

## Aromatherapy with sustainable resources

**By: Eliana Paredes**

Performing relaxation and energy cleansing practices is one of my favorite hobbies in my daily routine and I like doing it using natural resources with aromas that delight my senses and help the well-being of my body. I always like to do at least 30 minutes of aromatherapy in the day to be able to have a good spirits in every facet of my life.

One of my favorite elements to do my aromatherapy practice is the *Bursera Graveolens*, better known as Palo Santo tree. The Palo Santo tree is a species native to several countries in South America and has a sweet, woody citrus aroma, becoming a natural relaxant that helps fight certain body ailments and the recharge of positive energies, and makes my practice of aromatherapy more enriching.

It is for this reason that I like to always be researching on this species of wood and the aromatherapy products that are derived from it. Days ago reading on the internet about the curious ways in which they can use the products of the Holy Stick tree, I found a publication that mentions the possibility that this tree is in danger of extinction and I say possibility because from this publication, I discovered Different websites with the same information.

I was worried about reading this type of articles because I was part of the population that consumed this product, but I kept investigating to obtain more information on the subject and I realized that there is no information affirming the Holy Stick tree is in danger.

Among the many websites I visited I found in EcuadorianHands.com, I found this site interesting and very curious because they in their blog have made several publications with information about the species *Bursera Graveolens* (Holy Stick). I was able to find this website thanks to an article that caught my interest a lot, ["is the Palo Santo really endangered?"](#) was the title of this article.

In this post they mention about all the #FakeNews that went viral about the danger of extinction of the holy stick tree; based on what I read there is no certainty that the holy stick is in danger of extinction but there are companies like Ecuadorian hands that create the hope of preserving this species.

But without a doubt what I gave the most attention was its reforestation category. The information they share is of great value, such as the process they carry out with their reforestation plan they carry out. Without neglecting the concern that lately is expanding on this wood species, it is important to tell that this company has been working for 4 years on a reforestation project of the Palo Santo tree in Ecuador. Working in a sustainable and nature-friendly way.

In this visionary project, Ecuadorian Hands was involved in the Ecuadorian community, generating resources for families an economic support, with the help of the government of that country for the protection of this project.

Based on everything I read on this page I can say that there is no certainty that the holy stick tree is in danger of extinction, but there are organizations like Ecuadorian Hands that create the hope of preserving this species by restoring its habitat in the correct way, and this can be found in each of the images and videos they share on this topic.

The way they handle the packing of the holy stick is sustainable. They mentioned that in order to use the properties of this tree, only naturally fallen branches and trunks are processed. There is no harvest of holy stick, there is only collection of the tree that is naturally dead.

In Ecuadorian Hands I found a lot of information about the products that are derived from the Holy Stick, as well as how they are used and how to use these products that they make.

In conclusion, what they want to achieve is to inform everyone about the real threat to the holy stick tree. We cannot control that it is in danger of extinction, but the lack of information about its use can be controlled. Like them, there are more people who begin to use natural resources in a sustainable way creating the possibility of having a better world for future generations.

For more information, go to: <https://www.ecuadorianhands.com/en/>





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