



Palo Santo Smudging Stick(s)

Description

Varied sizes – either:

- 1 x Thick Palo Santo wood smudge stick
- Or 2-3 x Thinner Palo Santo wood smudge sticks

Palo Santo (Holy Wood) is the Spanish name for the *Bursera graveolens* tree that is native to Mexico and South America. The tree is widely used for folk medicine and is claimed that when burned it helps to cleanse bad energies and bring good luck. The unique essential oil composition of the tree gives a lovely scent when burnt.

To use these sticks as incense or to smudge, hold a piece slightly upside down and light the tip until there is a small flame. After around 1 minute, blow out the flame so only smoke is produced and then place in a fireproof bowl, blowing gently on the embers when required.

Smudging is the practice of burning sacred herbs/resins for bringing cleansing, purification and clarity to a sacred space periodically and before performing spells, rituals, divination and any spiritual practice/light work. The sacred smoke cleanses any dense or negative energies to purify the energy in the space to be used for positive and higher intentions.

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Meta Fields

Price : 1.99