

Sanctuary — Botanical Anointing Oil for Nervous System Support Old Spirits, Wild Roots

There are moments when the body does not need to be strengthened — it needs somewhere safe to land.

Sanctuary was created as a place of return. A quiet refuge for the nervous system, this botanical anointing oil supports emotional steadiness, encourages the body to soften, and restores a sense of inner safety when life feels overstimulating or heavy.

Slowly infused from ethically gathered botanicals, Sanctuary is designed to help you reconnect with the natural rhythm of your breath — because when breath returns, the body remembers how to rest.

Spiritual Properties

Sanctuary carries the energetic signature of protection without armoring — a gentle field rather than a barrier. It supports the sacred act of returning to oneself.

Traditionally aligned with emotional refuge and restoration, this blend may assist in:

- Creating an atmosphere of energetic safety
- Softening emotional defenses
- Settling scattered or overwhelmed states
- Encouraging presence within the body
- Supporting heart-centered awareness
- Providing subtle energetic shelter during stressful seasons

This is an oil for those seeking steadiness rather than escape — grounding without heaviness, calm without disconnection.

Botanical Benefits

 Boneset — Traditionally associated with strength and support, boneset brings a stabilizing quality that helps the body feel held instead of braced.

 Chamomile — Long revered for its calming nature, chamomile encourages emotional ease, relaxation, and nervous-system reassurance.

 Aster — Often connected with release and gentle spaciousness, aster supports emotional unwinding while maintaining inner balance.

Together, these plants create a blend that many experience as a deep exhale — a return to center.

Ways to Use

Apply to pulse points such as the wrists, heart space, or sides of the neck. Inhale slowly and allow the shoulders to drop.

Sanctuary is especially supportive:

- After emotionally demanding days
- During periods of stress or overstimulation
- When entering challenging environments
- As part of an evening unwinding ritual
- During meditation or quiet reflection
- Anytime the body is asking for softness

Many keep Sanctuary close as a daily companion — a small ritual of returning to calm in the midst of modern life.

Craft & Philosophy

Each Old Spirits, Wild Roots oil is created in small batches with deep respect for both plant and place. Our formulations are intentionally balanced, allowing the natural intelligence of each botanical to remain clear and present.

We believe the body recognizes what is genuine — and responds accordingly.

Sanctuary reflects that philosophy: grounded, refined, and quietly powerful.

Details

- Small-batch botanical infusion
- Ethically harvested plant material whenever possible
- Crafted on our Kentucky farm
- External use only

Old Spirits, Wild Roots is devoted to creating botanical oils that help the human spirit breathe again — offering relief, steadiness, and a path back to oneself.