Sandalwood

Sandalwood has a very high sesquiterpene percentage. As it crosses the blood/brain barrier it increases oxygen around the pineal and pituitary glands and stimulates the amygdala. Both grounding and energizing to the physical body and to the mind. Sandalwood is often used in yoga disciplines and in meditation because it enhances our ability to look inside ourselves and be honest about what we see there. Useful for bladder and throat infections as well as water retention. Wonderful for chronic conditions. Excellent skin oil.

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