

Kira's Bliss

My essential oil blends are 100% organic and focused on the individual oil's healing properties. I do not use any oils that have been altered artificially, or in any way diluted, as I want them to have a powerful energetic effect on each of us. My essential oils connect you directly to the life force of the plant, bark, seed, fruit or grass it is distilled from. The oils' essential properties are at the core of the experience when applied to, and absorbed by, different areas of your skin.

When you inhale the oils, you will fire up the limbic system in your brain that controls your instincts and basic emotions (fear, pleasure, anger, happiness) and drives (hunger, sex, love, compassion). Thus, the entire experience of using my oils is meant to affect you energetically, emotionally and physically.

The Beauty of Aromatherapy

Aromatherapy is widely understood to enhance our lives. We all know the power of smell, and have been transported back to a certain place or experience in our lives ignited by a smell. Few things can move us so deeply, or have such a profound effect on us than smell. I have been exploring and working with essential oils for years. I want to share what I have found to assist me in finding balance and health.

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An Aromatherapy Blend

Oil Name	Focus	Chakra	Ingredients	Directions
Balance	This woody oil works to ground and harmonize. It is meant to assist you feel more levelheaded and steadfast.	Balances the Root Chakra (red)	Rosewood, Frankincense, Spruce, Lavender, Almond	Apply this oil on the back of your neck, on the shoulders, on your wrists and under your feet at any time of day.
Calm	Find balance, comfort and calm, so you can be compassionate and giving. You will be in a place of love and healing.	Balances the Heart Chakra (green)	Lavender, Rosewood, Ylang Ylang, Almond	Apply this oil on and behind neck and chest, crook of elbow and wrists, under feet for nighttime relaxation.
Cell Care	This blend targets the diseased cells in your body and help promote healthy cell production		Oregano, Rosemary, Chamomile, Frankincense, Thyme, almond	Apply this oil on and behind neck and chest, crook of elbow and wrists, under feet at any time of day. Or in areas of choice.
Clear	A therapeutic oil to combat the sluggish feeling and clear your sinuses. Center your power and breathe deeply.	Balances the Solar Plexus Chakra (yellow)	Peppermint, Fennel, Eucalyptus, Ginger, Rosemary, Clove, Almond	Apply this oil sparingly. You can also apply on tissue and inhale or in steam inhalation.
Immune Boost	Release sinus pressure and other lymphatic build-up in your body.	Balances the Solar Plexus Chakra (yellow)	Orange, Lemon, Lavender, Peppermint, Ginger, Rosemary, Clove, Almond	Lightly rub this oil unto your skin where your lymph nodes are towards the Venus angle twice daily for a week. Drink plenty of water.
Joy	This oil promotes self-worth and the ability to cope with sadness and loss. The oil is meant to lift your heart and bring you love.	Balances the Heart Chakra (green)	Frankincense, Bergamot, Orange, Lavender, Myrrh	Apply this oil on the back of your neck, on the shoulders, on your wrists and under your feet at any time of day.
Regina	This is an oil that lends itself to the balance of women. It relaxes and offers poise and serenity.	Balances the Sacral Chakra (orange)	Bergamot, Orange, Geranium, Patchouli, Vetivert, Frankincense, Almond	Apply this oil on and behind neck and chest, crook of elbow and wrists, under feet at any

Uplift	This oil promotes focus, clarity, infuses energy into your daily life so you can express who you are and effectively communicate your truth.	Balances the Throat Chakra (blue)	Lemongrass, Fennel, Lemon, Almond	This oil is to be used in the am hours unless diluted. Use behind neck, on wrists and crook of elbow and under feet. Do not use on skin exposed to sun.
Weight Help	This oils seeks to help curb appetite and break up fat cells.	Balances the Root Chakra (red)	Grapefruit, Cinnamon, Ginger, Almond	Apply this oil on and behind neck and chest, crook of elbow and wrists, under feet at any time of day.
Face and Body				
Happiness	An oil that combats the sluggish feeling to clear your energy and uplift your mood. Skin rejuvenator.	Balances the Heart Chakra (green)	Fennel, Rosemary, Eucalyptus, Orange, Almond	Test first. If no reaction use on face and body. Contact medical advice if you have a negative reaction.
Healing	Stay calm and stress free so your body can heal.	Root Chakra (red)	Lavender, Clary Sage, Frankincense, Almond	Test first. If no reaction use on face and body. Contact medical advice if you have a negative reaction.
Seduction	Connect to your senses and intimate core.	Sacral Chakra (orange)	Vetivert, Frankincense, Bergamot, Geranium, Patchouli, Almond	Test first. If no reaction use on face and body. Contact medical advice if you have a negative reaction.
Face and Body Mist				
Energy	This spray offers energy and happiness.	Balances the Throat Chakra (blue)	Distilled water, Lemongrass, Lemon, Grapefruit	Use as face and body spray or on your sheets and covers. Shake before every use.
Soothe	This spray offers calm, release of emotional tension, and has anti-aging properties.	Balances the Solar Plexus Chakra (yellow)	Distilled water, Lavender, Spruce, Rosewood	Use as face and body spray or on your sheets and covers. Shake before every use.
Perfume with Purpose				
Goddess Sensuality	This perfume offers you an opportunity to connect to your inner sensual goddess.	Balances the Sacral Chakra (orange)	Patchouli, Rosewood, Geranium, Clary Sage, Almond	Roll on neck, nape of neck and wrists.
Air Playfulness	This perfume brings you playfulness and joy.	Balances the Heart Chakra (green)	Orange, Lime, Ylang Ylang, Eucalyptus, Almond	Roll on neck, nape of neck and wrists.
Water Flexibility	This perfume brings you flexibility to be fluid and open.	Balances the Third Eye Chakra (violet)	Myrrh, Rosewood, Frankincense, Orange, Grapefruit, Almond	Roll on neck, nape of neck and wrists.
Earth Grounding	This perfume brings you groundedness, stability and strength.	Balances the Root Chakra (red)	Spruce, Frankincense, Cedar, Sandalwood, Almond	Roll on neck, nape of neck and wrists.
Fire Energy	This perfume brings you energy and warmth.	Balances the Solar Plexus Chakra (green)	Clove, Lemon, Cypress, Lemongrass, Peppermint, Almond	Roll on neck, nape of neck and wrists.