

Inspiration from Food Alchemy with Vanessa Jean

[View this email in your browser](#)

Hello <<First Name>>

This is our last newsletter for 2016. We hope you have enjoyed the newsletters to date - we've had a lot of fun putting them together!

As 2016 draws to a close, we would like to take a moment to thank you all for this incredible year of growth. It has been humbling to see so many of our Tree of Love reach dreams they never believed they could. We believe in you, we support you, we stand here to inspire you to always dream big, with passion, and from your heart.

May 2017 bring you growth, abundance and most importantly joy and love.

Have a safe and joyous holiday season, from the Food Alchemy team.

In Joy and Love

Vanessa Jean & family

Vanessa Jean, Paul and their family would like to say

Thank You

for journeying the pathways of the
soulpreneur with us!

2016 has been a year filled with gratitude for so many things. We have enjoyed our journey with you: mentoring, conducting business training, holding classes, travelling and sharing the oily love to one and all.

May your Christmas time be filled with peace, and may 2017 bring you all that you wish.

In Joy and Love

Inspire ★ Delight ★ Educate

www.foodalchemy.com.au

PEACE TO ALL



[Petitgrain](#) was recently released. This blend sheet has been created to inspire you to have fun with this new oil.

Petitgrain

Petitgrain, known as Lavender for men, is deeply calming and grounding. She comes from the twigs and leaves of the bitter orange tree. You can add a drop to warm water as a soothing elixir before sleep – add a tsp or so of chamomile flowers too if you wish.

*We recommend dilution for topical application - see our website for details.
These blends can be used for diffusing, and with a carrier oil for aromatic dressing and purefumes.*

Heart Song

Petitgrain, Ylang Ylang, Bergamot

Ode to Joy

Petitgrain, Cardamom, Clary Sage

Sunset

Petitgrain, Lavender, Vetiver, Juniper Berry

Sanctuary

Petitgrain, Calming Blend, Ylang Ylang

Womb Medicine

Petitgrain, Geranium, Spikenard,
Wild Orange

Sunrise

Petitgrain, Lemon, Lime

Sacred Mother

Petitgrain, Rose, Myrrh, Wild Orange

Fulfillment

Petitgrain, Spikenard, Lime,
Bergamot

Connected in Peace

Petitgrain, Reassuring Blend

Earth Medicine

Petitgrain, Grounding Blend

Oneness

Petitgrain, Hawaiian Sandalwood,
Jasmine

Happiness

Petitgrain, Frankincense,
Invigorating Blend



www.foodalchemy.com.au

Christmas Recipe Book

With Christmas fast approaching, we have put together some recipe ideas to help you during this busy time.

Remember to nourish yourself with wholesome, nutrient dense and seasonal foods, combined of course, with dashes of cacao delights to treat you and your family as well!

[Christmas and Holiday Delights Recipe Book](#)

Enjoy ♥



ESSENTIAL OILS *for* **Food**

Only use pure essential oils.
I use and recommend doTERRA essential oils.

Basil	Lavender
Bergamot	Lemon
Black Pepper	Lemongrass
Cardamom	Lime
Cassia	Marjoram
Cilantro	Oregano
Cinnamon Bark	Peppermint
Clove Bud	Rose
Coriander	Rosemary
Cumin	Spearmint
Dill	Tangerine
Fennel	Thyme
Frankincense	Wild Orange
Ginger	Metabolic Blend
Grapefruit	Protective Blend
Juniper Berry	

Tips

- 🔥 A little goes a long way - add toothpick by toothpick or drop by drop
- 🌿 Check for taste
- 🍊 Wild Orange, Cinnamon Bark, Clove & Cardamom add natural sweetness (known as false sweeteners)
- ❄️ Freezing food, for example raw chocolate, reduces the essential oil intensity

www.foodalchemy.com.au

Upcoming Events

Please visit the [Events](#) page for all current events.

Silver and Above Retreat 15/3/17



Open to Silver and above on any team \$39 pp

Silver & Above Advanced Training

Wednesday 15th March 2017

1 - 6pm
Gold Coast Convention and Exhibition Centre, 2684 - 2690 Gold Coast Hwy, Broadbeach QLD

It's time to clear your path to your next rank in dōTERRA!

Join us for a day dedicated to Silver and above leaders where you will be given rank specific strategies, skills and tools to break through personal and business barriers.

Top U.S. and Australian leaders will be your guides, teachers and mentors. The know-how they have acquired will be passed on to you from those that have been where you are going.

Let's turn your sticking point into your tipping point!

<https://www.eventbrite.com.au/e/silver-and-above-advanced-training-tickets-28067079390>

www.foodalchemy.com.au

Silvers and Above - if you have not already registered for this event, please contact Tracy directly at foodalchemy.tracy@outlook.com to receive your personal invitation to this event.

Join us for a day dedicated to Silver and above leaders where you will be given rank specific strategies, skills and tools to break through personal and business barriers.

Top U.S. and Australian leaders will be your guides, teachers and mentors. The know-how they have acquired will be passed on to you from those that have been where you are going.

Let's turn your sticking point into your tipping point!

Date

Wednesday 15th March 2017

Time

1 – 6pm

Address

Gold Coast Convention and Exhibition Centre
2684 -2690 Gold Coast Highway
Broadbeach, QLD 4218

Investment

\$39 per person

Eventbrite tickets on sale until 14 March 2017 unless sold out prior.

Eventbrite

If you are ranked Silver and above and wish to attend this event, please email Tracy at foodalchemy.tracy@outlook.com with your email address, rank and Diamond upline and an Eventbrite invitation will be sent to you.

Facebook

<https://www.facebook.com/events/582346348633465/>

2017 Australia / New Zealand Convention

Gold Coast

Thursday 16th March - Saturday 18th March 2017.

Add this to your planner! More details will be released shortly.

SAVE THE DATE!

dōTERRA Australian Convention

Thursday 16th March to Saturday 18th March 2017

Gold Coast Convention and Exhibition Centre
Gold Coast Hwy, Broadbeach QLD



OneTree 19/3/17



One Tree
Share Success Australia

Sunday 19th March 2017, 10am - 6pm
Gold Coast Convention and Exhibition Centre,
2684 -2690 Gold Coast Highway, Broadbeach, QLD

Come join U.S. and Australian dōTERRA dynamos for a high-powered, fun-filled day of inspiration and entertainment, including in-depth learning and paradigm shifting!

Open to all ranks and all teams. Auslan interpreters provided.

With up to 3,000 people expected to attend Convention 2017, this event will sell out fast!

<https://www.eventbrite.com.au/e/one-tree-business-training-19-march-2017-tickets-28072094390>

**Just
\$49 per
person**



Come join U.S. and Australian dōTERRA dynamos for a high-powered, fun-filled day of inspiration and entertainment, including in-depth learning and paradigm shifting!

Open to all ranks and all teams. Auslan interpreters provided.

With up to 3,000 people expected to attend Convention 2017, this event will sell out fast!

Date

Sunday 19th March 2017

Time

10am – 6.00pm

Address

Gold Coast Convention and Exhibition Centre
2684 -2690 Gold Coast Highway
Broadbeach, QLD 4218

Investment

\$49 per person

All bookings must be through Eventbrite and tickets will be on sale until 18th March 2017 unless sold out prior.

Eventbrite

<https://www.eventbrite.com.au/e/one-tree-business-training-19-march-2017-tickets-28072094390>

Facebook

<https://www.facebook.com/events/1106320749445106/>

This is a small sample of ways to use the oils. Visit my [website](#) for more inspiration!

If you are new to essential oils and would like to find out more, please go to my [oils page](#). I explain why I love these oils so much, and show you ways to use them, including delectable food recipes and blends. I also explain how easy it is to open your wholesale account, saving you 25%. I would love to help you on your essential oil journey.

*** It is very important you only use food grade essential oils, and I use and recommend dōTERRA essential oils.**

Vanessa Jean on YouTube!



YouTube channel:
Food Alchemy with Vanessa Jean

Don't forget to subscribe to keep up-to-date with all the latest. We are regularly adding to our YouTube channel.

doTERRA Specials of the Month

10% Off Local is Douglas Fir

SAVE 10% IN DECEMBER - AU

Douglas Fir

essential oil 5 mL

SOURCED LOCALLY IN NEW ZEALAND, DOUGLAS FIR IS AN OIL THAT IS CLOSE TO OUR HEARTS. NOT ONLY DOES IT PROMOTE CLEAR AIRWAYS WHEN DIFFUSED, BUT IT ALSO HELPS CLEANSE AND PURIFY THE SKIN WHEN ADDED TO YOUR DAILY SKIN ROUTINE. IT'S LEMON-SCENTED NOTE GIVES THIS OIL A SWEET, REFRESHING SCENT WHICH WHEN ADDED TO CITRUS OILS, CAN CREATE AN UPLIFTING ENVIRONMENT.




USES

1. Diffuse to promote feelings of clear airways and easy breathing.
2. Add to daily skin routine to cleanse and purify the skin.
3. Combine with 1-2 drops of Wintergreen for a relaxing massage experience.

31590004 WHOLESALE AUD \$39.00 25.50 PV
AFTER DISCOUNT AUD \$35.10 22.95 PV

dōTERRA



Vanessa Jean's

A Walk in the Forest

Arborvitae
Douglas Fir
White Fir

Diffuse or aromatically dress in
this earthy blend.

www.foodalchemy.com.au



For those who received this month's Product of the Month, [Holiday Joy](#), then here is a blend graphic to help you explore this joyful blend.



December is a 200PV Month - and the product is Frankincense!

'Tis the Season



EARN A FREE FRANKINCENSE

EARN A FREE FRANKINCENSE (AUD \$114.13 RETAIL VALUE) BY PLACING ANY SINGLE 200PV AUSTRALIAN ORDER FROM DECEMBER 1ST - 31ST, 2016.

FRANKINCENSE

Frankincense has extraordinary benefits. It's soothing and beautifying properties are used to rejuvenate skin and reduce the appearance of scars and stretch marks. As the king of oils, Frankincense can be consumed daily for internal benefits. Frankincense induces feelings of peace and relaxation.

PRIMARY USES:

- Can help promote youthful, radiant-looking skin and slow the signs of aging by reducing the appearance of skin imperfections.
- Can be applied to the bottoms of feet to help relax.
- Dry weather can take a toll on your nails. Try applying a drop of Frankincense to strengthen weak fingernails.

RULES & TERMS:

- Orders, once placed, cannot be changed, adjusted, or combined to qualify for the promotion.
- Orders placed outside the qualifying time period (December 1 to December 31, 2016) do not count toward the promotion.
- All orders must be placed and processed before December 31, 2016, at 11:59 pm Utah Time to receive the free product.
- PV is not equal to the cost of an order. Before completing an order, the individual must verify that the order is 200 PV.
- A single order can only qualify for one promotional item. If your order is 400 PV+, it must be placed as two separate single 200 PV orders to qualify for more than one promotional item.
- Any orders or items returned that result in the order going below the 200 PV requirement will have to return the free bottle of Frankincense or you will be charged for the product.
- Retail, Wholesale, and Preferred Members can qualify for the promotion by ensuring their order is at least 200PV.
- Limit of 4 per member.

If you feel you have qualified for the promotion but did not receive the products, contact the promotions team at australia@dotterra.com no later than January 15, 2017. Exceptions will not be made after this date.

30070004 AUD \$114.13 RETAIL VALUE 77.50PV

© 2016 dōTERRA Australia Pty Ltd Level 1, 271 Bridge Road, Wiggins, VIC 3170. 032 8514 8880. www.dotterra.com.au www.dotterra.com.au

Sheet Page: 46 2/12/16

DVD "Raw Food Adventures"



If you would like to see me demonstrate how easy it is to make delicious raw food (sweet and savoury), my new DVD "[Raw Food Adventures](#)" will get you started!

Recipes demonstrated:

- Raw Choc Cheese Cake
- Tropical Bliss Cake
- Raw Chocolates
- Chocolate Caramel Cups
- Raw Chocolate Mousse
- Raw Pasta
- Raw Tomato Soup
- Raw Beetroot Dip

Until next time, in Joy and Love

Vanessa Jean