply Castrol again with the roll on all around my eyes and including my eyebrows and eyelashes, because castor oil has been known to help improve the appearance of fine lines and wrinkles, the dark circles under the eyes support you know, better appearance of like the sagging areas.

That's, I guess, as we get older and the appearance of brows and lashes. So bolder brows, bolder lashes and is it actually like cause them to get thicker?

Could it, could it also potentially cause them to not, whiten this fast? Like, if you're graying again, we just don't know what it is. But people swear by it and love it.

And I would just encourage people to try it and just see, see, see what their results are. And from there they be the judge. Because, you know, I've been using it for years, I love it.

I'm not going to stop for me, enough of the benefit is that I noticed the difference in my skin texture and I noticed like how like when you touch my face, my face feels like a baby's bottom.

Like it doesn't. It doesn't feel and and I'm, you know, 46 and look at my complexion. Oh, yeah. Great. Yeah, I you do and I, I hope people are watching the video versus the audio because you, you have like a very young look, you know, I would never have thought you're 46 years old. Yeah.

And glowing skin I, you know, foundation at all. I use a little bit of, you know, organic natural blush. I might use a little bit of not the best mascara, an eyeliner, which I'm working on, like finding the best one, because the ones I've found that are natural just not cut it for me.

But soon I'll be grabbing a hand. But, you know, for me is this I want I really I I'm of the the thought I would like to avoid things like botox and filler.

You know, Castrol doesn't replace what those things do because obviously they're drugs and they do have a major effect. But for me, it's about aging gracefully.

I'd like to see I would like to just, you know, own my lines, own my own own the worries of smile lines and, you know, like that is just is proof of that of, you know, there's something about that.

I think there is in these centurion communities or centenarian communities around the world, these people are left over 100 like the more lines you have, the more white you have on your head, like, the more respect and honor and dignity you have.

And people like show like that's that's in the places where people are embracing age. And it's unfortunate in the West, it's like people want to walk away from that and be embracing the young, kind of like Botox look.

But the but, but, but what I truly believe is, you know, I think we're, we're literally like a few years away from being able to like, redo your whole face with your own stem cells and, and rebuild collagen and things of that nature with some of these new technologies.

But, you know, utilizing these, these traditional ancient like, like wise solutions, like castor oil and knowing that they have these healing properties that God had, like, designed within it that like create, you know, whatever they, they do to to help, you know, optimize the entire physiology of the body and, and, and the external appearance of the body.

Because I know we can't talk about this on the podcast, or on this on this, interview. But, you know, there's there's a lot more I wish we could say about castor oil.

Yeah. That that, like, you know, have has come out around some of the incredible transformations people have

had, but again, it's, it's it's the encouragement to just use it yourself.

But I love that just using it around your eyes, around your face, doing a slug in a way. And then using it for, for, for cleansing at night and oil cleansing is, is the thing now, right.

Like, it's it's it's it's like what all the beauty. You know, the women are doing now. Yeah. And with the, with the I practice like this is the cool part.

So I apply it all around my eye. But then I wear the the Castro pack. But for my eyes. So they actually go to sleep with an eye mask that is actually made specifically for Castro with an outside protective barrier.

And then the nice organic cotton on the inside. And this is that's my beauty sleep routine. So I do that every night like I don't. It's the first thing I pack when I travel. Isaac.

Right. It's like this is a very, you know. Yeah. It's just yeah, I just live with it. And you're right, like like the ability to be able to cleanse the skin with oil is actually, again, although it may sound counterintuitive, like, you know, I definitely when I was younger and I was dealing with problematic skin and complicated skin and, you know, acne and such, I, I was staying away from oil, but until I realized that actually, my, my skin was reacting the way it was because it was in need of oil.

Right? It was needed to explain, explain that because there are people with like eczema and and like acne and, you know, different things that are, you know, that that take place to the skin, like, like how is it that we can utilize castor oil to, to optimize that the physiology and, and balance of the skin?

And, you know, like the counterintuitive nature of like, okay, my skin's oily and I've got acne. Why would you put oil on oil? You know what I'm saying.

Yeah yeah yeah yeah yeah yeah. And then the last thing I want to know is, is what do you wash it off with? Like, just dab it with the washcloth or does that sit on. No.

You literally just you just literally wipe it off with a washcloth and you allow allow the oil to be there. And that's that's what you know. It's both like a supportive, hydrating layer.

It's nourishing. It nourishes while you sleep.

Hair, Self-Care, and Longevity Practices

And the the idea with the oil, it's like in homoeopathy, like like cures like it's like if your body is creating excessive amounts of sebum and oil, it's because it's lacking it.

So the body is so smart, right? And that's why, you know, hydration is often the solution to everything. And it's so true when it comes to skin. And everything that could be possibly happening with the skin is hydration is is is the key to it towards, you know, the the beautifying, the look of what is occurring and and the younger that you start with, castor oil I think is key because the younger that you start, the, the more hydrated your skin is as it ages, the more nourished it is.

The, the less amount of makeup you'll need to use. You know, one of the beauty trends to like that I'm really unhappy with is the fact that they're promoting now, like Botox and filler to a really young audience.

That's for them to, you know, preserve their beauty. But the problem with that is that actually it causes muscle atrophy. You know, they actually lose the natural shape of the way that their face will evolve.

Like, I'm fine with people like you, do you? If someone wants to talk to them once, they're, you know, go for it. I'm game. As long as they know the repercussions and they're aware of everything.

Like as a clean beauty advocate, I'm cool with people. As long as doing and making any choice they want, as long as they're aware of the risk that they're taking, because then this is your choice.

And and that's it. But the kids don't know the risk. And they they're just being told that this is like what to do. I remember these Iranian girls that were so beautiful across this fire pit to me, outside of this organic, grass fed ice cream shop in Avalon here in Atlanta.

They're like, they start talking to me and I tell them I'm a doctor. And then they're like, oh my gosh, what do you think about this? What do you think about that?

Like, you could tell they had their 1617. One of them was 20. They all had Botox in their face. They all had like fillers in their lips. And I'm like they're so naturally beautiful.

They didn't need it. But they're like they're like, well, I, I'm doing it because, they that's how you prevent us getting wrinkles in the future. And I was just like, no, like like if you see what happens with people long term when they're using Botox, it's it's actually really sad.

But I, I, I would love to know if you can use it in your hair as well. Like. Yes. Okay. Yeah. So so that's interesting. So that this goes along with the brows and lashes again we do here in your body.

Right. You want to use it on your body I assume too. Oh yeah. So castor oil is honestly this is the one thing the thing about it, it simplifies your beauty routines because it's multi-use.

So you can use it in your hair, your brows, your eyes, your lashes. On on facial skin, on the eyes. You can use it all over your body, on your feet. Like I just I literally like Castro.

My packs are the first thing that I pack, whenever I go anywhere. If I don't have it, I don't know what I would do with myself. I'd probably go bonkers and have to order it myself online.

But weekly I'll do, like, a hair wrap. Like I was telling you, I've just been on the road for three weeks, and I was, you know, damaging my hair and drying it a lot from using, like, a hot roller and, a dry iron.

So, you know, the minute that I got home, I immediately like. It's such a simple routine. And with castor oil, this is a thing people get worried, like, is it going to be easy to wash out?

Like, like is it going to be just like, really like, what will it do to my hair? You have a less is more. Please audience. Listen to that. Less is more with castor oil when it comes to your hair, when you have fine hair I have like a mid, mid to mid mid thickness of hair.

Not totally fine, but not totally thick either. I use about a quarter size amount of castor oil and I'll I'll run that through my palms and I'll place it in my roots and I'll literally go like this, like, which means I'm like I'm fingering my, my fingers through my hair, and then I'll make sure that my roots and my, my, all the hair shafts just get nourished.

And then the key to it, though, if you really want to get effectiveness, is this. So we I created these hair wraps because when I was younger these are great.

So when I was younger I used to do these hot oil hair treatments. Oh cool. Yeah. And I didn't want to heat the castor oil. I wanted to naturally heat it.

And what I realized was when I would do castor oil packs, it would naturally heat my, heat my body up with the the Queen of the Thrones packs. So then I took it a step further and I'm like, can you guys make me a hair wrap that I could, you know, wear for an hour?

So I'll wear this for an hour. I have castor oil on my roots. It was fingered all the way through my hair on the tips. Less is more. And I sit there for an hour, and I do.

I do kind of like my my Sunday self-care. You know, stress free, stress free day to, like, kind of get ready for the week and beautify like I've been doing that now for years, like, and I just love it because this and this, this feels so good because it's amazing the amount of heat that when you have a proper wrap, because this wrap isn't just any old like, you know, towel wrap, this wrap actually has like an outside layer that holds in the heat and organic cotton inside.

So it's basically castor oil pack for your for your hair. Yeah. And this is this is probably one of my favorite routines to do. And then, you know, I'll do all the things like castor oil exfoliant for my skin.

I'll mix it with like Himalayan salt and matcha green tea, and then I'll follow it up with, cast all my hair, a follow up with the castor oil mask, which will be like a mix of like, clay, honey and castor oil and and, you know, I'll, I'll read that all over, all over my face and then, you know, just basically doing my little beautifying routine.

My husband does it too now, which is great. And, you know, like, it's just so nice because ultimately, the thing in our lives is we're so stressed. If we go back to the began this podcast, what what what brought me to castor oil was that I was so stressed.

Right. And the stress was impacting my ability to just receive life. Right. And wow, that's so powerful. And it's it's it's across the board for everybody.

This is probably what is impacting our society more than anything is that we were blocking life because of the stress. Right. And it's crazy. Yeah. And the way to move through that is truly with self-soothing practices like reading a book, reading the Bible, you know, doing your Castro packs, like doing your self-care routines.

You're you're beautifying practices are such a part of that. Like, my wife is so good at that. I need to get better. And when I do it, literally, it shake it like I could not believe when I did facials, I'm like by myself, like or with Erica.

I'm like, how transformative my whole body felt after that. I think self-soothing is is a way of the future for longevity. I think it's going to be how people access living a longer, healthier life if they can get in the habit of doing this daily or a few times a week, or even once a week, I mean, it's something.

Yeah, just something. But this is so good, man. So where can they find more information about, you know, what you're up to and how can they get access to the hair wrap and the eye mask and all the other things?

Awesome. Well, you can definitely find us on our website at Queen of the Thrones. And there you'll see all of our products. My my book is launching. It's a castor oil, the queen of all oils.

So it's literally the guide to like the the to simplify your beauty routine with the multi-use castor oil. So that's an excellent. And so that'll have all the details of all of these routines like including even how I dry brush with castor oil, which is such a cool practice like your body feels so soft.

If they want to follow me personally, it would be at B. Well queen. So that's b w e l queen because I love I love the queen image and I can see that I just, I just feel every, every woman is a queen and every man is a king.

And you know, we're here on like to just own our thrones. And it's time, you know. And again the way that we do that is through self-soothing us dressing less and just really like making and implementing practices so that we can get out of that stressful day and keep on shifting into the relax and feel and feel good and and live life to our best.

So that's the best place to find me. And I always love creating a community. We on my on my channel. We do challenges to start to work with castor oil in your life and, you know, over time, like I start teaching people about really just clean beauty and clean beauty practices and how to, you know, you may not be perfect and I'm not perfect either.

Where to Learn More and Closing Remarks

I don't claim to be perfect, but over time you keep on continuously swapping out things and then you know you're just living a better, cleaner life overall.

So that's my goal, I love it, I love it. I just went to Instagram and followed you, on the well Queen at the well Queen. But yeah. Thank you so much for sharing your wisdom and knowledge with us.

And I know there's so much more that we wish we could have shared today. But the bottom line is this is a powerful, longevity technology that has been designed by God, and there's nothing like it out there.

So, yeah, you definitely don't want to use the the toxic forms of them on Amazon. The oxidized forms. I love the level of precision that you have to make sure the quality is at the highest level, Marisol.

And definitely pick up her new book. But, thank you so much, Marisol. I hope you have a great day. Thank you guys. Like, it was great seeing you. Lots of love you as well.

Bye bye bye. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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Real talks from real doctors on the issues that matter to you most.