



salt|pine

| Unleash the Power of Palo Santo Wood |

- The mystical powers of Palo Santo may seem like something only a few can master, but in reality, the holy wood with extraordinary healing properties is very easy to use.

1. LIGHT THE STICK

Palo santo wood is easy to light. Hold the stick in a flame until it's fully lit. You'll know it's lit when the stick is creating a mini-flame of its own. Allow it to burn for approximately one minute.

2. LET THE STICK EXTINGUISH ITSELF

Watch as the wood naturally extinguishes itself after a minute or so. Please do not blow out the flame.

3. UNLEASH THE POWER

- Hold the stick in your hands, visualize your intentions and fill your space with sacred smoke. The short burn

will smoke for quite a while, delivering an incredible scent and cleansing the energy around you, restoring peace and calm. When you're done with your stick, put it on a fireproof surface (one good option is a metal fireproof bowl with a bit of sand in the bottom) and it's ready for the next time you want to smudge.

- Thanks to the slow-burning nature of palo santo wood, the sticks can be lit and relit many times, so don't be shy, spread the love.
- Use it for spiritual purification, to inspire creativity, good fortune, and positivity. Use it to deepen your connection to the divine source, to protect you from negativity, and to heal yourself from all manner of physical and spiritual ailments. Follow these easy steps and you'll be feeling the magic faster than you can say, "Namaste." Go forth and experience the joy!

**For more information visit in-store
or online at saltandpineonline.com.**