Palo Santo

Palo Santo is a relative of Frankincense but is made from the heartwood of the tree and not from a resin. Linked to death, resurrection, and metamorphosis. Often used for meditation, study, and contemplation of spiritual matters. Palo Santo lends us strength and firmness in our core beliefs. Essential oils derived from woods also create for us a safe shelter in which to heal and from which we may venture forth to achieve. Palo Santo is used to relieve stress, panic, anxiety, and to generally lift and change mood.

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