Sandalwood *(Santalum album)*

Like Frankincense, has a high sesquiterpene count which allows it to cross the blood/brain barrier. It was discovered at the University of Vienna, Austria, to increase oxygen around the pineal and pituitary glands, which improves attitude, alleviates depression, and improves body balance. It can be stimulating as well as grounding as it vibrates between the 7th and 1st Chakras; recommended for meditation: used by some Yoga disciplines. Sandalwood is beneficial in having the ability to go into the DNA of the cell and unlock emotional trauma. Sandalwood can help one accept others with an open heart while diminishing one's own egocentricity. Most Valuable Uses: Bronchitis, coughs, fluid retention, bladder infections, throat infections, depression, cystitis, scarring, anxiety, acne, skin care, aphrodisiac, relaxing, stress, tension, lumbago, nausea, nervous exhaustion, chronic illness, obstinate diarrhea, hemorrhoids, hiccups, impotence, lymphatic stress, skin regeneration, tuberculosis

Ingredient In: LeAcknowledge, LeBenediction, LeDreams, LeEverlasting, LeExhilaration, LeFocus, LeInner Peace, LeIQ, LeLetting Go, LeMagi, LeMeditation, LeTomorrow, LeTrust, LeTurmoil, LeUnity

Therapeutic Properties: Supports cardiovascular system, antiseptic, antidepressant diuretic, tonic, aphrodisiac, astringent, emollient, calming, anti-infectious, decongestant

Application: Apply to appropriate areas of the fee, directly on areas of concern

Aromatic: Love to diffuse or wear this one (especially in a blend), slowly calms, harmonizes, and balances the emotions, brings people to a calm place where they can accept others around them, be where and who they are, wonderful for impatient, judgmental people

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