

Palo Santo (*Bursera graveolens*)



Its name comes from Spanish “holy wood” or “wood of the saints”.

Origin: Central and South America.

Element: Air

Gender: Masculine

Planet: Venus

Zodiac: Gemini

Magical Properties

Cleansing: Healers, practitioners, and shamans use the smoke of a wood stick to cleanse the area for rituals. Local South American custom tells of its ability to protect both the home and the spirit.

Inspiring Creativity: Lighting the very end of a stick of palo santo and blowing it out in order to smolder brings creativity to the space. The smell of the wood enlivens the senses and ignites the imagination.

Medicinal Properties

Cold and Flu Prevention: Adding a few drops of the essential oil to a bath or shower can relieve symptoms of colds such as congestion and dizziness. Applying a few drops to the heart or chest can help stop the flu before it takes hold.

Cancer Fighting: The oil from palo santo trees contains highly protective phytochemicals. In the digestive, endocrine, cardiovascular, and nervous system, these phytochemicals stop cancer causing formations.

Contraindications: Always test the oil on your skin prior to using on any sensitive areas. Research and use only reputable brands of palo santo essential oil as the true oil is becoming harder to obtain and many copycat versions are on the market.