



Palo Santo

Bursera graveolens

Overview:

Palo santo, meaning “sacred wood” in Spanish, is a wild perennial tree indigenous to the equatorial regions, especially in South American countries. Aged palo santo wood is very rich in terpenes – active substances with potent medical and therapeutically properties.

Using the Equator line as reference it can be said that there are two types of palo santo – northern and southern. The northern palo santo is larger with a whitish bark. However, it is the southern variety that holds the higher limonene content. Palo santo has been used for thousands of years by the indigenous population in their rituals and cultural procession as well as medicine for various ailments. Various forms of preparation were used to treat both internal and topical infections and inflammations, and also to strengthen the mind and uplift the spirits. Modern science has validated the numerous beneficial effects of palo santo such as anti-inflammatory, antioxidant, anti-tumor and anti-depressant.

Palo santo essential oil is considered an aromatic treasure with a great capacity to uplift spirit and promote healing. The oil is rich in terpenes, especially limonene, a very potent active ingredient that has been the subject of numerous scientific studies in medicine.

Therapeutic Actions and Benefits:

Palo Santo is rich in limonene, an active terpene proven to have antioxidant, anti-tumor and cytotoxic properties both in vitro and in vivo, as several scientific research shows. Palo santo essential oil is used as antidepressant, relaxing, sedative, anti-inflammatory, anti-microbial, anti-spasmodic, decongestant, and expectorant. The oil has good skin compatibility and is recommended especially for the oily, acne-prone skin. Palo santo is one of the most effective essential oils for the nervous system helping with stress, anxiety, restlessness, nervousness, anger, insomnia, migraines, nerve pains and headaches. Palo santo has a soothing, calming, effect on the respiratory tract where it helps decongestion and helps expectoration, allowing the airways and lungs to be filled with oxygen.

List of specific therapeutic actions

Respiratory: helps in respiratory infections, soothes cough, aids in airway decongestion, alleviates asthma and allergies

Skin: helps in acne treatment, balances sebum production, helpful in oily skin, promotes skin

cells regeneration, has antioxidant and anti-aging effects

Musculoskeletal: anti-inflammatory, relieves muscular and joint pains, aids in rheumatism, relieves neuralgias, soothes sore muscles

Nervous: soothes the mind, fights stress and anxiety, reduces nervousness, has calming and sedative properties, supports a positive, aids in sleep disorders and insomnia

Energetic (aromatherapy): uplifts spirits, supports the flow of life force, has relaxing properties, soothes emotions and calms nerves, supports meditation, enhances creativity, helps in concentration.

Ayurveda:

Palo santo oil is considered helpful in Vata and Kapha doshas. It is also useful in conditions associated with Pitta dosha excess especially in muscle and joint pains. Palo santo helps the mind to become focused and peaceful; it is considered to purify many types of negativity and has a sattvic character.

Traditional Chinese Medicine:

In TCM palo santo is considered a supporter of Qi energy that actively promotes its flow. It is also used as relaxing and soothing oil for the mind.

Aromatic profile:

Scent: citrusy, fresh, with resinous woody notes

Note: top to middle

Blends well with: cedarwood, frankincense, sandalwood, myrrh and other wood and resins essential oils as well as lavender, mandarin, lemon, grapefruit, ginger and other citrus notes

Safety: Non-toxic, non-irritating

How To Use Palo Santo Essential Oil:

Palo Santo essential oil can be used in dilution on the skin, in the diffuser, and in aromatic baths.

Use a couple of drops in the palm of your hands for direct inhalation or diffused for uplifting the spirit and clarifying the mind.

Palo santo oil can also be used topically as a compress, to reduce aches and pains. The essential oil can also be blended with a carrier or massage oil and used topically whenever needed.

Palo Santo Oil Recipes:

Purification Bath:

- 2 drops palo santo
- 2 drops grapefruit
- 2 drops cypress
- 2 drops palmarosa

Add the blend to a cup of sea salt. Use the salt in the bathwater for a relaxing, soothing, uplifting experience

Meditation blend:

- 4 drops palo santo
- 2 drops jasmine
- 2 drops sandalwood
- 1 drop cedarwood

Use in a diffuser or add the blend to ½ oz. marula oil and use it topically for anointing.