



blissed out
SEXY SELF
CARE
with
Fedrah Allen





Bliss [✧] [blis] -noun

1. supreme happiness, joy and contentment

You deserve to feel utterly blissed out

Turned on

Feminine

To think in magic

To move sensually

To be seen and to be heard

To soften

To recognize your body for the miracle it
truly is

To live your authentic truth

*But we are so blocked off from our
divine feminine self + from true
bliss, that this often seems
unachievable.*

I'm here to tell you that you can achieve this state of
bliss, through sexy self care.

Welcome

Hello beautiful, I am absolutely ecstatic that you got this far. There is so much juiciness to explore over the next seven days, I can barely control my excitement. You see over the past year and a half, I felt disconnected from the feminine side of myself.

After experiencing a miscarriage I questioned my role as a woman and I learned that my role as a woman is to experience this life in a state of pure bliss. To experience pleasure. To slow down. To fill up my own cup in order to overflow into others. And so a pull formed in my heart. A pull to share what I had learned with other beautiful women just like you. And here we are.

This is going to be an amazing week to reconnect, ignite your passion, begin healing old wounds, creating ritual in your life + amping up the pleasure in your life. Remember to stay open + explore this week. Soften. Be kind to yourself. And remember, that I am here holding space for you. Much love.

High Vibe Femme Essential Oils



Lavender - calming, relaxing

Cinnamon Bark - improves circulation + blood flow (hello better orgasms), warming, sensual smell

Sandalwood - high in sesquiterpenes which stimulate the pineal gland + limbic system of the brain (centre of our emotions), transformation

Bergamot - embodiment of self worth/self love, uplifting

Patchouli - calming, sedating, relaxing, joy inducing, self love

Geranium - helps release negative emotions, fosters peace, high femme oil, poor mans rose, calming/healing

Ylang ylang - influences sexual energy + enhances relationships, aphrodisiac, balances equilibrium, restores confidence + self love, joy, sensuality

Clary Sage - regulating/balances hormones, power, passion

Whisper blend - a beautiful purefum blend from doterra, contains a blend of high vibe femme oils for calming, sensual enticement

Passion blend - energizing, ignites feelings of joy, passion + excitement, high femme purefum

Rose - essential oil of unconditional love, high vibe, creates magnetic energy, attracts love + brings joy to the heart

Jasmine - nicknamed "queen of the night", sensuality, seduction



I start with a little guide on essential oils to help you dial into your feminine side for a simple reason - they work + they really help you embody the feelings. Smell triggers an area in our brain that helps store memories and essential oils can help us learn on a cellular level what we need to learn. They are a beautiful addition to any self care practices, and although totally unnecessary they are highly recommended for every home.

Here are a few blends to pop in your diffuser or in a roller bottle to instill high vibes:



LOVE: 2 Ylang Ylang + 2 Geranium + 3 Lemon ♥

PEACE: 2 drops each of Patchouli, Cypress + Bergamot ♥

CALMING: 1 drop each of Bergamot , Lavender, Patchouli, Ylang Ylang ♥

BEACH BABE: 3 Whisper + 2 Geranium + 2 Ylang Ylang ♥

HARMONY: 3 Patchouli, 2 White Fir, 2 Cinnamon♥

BLISS: 2 drops each Sandalwood, Clary Sage, Lavender + Wild Orange ♥

FEMME: 2 drops each Ylang Ylang, Geranium + Sandalwood ♥

A Yoni Practice for Blissed Out Sexy Self Care



I want to preface this section by saying this is only a SMALL introduction to a yoni egg practice + the practice of using self pleasure to tap into your unique feminine power. There are further study suggestions in the resources, and it may be something I further explore in a course in the future for you.

Your yoni is a portal to connecting to your divine feminine power + owning your own desires.

It has a place in this self care course because as women we so often turn away from our desires, and ignore the lack of pleasure we feel in our life. We are programmed to come from a place of lack and women are chronically undernourished - nutritionally, physically, sexually. So to tap into this power and bring abundance into your life is a great gift.

From my own experience, tapping into our own pleasure allows us to turn lack into abundance and gives us permission to ask for more out of life. It also brings in more energy, bliss and joy into our lives.

This mini course is called Blissed Out Sexy Self Care because it taps into more than just bubble baths, and face masks. It identifies other areas of a woman's life where more self care and pleasure should be brought in.

So we start with this small + basic introduction into feminine practices that will help light you up, encourage exploration + bring in some much needed pleasure.

I want to start by introducing you to the yoni egg. Also referred to as a Jade Egg. I specifically refer to it as a yoni egg for two reasons:

- 1) I don't personally use a Jade egg, but a rose quartz egg for its specific healing properties
- 2) I think choosing an egg is a deeply personal decision, and we need to choose a stone based on our own intuition.



This section comes with some required reading, and I have a ton of resources on the private webpage for you to take a peek at. But lets give you a little yoni egg 101.

Yoni is a sanskrit term meaning "sacred temple", and is actually referring to your vagina and all the surrounding tissues such as the vulva, clitoris and so on. Its been long considered the centre of our life force and a place to tap into our uniquely feminine power and intuitive wisdom. Woo woo - I know.

However, these practices and beliefs stem back thousands of years. And hence, the yoni egg practice. Now I never suggest something I haven't tried myself. I am my own guinea pig. The yoni egg is life changing. Period. So a basic intro to it is included in this 7 day mini course, because well its called Blissed Out Sexy Self Care + this practice is pretty damn bliss inducing.

Why a yoni egg? Well its designed to be used internally to strengthen the vaginal walls, pelvic floor, increase sensitivity and pleasure, increases circulation and blood flow, and awakens neural, pleasure and energy pathways most of us didn't even know existed. It encourages beautiful flow and sexual flow = flow in the rest of our lives.

Now I'm starting with this because I truly believe it is so brilliantly impactful on your whole life - your whole body nourishment, that it just HAD to be included here. However, if you aren't ready or you are a little freaked out by this, then leave it and continue on to all the other bliss inducing self care practices.

IF you want to dive a little deeper into your own sexuality, but are not ready to purchase a yoni egg, thats OK too. Start with a self pleasure practice and get to know your body. I feel that this is so important after reading two amazing books: Love Your Lady Landscape + Pussy: A Reclamation (both on your suggested reading list). They opened my eyes up to understanding the power we women hold between our thighs and the abundance and flow that comes from being turned on in our own bodies.

When I use the term turned on, I don't just mean sexually aroused. I mean turned on and lit up in our lives - enjoying ourselves, pleasure, successful, abundant, feeling fulfilled. A turned on woman is a powerful woman and a woman who ain't going to take no bullshit. She owns her own happiness, reaches for big goals, and lives full out. Sounds pretty good right? But this is impossible when we are disconnected from our pleasure and when we are constantly giving our power and energy to other people. So this is where radical self care comes into play. Self care that is more than face masks, bubble baths and a glass of wine.



So for the next 7 days, I want you to either purchase a yoni egg and start the practices I share, OR self pleasure every single day for 7 days. There are a couple add-ons I'm giving you to really up the ante here, including a Blissed Out Bath Ritual. Which is my fave way to really tap into my feminine energy and harness the beautiful divine feminine energy I have inside.

Your Yoni Exercises:

1. Get comfortable with the egg. My fave way is to warm in up in between my breasts. Seriously, pop it in there and go about your regular activities. It breaks down a bit of the fear and unknown and it gets the egg nice and toasty for you.
 2. Get into a sexy headspace. It's so important to be turned on (and in this situation I mean aroused) before inserting the egg. Ultimately you want to be able to sip the egg in, which if you are anything like me will be a feat in itself. Until you get there, gently (when you are ready) insert the egg.
 3. Contract your vaginal muscles, as if you were doing a kegel. Yoni eggs act as weights that help build the muscle that a kegel on its own just won't do. And release. Take deep belly breaths while doing this.
- Next try one of the optional exercises below:

- While laying on your back, slowly lift your bum and pelvis off of the floor or the bed into bridge pose. Once here, sway your hips side to side. (As a tip, I love playing my sensual playlist during this time and let my body move to the music).
- Insert the egg, and sit on your knees with your back straight. Breathe in and slowly push your chest forward, head to the sky. Then on the exhale bring your chest in and round the back, head going towards your chest. Repeat.
- Insert the egg, and get into a standing position. Legs hips width apart, start rolling hip circles and swaying your hips (again music optional, but strongly recommended). Squeeze your vaginal muscles and aim to keep the egg in. Deep breaths throughout all exercises.

Feminine Self Care Practices

I'm going to break down the little pieces I use to create a Blissed Out Bath Ritual, including: dry skin brushing, breast massage with a DIY oil, epsom salt and essential oil combos for the bath, things to diffuse, burn or light, hydration, bath add ons that will totally enhance your bath time.

Dry Skin Brushing

This may feel like a broken record, but dry skin brushing is a beautiful self care practice. Its also incredibly intimate and encourages you to really look at your body, while taking care of it.

Tip: Use positive affirmations while you brush in circular motions from your feet up towards your heart, such as I love you, I am beautiful, I am so worthy, I am sexy. Try it before getting into the bath. Its highly detoxifying, removes dead skin cells, and encourages new cell growth for beautiful skin, stimulates the movement of lymph, and improves circulation.

Breast Massage with DIY Oil

I love to do this AFTER a bath. So I soak and enjoy myself in my upgraded bliss bath, and then I get out, lightly dry off and mix up a DIY oil to massage my breasts with. I recommend standing in front of a mirror and doing what feels good. Circles, deep rubs, tapping - do what feels good. Looking at your body while you nourish it and love up on it is incredibly impactful (and a great precursor to your yoni egg practice). This practice is also great because getting to know your girls intimately helps you become in tune when something isn't quite right with them.

For the Massage Oil:

You can either prep enough for one session by mixing a fave carrier oil (I LOVE coco oil or jojoba oil for this) and 1-2 drops of essential oils. Some femme ones to choose from: clary sage, ylang ylang, Passion blend, rose, or jasmine essential oils.

If you fall in love with a specific blend, mix 1 cup oil with about 20 drops of essential oils and place it in a beautiful pump bottle for easy access. Always choose something beautiful to house it in to make sure it lights you up.

Want to up level it a bit? In your pump bottle add in some crystals such a rose quartz to the bottle to infuse the oil - this is a high vibe loving stone, and perfect for this self care practice.



Epsom Salt Bath

This is simple. Add 1 cup of epsom salts to a full bath tub and add about 5-10 drops of essential oil to the salts before throwing it all in together. This allows the oils to mix in, rather than sit on the top of the water.

Another bath time tip: Instead of epsom salts, add 1/4-1/2 cup of coco oil with 5-10 drops of essential oils. Its super hydrating to your skin, and your skin will feel amazing when you get out.

Some essential oil combos:

clary sage + grapefruit

ylang ylang + sandalwood

cinnamon + wild orange

geranium + grapefruit

Something floral with a citrus oil is usually my go to.

Things to diffuse or burn

I really like to cleanse my space and to have a really lovely scent around me, so in addition to diffusing essential oils (see earlier pages for diffuser blends + I also suggest single oils such as lavender, lemon or wild orange to fly solo with), I also recommend sage bundles or palo santo.

I love Sage for cleansing my space, an act called smudging. It has been used for years by Native American tribes to cleanse or clear spaces and bring in positive energy. It also helps you tap into your intuition which is an important spiritual practice I want each of you beautiful women reading this to practice and become mindful of. Its perfect for clearing stagnate energies, spiritually cleanse the user, and support emotional imbalances.

Palo Santo is a new fave of my mostly because it smells absolutely unreal. Its amazing for calming the nervous system, supporting the immune system and in grounding the user. Its often referred to as the Holy Wood and is related to Frankincense, Myrrh and Copal. Not to mention it smells absolutely beautiful. I love to burn some before a meditation and also as a way to clear my head and get grounded before using my yoni egg.

Hydration

Hydration is key for wellness and an absolute must have for your self care practice. I always feel like I'm beating a dead horse when I say this, but seriously drink your water babe. Adequate water intake is super important for glowing skin, happy digestion and having clear focus and energy. Its kinda key. Its also absolutely essential for glowing from the inside out. In addition to hydrating with water, you can help your skin out by consuming healthy fats that help your skin as well such as coconut oil, avocado, fish, chia seeds, etc. Hydrating your skin from the inside out.

Bath Add-ons

I can't wait to share these juicy bath time bonuses, because it will really help you create a beautiful, blissed out bath time ritual. Here are a few things to add to the tub to amp up the bliss:

- coco oil or other beautiful oil
- crystal of choice: I love rose quartz, citrine or amethyst for my baths (specifically because it infuses the tub with the healing power of the crystal, such as self love and self esteem boosting properties)
- flower petals: roses or lavender are amazing
- dried orange, lemon or lime peel (just feels decadent)
- bentonite clay (detoxifying)
- your yoni egg! (cleanses the egg and infuses some magic into the tub)



Womb Massage

This is a relatively new concept for me, but one that has provided me a ton of relief. Earlier this year I was diagnosed with endometriosis and adenomyosis, which means I have uterine tissue that grows where its not supposed to. This leaves me with terrible cramping, bloating and pain - often. Enter womb massage. Its not just for endo, and can really ease menstrual pain as well as get us in touch with our divine feminine.

Womb massage is great for fertility, menstrual and abdominal health, and can be used (by a professional practitioner) to correct the position of a uterus. It helps bring fresh blood and energy to your womb and digestive organs, helping them function optimally. Grab your massage oil from earlier, and make clockwise circles moving in the direction your digestion flows through your colon, (left hip up to rib cage, to right hip), massage across your belly from hip bone to hip bone.

From your rib cage, move your fingers down until you feel a dip. Take deep breaths, and slowly move your fingers towards your belly button. Repeat. Now massage diagonally across your belly, and back the other way. You can also massage in whatever way feels good, just focus on your breath. When you are done, place both hands on your belly and breath.

Natural Femme Care

I 100% could NOT create a self care course for women and not include this info: educate yourself on the type of feminine care products you are using. Opt for organic cotton pads and tampons, or a menstrual cup (safe, affordable, environmentally friendly and lets you get a little more comfortable with your menstrual blood - it also lets you monitor how much you bleed and what it looks like, which can give you HUGE insights into your health). There are some nasty chemicals in conventional pads and tampons, so make a switch for your hormonal and vagina health.

The Bliss Bath



I know you're ready for this section.
So let's dive in.

1. Get grounded and create a calm mindset. Start the hot water in the tub, mix a cup of epsom salt with essential oils of choice or your bath oil of choice. Get a playlist, a book or a inspirational podcast geared up to go. Next smudge yourself with some Palo Santo or Sage. Ahh.

2. Dry skin brush. We talked about this earlier. Start from your toes and work your way up, in slow strokes always towards your heart.

Repeat the mantra: I love you, you are beautiful. I am so sexy.

3. Add your bath add-ons: essential oils, flowers, crystals, etc

4. Have some hydration ready - I like a mason jar of lemon water, or an elixir, or for extra special nights a glass of wine (you can also do a wine spritzer with half wine, half kombucha).

5. Whip together a natural face mask or use doterra's clay masque, then hop into the tub.

6. Spend a couple minutes breathing into your body, exploring your skin, and feeling the heat of the warm water all over your body. Ahh.

Once you feel settled, and relaxed throw on some sensual tunes, classical music or dive in to a beautiful book or listen to an inspirational podcast: I like Let It Out with Katie Dalebout, Mind Body Musings, Awaken Radio, The Crave Cast + Love Sex Desire.

7. Soak for at least 20 minutes. When you feel ready, rinse your face mask away. Cleanse your face, and slowly get out of the tub.

8. It's time for some mirror work. Lightly towel yourself out so your skin is still damp, and stand in front of a mirror. Make eye contact with yourself. This will feel disarming at first, and maybe even a little uncomfortable but trust me its so worth it. Get your massage oil ready, because it is time for a breast massage. Again, anything goes here. It just has to feel good.

9. Optional step: womb massage, and yoni egg practice. It is a beautiful time to get even more vulnerable after your bath, mirror work and breast massage to get connected to your yoni. If you take your egg with you into the bath, its cleansed and ready to go too. Make sure you infused the bath with good vibes and beautiful intentions.

Lie down on the floor with a towel, massage oil nearby and your yoni egg. Start with a womb and abdominal massage. Slowly work your way to starting with your yoni egg. Allow your body to sip the egg in and complete some of the suggested exercises.

Now is also a good time to orgasm. Experiment with different ways of exploring yourself. Its an absolutely amazing experience to orgasm with your egg in. Why? It helps you feel the different areas of your yoni and connect to it on a deeper level. It works the muscles and the egg enhances the orgasm. Try it. You can finish up your bath with massage oil all over your body to make it feel super nice the next day.

Once you are done all of this, get out a journal or a legal pad and free-form write. Whatever comes let it come. Do not judge anything that comes up for you. Finish by writing down some things you are grateful for.

Bonus: get into something sexy for bed, even if its just for you. Then follow the tips for optimal sleep on the next pages.

Optimal Sleep and Creating a Bedtime Ritual

INVEST IN REST.

I am very serious about this part of self care. You must invest in your rest.

Sleep is a necessary + quite blissful experience. However, so many of us are constantly fired up, stressed out, have no routine, eat too late and generally prioritize good sleep pretty low.

Well, that's just not going to happen anymore. Here are a few tips for your best sleep ever.

1. No electronics at least 30 min before bedtime. If you have to be on until right before your head hits the pillow, turn your phone on Nightshift mode (if you have an iPhone) or use orange glasses to block the blue light coming from screens.
 2. Put your phone in airplane mode for the night + turn off all electronics in the room. You want your room PITCH black for sleeping.
 3. Have water beside your bed, turn your diffuser on with some calming essential oils like Serenity, Lavender + Cedarwood or Lavender + Vetiver.
 4. Spend a few minutes doing some simple yoga poses in bed: legs up the wall, forward fold, butterfly, spinal twists, and end in savasana. You can also meditate for a few minutes before bed. I love Jordan Bach's Bedtime Meditation album. Check it out in the resources section.
 5. Perform a brain dump: legal pad, pen and go.
 6. If you need a little help getting and falling asleep, try some chamomile tea or try 1-2 caps of doterra's Serenity capsules. They are literally life changing on those nights sleep seems impossible (without the nasty side effects of OTC sleeping pills .. please stay away from those).
- TIP: Adults need 7-8 hours of quality sleep per day. So aim for this.

An Intro to Meditation

I'm keeping this guide short and sweet. Why? Because meditation is not meant to be hard or elusive. It's really quite simple.

Be still and breathe. Let go of the notion that meditating means you will have no thoughts, oh baby you will have thoughts. We all have the monkey brain. But meditation can calm that.

Let me just break down some of the MANY benefits:

1. Reduces anxiety
2. Reduces stress levels, assists with depression + fear
3. Enhances self esteem and self acceptance
4. Assists with emotional eating
5. Increases mental strength + focus
6. Helps with memory
7. Improves immunity + energy level
8. Improves breathing + heart rate
9. Reduces blood pressure
10. Assists in pain reduction

And I could keep going. And here's the truth: it is so simple. You can do it anywhere, you don't need a guided meditation (although lovely) to get you meditating.

So start right now . Get into a comfortable position on your bed, in a chair or on the floor. Close your eyes, and place your hands on your knees palms facing down. Inhale through your nose, and exhale through your mouth. Repeat 3 times.

Now sit peacefully. When a thought pops into your head, and oh it will. Release it without judgment. Imagine it floating on by. Ahh.

Aim for 10-20 minutes at least once a day. And watch your life transform. I'll be adding guided meditations and more music to meditate to on the private webpage. TIP: if you can't sit still, a moving meditation such as yoga or sensual dancing might be your best tool.

Gentle Guide to Sensual Movement



The other meditation. I'm going to simply give you another self care tool. If you find sitting still in meditation tedious, which some days I do too, try sensual movement. I suggest this for a few reasons: it gets you out of your head and into your body, it allows you to move thoughts and emotions through the movement and it connects you to your turn on.

Not sure how to do it? I've given you a free curated playlist to get you started. What I want you to do is put on the playlist (or a playlist of your choosing) and let your body intuitively move to the music. I picked a sexy playlist for you to help you get into your body, move it in a sensual and pleasurable way, because a turned on woman is a powerful woman remember?

This is a great way to get your heart rate up, destress and really light yourself up. Sometimes a good dance is just what the soul needs.

There is NO judgement here. Just intuitive, sensual body movement.

Want to amplify it? Throw on something sexy, do your hair, or get dancing with some girlfriends. Seriously, you'll move, laugh, cry, and just let the energy course through you. Its beautiful.



Seven Day Breakdown

Here is how this breaks down over 7 days:

Day One: We dive into what self care really is in a little love note straight to your inbox. You incorporate one of the tools above. Start meditating + create a yoni egg practice or a self pleasure practice.

Day Two: We discuss self forgiveness and the old wounds we need to heal to really step into the lit up and turned on version of ourselves. You add another self care tool, maybe even try a little bliss bath ritual and continue on with your meditation + pleasure practice.

Day Three: We discuss self awareness and connecting to ourselves on a deeper level. Today you check out the resources page and maybe buy yourself a new book or tool from that page. You add another self care tool, and continue on with your meditation + pleasure practice.

Day Four: We talk about intuition and how to tap into that through divine connection. Play the guided meditation today. You add another self care tool, maybe even try a little bliss bath ritual and continue on with your meditation + pleasure practice.

Day Five: You receive a free worksheet in your email about getting clear on what you want + desire. Clarity. You add another self care tool, maybe even try a little bliss bath ritual and continue on with your meditation + pleasure practice.

Day Six: We talk sensuality + what it means to be turned on. You add another self care tool, maybe even try a little bliss bath ritual and continue on with your meditation + pleasure practice.

Day Seven: We wrap up our 7 days of blissed out sexy self care.

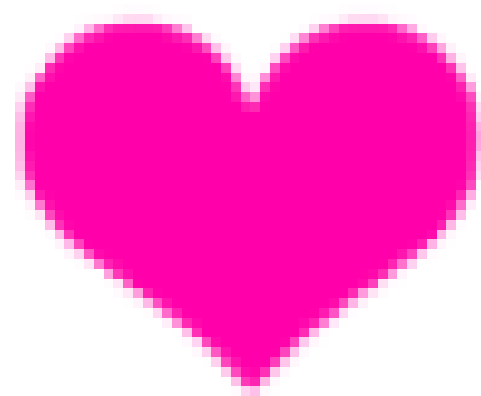
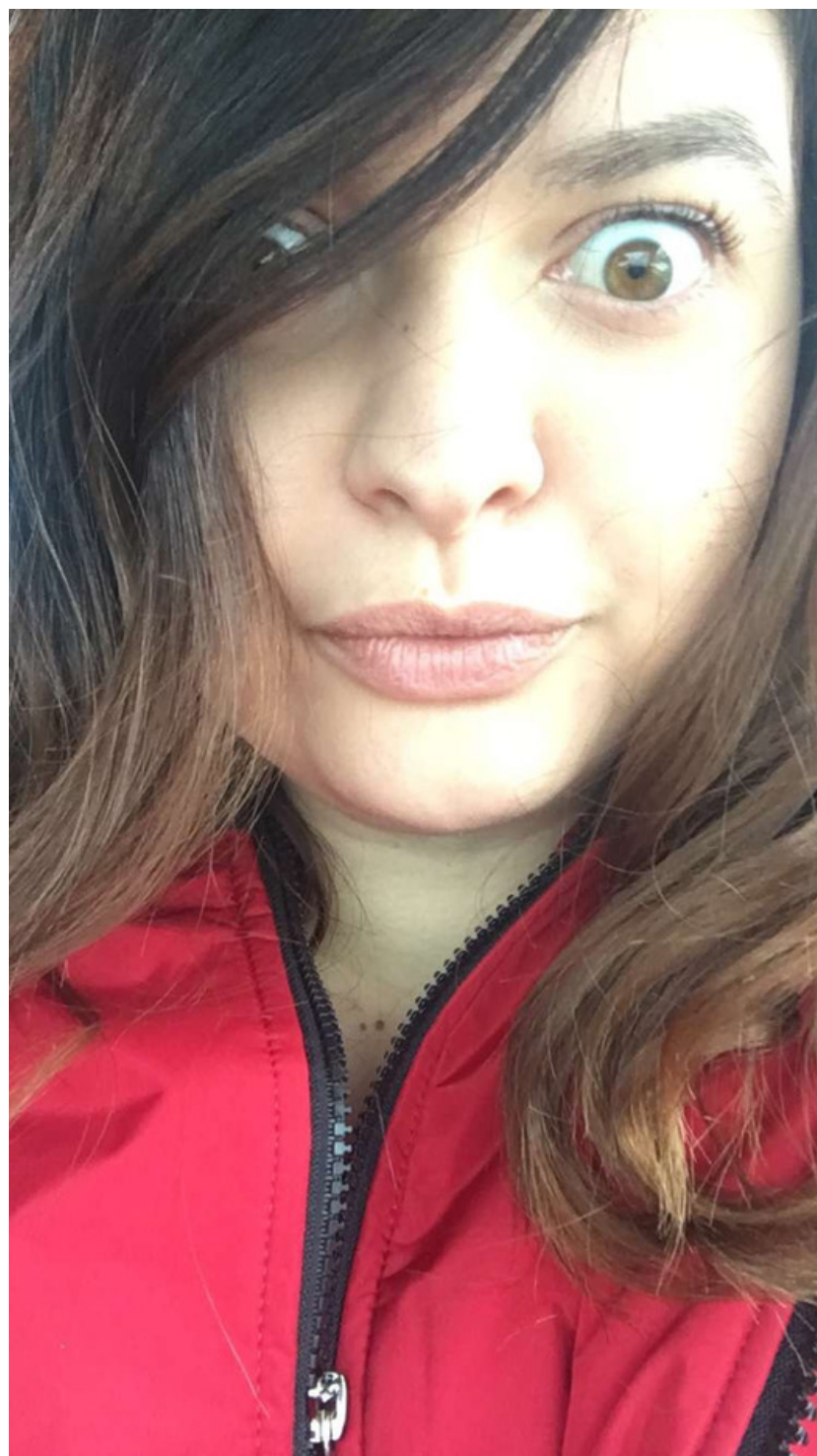


As a final little note, I just want to thank you for showing up for yourself. For redefining what self care may mean to you. To being open to possibility, pleasure and expanding your self care tool kit. You are powerful beyond measure, and so deserving of beautiful, blissed out things.

I am so honoured to be a part of your personal growth + for being welcomed into your inbox for the week. Stay tuned for updates and extras added monthly to the private webpage and little love notes in your email.

Holding space for you on your journey and sending so much love.

Jedrah XO



Thank You