

# Palo Santo Cheat Sheet

Native to South America with a deep history in Peru

The tree can reach heights of 65 feet

Spanish for 'Holy Stick'

The vibrant aroma it gives off can only be found in dead wood.

Clears bad energy (and odors)

Male trees live longer (up to 200 years) and are more fragile. Females live around 40-50 years

Both purifies and attracts positive energy

Burning during meditation can help enhance your practice

Harvesting happens 5-8 years after the tree has fallen



## PALO SANTO