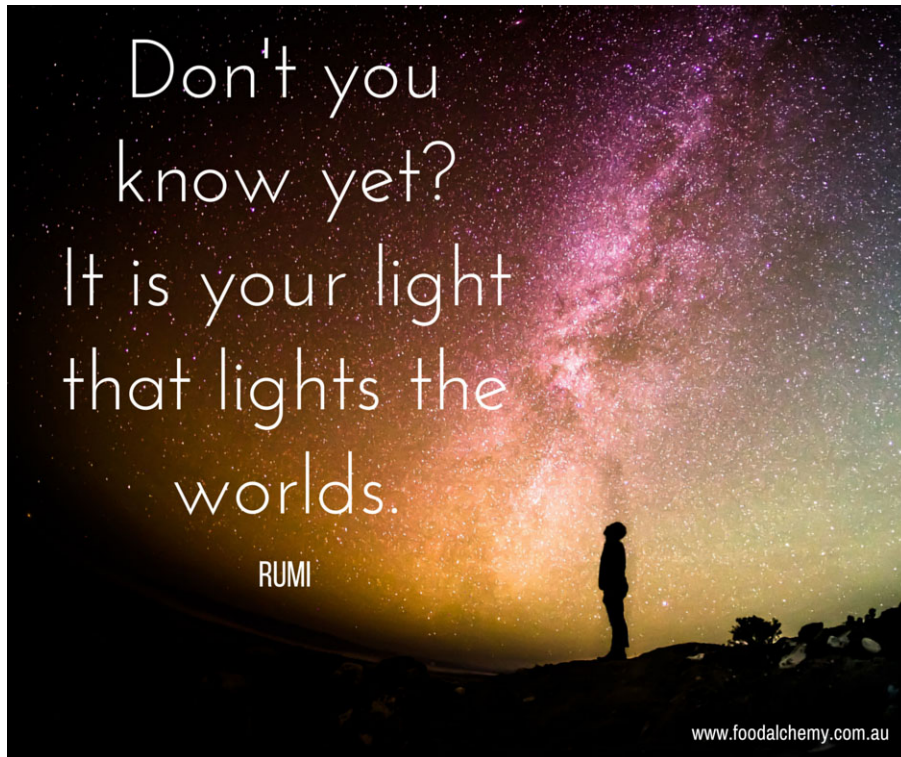


Inspiration from Food Alchemy with Vanessa Jean

[View this email in your browser](#)

Are you living your passions?

Do you know what you are passionate about?

A few weeks ago, we at Food Alchemy, took a group of open-hearted souls on a journey into their passions, dreams and visions for their ideal life.

As a child and teen, my father would remind me of the importance of all these, quoting oft "*Thoughts are things, they have faerie wings.*"



This was a profound and beautiful reminder of “where your attention goes, energy flows”, and so I carry it in my heart always.

Recently our dear friend and colleague gifted me a fabulous book called “[The Passion Test](#)” by **Janet Attwood and Chris Attwood**. As I read this, I grew more and more excited, realising I now had a duplicable way to teach something I am so passionate about.

So today, we would love to share this with you. Day by day, we, as a couple and family, live our passions. We are currently travelling the East Coast of Australia sharing them with many souls. Whilst it can be broken down to teaching aromatherapy workshops, wholefood cooking classes and business with heart training days, it really is our passion to **Inspire, Delight and Educate** as many people as we can, every day of our lives.



So... who would love to live their passions? Let us begin with knowing them first.

Before starting this process, maybe try a soothing 'tea' - I am loving the PUKKA range - infusing a drop of Cardamom essential oil in the revitalise blend. Oh my what a joy to curl up with a good book or journal ... or by a cosy fire. Cardamom is great for respiration, soothing the heart and belly and bringing comfort and warmth. Alternatively add a drop or two to your hot cacao drink! Yum!

What and Where is the Passion?

- What lights you up?
- What are your unique talents and natural gifts?
 - What do people compliment you on?
 - What do you seem to do better than most others?
 - Where can you offer value to the world?
- Allow your passions to change and morph over time – revisit them every six months
- Give yourself permission to say Yes to Success
- Passion is a very personal experience
- The purpose of life is to love and be loved. Enjoyment comes from loving what you do and having a sense of purpose.
- Identifying your passions helps you to prioritise the things that mean the most to you
- Don't play it safe – aim BIG – BIG PASSIONS!
 - Challenging ourselves to aim big actually causes the brain to create new pathways!

Think of your *ideal* life, not your *possible* life

What are your Passions?

- Living in a beautiful home in which I feel completely at peace
- Writing successful books
- Working in a nurturing environment
- Enjoying perfect health with lots of energy, stamina & vitality
- Having fun with everything I do
- Spending lots of quality time with my family
- Enjoying a great intimate relationship with your significant other
- Working with a supportive team of people who share my values
- Being of service to masses of people
- Having an international impact
- Being part of a dynamic team
- Having a leadership role
- Helping people live their vision
- Having lots of free time
- Being a multimillionaire
- Speaking to large groups
- Having fun fun fun!
- Travelling the world first class
- I work with an enlightened team
- I give and receive love in every part of my life
- I am treated like a king/queen wherever I go

Think BIG PASSIONS!

Neuroscientists Dr Andrew Newberg and Mark Waldman found:

“When we focus on the big questions, the really big questions, we are challenging our brains to think outside the box, and this causes the structure of our neurons to change, particularly the frontal lobes, that part of the brain that controls logic, reason, language, consciousness and compassion.

New axons grow, reaching out to new dendrites to communicate in ways that our brains have never done before. When contemplating the BIG questions, we use our frontal lobes to alter the function of other parts of our brain.”

But How?

- Don't get bogged down with the “Cursed Hows”
 - How will I get the money?
 - How will I find the time?
 - How will I learn this skill?
 - How will I find the people?
 - How will I fill my classes and reach new people?
- It's not the “how” that is important, it is the “why”
 - Clarify your “why” – your passion and your goals, and the “how” will follow with activity

Process

- Make a list of at least 10 of the most important things that would give you joy, passion and fulfilment
- Write short, clear sentences
- Keep each passion as a separate sentence
- Begin with a verb relating to being, doing or having, which completes the sentence:

When my life is ideal, I am ...

This, or something better!

Limiting Beliefs

- If you feel blocked, it may be hard to complete the sentence “When my life is ideal, I am...”
 - If so, complete the sentence “I love”
- Passion springs from the heart
 - If you feel blocked then the first step is to reconnect with your heart
 - Who do you love?
 - What do you love doing?
 - What kinds of environments do you love being in?
 - What do you love to experience?

My top 10-15 Passions are:

1

2

Etc

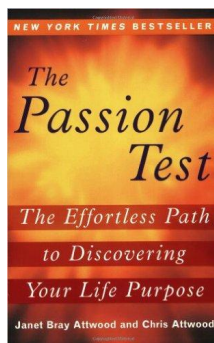
- Look at #1 & #2 on your list, if you could only have one of them, which would you choose (you can have both in real life!)
 - If you are struggling to choose, try this exercise: “If I could be, do or have only number #1 or if I could be #2 and never be do or have #1, which one matters most to me?”
 - Go with your heart's instinct
- Continue down your list, comparing the # you chose with the next, always comparing your choice with the next item on your list
- **RESULT = your 5 most important passions**

My Passion Test (date)

When my life is ideal I am:

- 1.
- 2.
- 3.
- 4.
- 5.

This or something better!



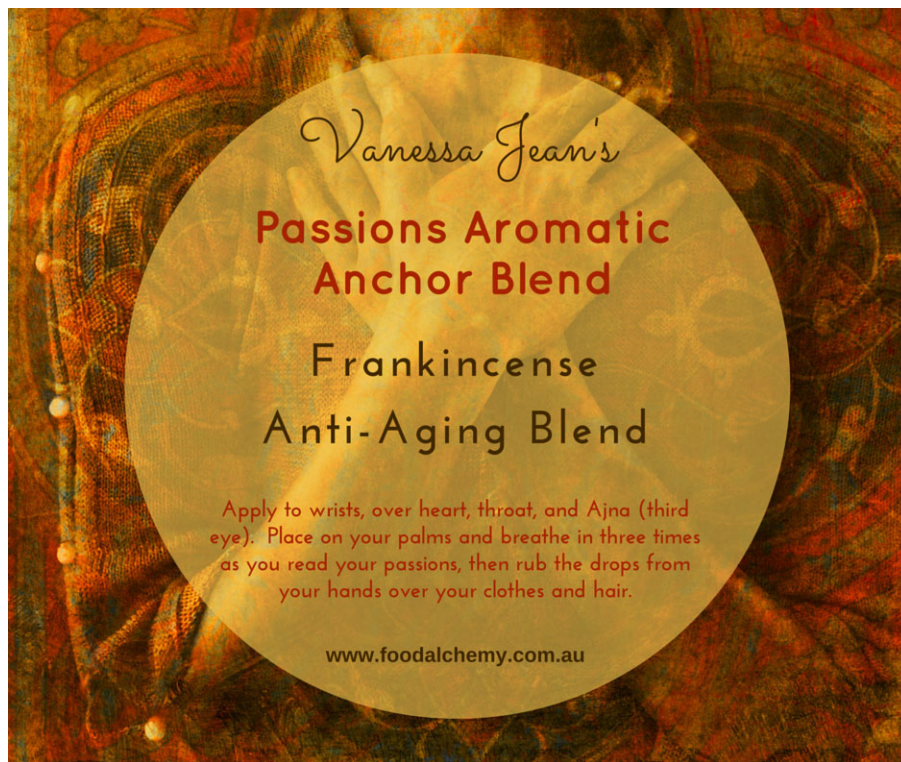
Credit: [*The Passion Test*](#) by Janet Bray Attwood and Chris Attwood.

I recommend reading this book to go further into the process!

Put those top 5 passions on cards and post them everywhere you will see them – mirrors, cards, bedside table etc.

Create a powerful “**aromatic anchor**”. As you read your passions, smell an oil or blend that takes you to your empowered or happy place. Every time you smell this, it will remind you, thus anchor you, to your passions. A blend that is working for me right now is Frankincense and Salubelle.

Apply to wrists, over heart, throat, and Ajna (third eye). Place on your palms and breathe in three times as you read your passions, then rub the drops from your hands over your clothes and hair.



Now you can create your “vision board” with your passions. This aligns you profoundly with what is most meaningful for you.

Engage all the senses or as many as you can, will help you to manifest your passions.

For those of you that would like to join us for a day of personal development – overcoming the blocks and fears that would keep us from realising our dreams, join us August - details to come.





Let us now look at food to fuel the soul, ignite the spirit and sustain our body and mind.

Let's begin with the Glory of Cacao. Why not! Cacao features prominently in my raw creations as I am passionate about food as medicine. Food that is not only delicious and beautiful to behold, but that does in fact empower us to return to our natural state of health, vitality, and joie de vivre!



Raw Cacao Avocado Mousse

Ingredients

2 cups soaked cashew nuts/ macadamia nuts (overnight)

1 ripe avocado

1 ripe banana (frozen is ok here)

6 - 8 soaked dates (2 hours or overnight) – keep the date water aside

¼ cup raw cacao

1 tsp lucuma powder

Sweetness to taste (coconut syrup, maple syrup or honey)

Method

Drain the water off the cashews, rinse and blend in your food processor, add 1 tbsp date water and the cashews and process to a fine nut meal, now add the

dates and puree.

Add the remaining ingredients adding more date water if need be and sweetener to taste. Any remaining date water can be transformed into icy pops for the children or made into ice cubes or added to your smoothies.

Serve the mousse into ramekins and relish the joy of this blissful cacao avocado mix!

Note

- The addition of ripe avocado when they are in season and prolific, is sensational!
- You can also make this into a cake filling by adding 2 tbsp coconut oil (liquefied) and putting it onto your raw cake base.

Choc Chip Amaretti



Ingredients

- 200g raw almonds
- 1/2 cup rapadura sugar
- 1/3 cup coconut sugar
- 1/4 cup chestnut flour
- 2 egg whites
- 1 tsp vanilla extract
- 1 tbsp cacao nibs
- 2 drops Cardamom essential oil
- 8 drops Wild Orange essential oil



Method

Preheat oven to 180 C fan forced.

Process sugars to a fine powder.

Add almonds and process so they are ground and chunky (or if you prefer, mill them until fine like an almond meal).

Add chestnut flour, egg whites, oils, cacao nibs and vanilla. Process on gentle speed (or transfer to bowl and hand mix) until well combined.

Roll tablespoon full of the mixture into balls, I love to top some with almonds. Place them on a lined baking trays (with parchment or baking paper); leave as balls or flatten a little ... you can play with how you love them!

Bake for 12 - 13 minutes, or until golden. Cool on cooling trays. Store in airtight jars/cookie tins. Makes 30.

www.foodalchemy.com.au



Kitchery - Khichadi

A beautiful nourishing meal that feeds us so deeply on so many levels is kitcheri. Pure joy and pure healing in a bowl, this nourishing dish will warm your heart. It can be changed with the season depending on the produce available. I love peasant type meals and this epitomises a peasant dish from India. With all these winter root vegetables at the moment you can have a hearty meal using very few ingredients. You can combine this with any dal you choose (see below) and serve with or without rice, naan bread, chapattis, pappadums, chutney and salad. I love to put it in a bowl that fits in my hand and to curl up somewhere warm and slowly savour all the flavour, colour and textures. This is medicine for the heart and soul.

Traditionally this is cooked with the rice within it, so it is all done in one pot. I love to do my rice separately and I make basmati rice with the addition of 2 - 3 cloves, 4 - 6 cardamom pods and 1 cinnamon quill. If you want to add the rice to this and cook at once, in one pot add the rice when you add the dal component in the method section. You will cook until both are well cooked, see below. This is my normal kitchery recipe, but I did something different for the recent A Taste of India workshop, so I've given you both versions.

Ingredients

- 1 tbsp coconut oil or ghee
- 4 curry leaves
- 1 tbsp organic curry powder
- 1 red onion
- 1 brown onion
- Chilli optional and according to your taste
- Salt to taste

½ cup split red lentils, soaked minimum 2 hours or overnight

½ cup mung dal, soaked minimum 2 hours or overnight

3 potatoes, washed and scrubbed

2 sweet potatoes, washed and scrubbed

½ head cauliflower

2 carrots

1 parsnip (when in season)

1 -2 cups pumpkin, diced

1 turnip, diced

Method

Wash the split red lentils and mung dal thoroughly, picking for stones. Wash until the cloudiness of the water running through is clear.

Heat the oil in a heavy based saucepan; add all the onions and the spices (not the curry leaves yet). Sauté until the onions deepen in colour.

Add the lentil and mung dal and stir thoroughly through the onions and spices.

Add the vegetables and mix through, adding the salt now. (If you are going to cook the rice with it add the rice now with a cinnamon quill, clove and cardamom pods as mentioned in the top description).

Add 1 litre of water to the pot, put on the lid and allow to simmer for roughly 45 minutes, or until the dal (and rice) is cooked. To test if cooked, squeeze the dal and rice between your thumb and fore finger and they should give, and squish. The dal now needs to be stirred vigorously through the pot so as to become creamy adding volume to the dish.

"A Taste of India" Kitchery version

In a big pot (I use cast iron), add 2 tbsp of ghee and 1 tbsp coconut oil plus sliced ginger and fresh turmeric.

Then add red and brown onions.

Stir.

Add spices

1 tsp ground coriander

2 tsp curry powder

1 tsp sweet paprika

½ tsp caraway seeds

Pinch dried coriander leaf

1 tsp salt

Cook until aromatic (few minutes).

Add chopped carrots, grains (2 ½ cups rice and quinoa, soaked and rinsed) and 2 ½ cups lentils (soaked and rinsed) (normally for home I would use 1 cup).

Add cauliflower, chopped and 1 tsp turmeric powder.

Add water to just cover.

Add chopped green beans, chopped sweet potato, chopped zucchini and 1 can coconut cream and a couple of curry leaves, with 2 star anise (for a big pot use 4), plus 4-6 cardamom pods (I used 10 for this big batch).

Bring to the boil, then turn down and cook for approximately 30 minutes. Stir in butter at the end and add salt (e.g. Herbamare) to taste.

Upcoming Events

I am currently touring the East Coast of Australia. For all my events, please go to: <http://www.foodalchemy.com.au/events.html>



Aromatherapy for Men 7/7/16 - Sydney

Join Paul Ovens, doTERRA Presidential Diamond, in this Essential Aromatherapy for Men workshop, a class dedicated to men's health and wellbeing.

Paul will take you through his aromatherapy journey, showing you the essential oils and products he loves and why they have made such a difference for him.

This free workshop is open to both men and women whether they are new comers or existing Wellness Advocates.

7pm

Oxford Hotel, Drummoyne, 195 Victoria Street, Sydney

Facebook: <https://www.facebook.com/events/1648537915470988/>



Sydney 1-day Business Training 9/7/16

Are you ready to take your dōTERRA business to the next level and beyond?

Join Vanessa Jean and Paul Ovens, dōTERRA Presidential Diamond, on this exciting and intensive business training, designed by people getting results to help you do the same.

You will learn powerful and practical ways to enhance your own dōTERRA business. Vanessa Jean and Paul are teaching proven methods that have helped see them get to Presidential Diamond rapidly with a thriving team in place.

Topics include:

- Your "WHY" and your goals
- The success formula: $2 \times 2 \times 2 + 1$
- The secret to growing a million \$ dōTERRA business
- Compensation
- Ranks, Placement & Structuring for Success
- How to invite - invitation methods
- Coaching the host
- Secrets to successful classes, meetings and one-on-ones
- How to set up, run, and close a class
- Enrolling tips
- And much, much more!

Extensive handout notes are included.

When

Saturday 9th July 2016 10am – 6.30pm

Registrations from 9.30am

Where

Canada Bay Club

4 William Street

Five Dock, NSW 2046

Investment

\$99 per person

Bookings are essential through Eventbrite to secure your place. Places are limited and this will be a sort after event.

Eventbrite

<https://www.eventbrite.com.au/e/sydney-1-day-business-training-9716-tickets-26003768973>

Ticket sales close 8th July 2016.

Facebook

<https://www.facebook.com/events/145100992573532/>



Bomaderry 1-day Business Training Sunday 10/7/16

Are you ready to take your dōTERRA business to the next level and beyond?

Join Vanessa Jean and Paul Ovens, dōTERRA Presidential Diamond, on this exciting and intensive 1-day business training (Modules 1 & 2), designed by people getting results to help you do the same.

On this updated training you will learn powerful and practical ways to enhance your own dōTERRA business. Vanessa Jean and Paul are teaching proven methods that have helped see them get to Presidential Diamond rapidly with a thriving team in place.

If you have done this training before, consider doing it again! Much has been added and expanded to provide you with all the wisdom and knowledge Vanessa Jean and Paul have to offer.

Topics include:

- Your "WHY" vs. your goals
- The success formula: $2 \times 2 \times 2 + 1$
- The secret to growing a million \$ dōTERRA business
- Intention and posture
- Compensation
- Ranks, Placement & Structuring for Success

- How to invite - invitation methods
- How to mentor for consumer success
- Coaching the host
- Secrets to successful classes, meetings and one-on-ones
- How to set up, run, and close a class
- Enrolling tips
- And much, much more!

Extensive handout notes are included.

When

Sunday 10th July 2016

10am – 6.30pm

Registrations from 9.30am

Where

Bomaderry Bowling Club

154 Meroo Rd,

Bomaderry, NSW 2541

Investment

\$99 per person

Bookings are essential through Eventbrite to secure your place. Ticket sales close 6pm 9th July 2016.

Eventbrite

<https://www.eventbrite.com.au/e/berry-1-day-business-training-10716-tickets-25922112737>

Facebook

<https://www.facebook.com/events/254920801530717/>

**Aromatherapy for Everyday Living 15/7/16 - Dubbo**

7pm - Dubbo Pyc, Dubbo

Join Vanessa Jean from Food Alchemy on this introduction to natural solutions to health and wellbeing with food, essential oils and gifts of the Earth.

Free to attend :)

Facebook: <https://www.facebook.com/events/1545072222468526/>

**Art of Blending 16/7/16 - Dubbo**

10.30am - Quality Inn Dubbo International, 165 Whylandra Street, Dubbo

Join Vanessa Jean, Food Alchemy, as she demonstrates the art of blending, using aromatherapy for everyday life:

- Aromatic dressing, pure-fumes and room sprays
- Generating and manifesting powerful intentions
- Aromatic anchors
- Elevate your moods naturally

Cost is free, reservations through this event are essential.

Facebook: <https://www.facebook.com/events/916231055154407/>



Emotions & Essential Oils 16/7/16 - Dubbo

1pm - 3pm Quality Inn Dubbo International, 165 Whylandra Street, Dubbo

Since Ancient times Essential Oils have long been known to work on the Mind, the Body and the Spirit but this information was typically reserved for only Royalty and the Clergy.

Apart from profound assistance at a physical level, these beautiful very real Essential Oils have a resonance that works at a magnificent vibration which helps people take charge of their health emotionally as well.

You'll learn to know the oils in a new way and more fully appreciate their distinctive healing capabilities as pristine Gifts of the Earth that they are.

Cost is free - bookings are essential via this FB event please.

Facebook: <https://www.facebook.com/events/210129006049062/>



Aromatherapy for Men 16/7/16 - Dubbo

6pm Milestone Hotel, 195 Macquarie Street, Dubbo

Join Paul Ovens, dōTERRA Presidential Diamond, in this Essential Aromatherapy for Men workshop, a class dedicated to men's health and wellbeing.

Paul will take you through his aromatherapy journey, showing you the essential oils and products he loves and why they have made such a difference for him.

This free workshop is open to both men and women whether they are new comers or existing Wellness Advocates.

Our vision is for men to be naturally inspired in life. Without health, life is not life; it is only a state of suffering and depletion, lacking enthusiasm.

Life is having a healthy body, a clear, focussed mind, integrated emotions and a feeling of vitality that is infused with a sense of purpose.

To do this a man needs to navigate the Matrix: exposure to toxicity and parasitic entities, physiological, mental and emotional stresses, negative emotions and energies, limiting and controlling beliefs and distractions. Further, the dominant paradigm in the monetary system creates scarcity and debt, fostering lack mentality. Debt, scarcity and lack are major stresses on men in our society.

This class offers men natural, effective tools for health with dōTERRA essential oils. Healing with medicinal plants is as old as mankind itself. This class also presents a synergistic economical model for family health care for men to support their family financially. An opportunity is also offered for entering a business with soul that offers financial abundance with no ceiling, nurtures and supports families, restores community, and brings us into harmony with Earth's abundant gifts.

Facebook: <https://www.facebook.com/events/1577698089193992/>



Dubbo 1-day Business Training 17/7/16

Are you ready to take your dōTERRA business to the next level and beyond?

Join Vanessa Jean and Paul Ovens, dōTERRA Presidential Diamond, on this exciting and intensive business training, designed by people getting results to help you do the same.

On this updated training you will learn powerful and practical ways to enhance your own dōTERRA business. Vanessa Jean and Paul are teaching proven methods that have helped see them get to Presidential Diamond rapidly with a thriving team in place.

If you have done this training before, consider doing it again! Much has been added and expanded to provide you with all the wisdom and knowledge Vanessa Jean and Paul have to offer.

Topics include:

- Your "WHY" vs. your goals
- The success formula: 2 x 2 x 2 + 1
- The secret to growing a million \$ dōTERRA business
- Intention and posture
- Compensation
- Ranks, Placement & Structuring for Success
- How to invite - invitation methods
- How to mentor for consumer success
- Coaching the host
- Secrets to successful classes, meetings and one-on-ones
- How to set up, run, and close a class
- Enrolling tips
- And much, much more!

Extensive handout notes are included.

When

Sunday 17th July 2016 9.30am – 6pm

Registrations from 8.45am

Where

Access Training, Riverview Business Park, 3/36 Darling Street, Dubbo NSW

Investment

\$99 per person

\$80 repeat per person

Partners free (one manual per couple)

Bookings are essential through Eventbrite to secure your place. Places are limited and this will be a sort after event.

Ticket sales close 6pm, 16th July 2016.

Please bring your own paper and pens, your water bottle and snacks and lunch.

For any questions, please contact Tracy at foodalchemy.tracy@outlook.com

Eventbrite

<https://www.eventbrite.com.au/e/dubbo-1-day-business-training-17-july-2016-tickets-25830366321>

Facebook

<https://www.facebook.com/events/1606731639642698/>

**Perth Elite Retreat 6/8/16**

Join WA's strongest leaders at the **Perth Elite Retreat!**

Be inspired, empowered, and embrace the knowledge to share the oils and take your business to the next level.

This is a day for you! You will be given the knowledge and tools needed to succeed and grow a strong and powerful business.

Be inspired with speakers sharing the Loyalty Rewards Program (LRP), follow up, placements, creating contacts, confidence in the oils, and follow up classes, as well as much much more.

This is an incredible opportunity so pop it into your calendar and make the commitment to take your business to the next level!

To qualify: achieve Elite once before the 31st July 2016.

Please bring a plate of vegetarian food to share for lunch.

Where

Italian Club Fremantle, 65 Marine Terrace, Fremantle

When

Saturday 6th August 2016
9am – 6pm

Investment

\$39 per person - bookings are essential through Eventbrite.

Eventbrite

<https://www.eventbrite.com.au/e/perth-elite-retreat-6816-tickets-26435399993>

Facebook

<https://www.facebook.com/events/1069744023108185/>

**Aromatherapy for Men 17/8/16**

7pm-9pm

92 Terrace Road, Guildford

Join Paul Ovens, doTERRA Presidential Diamond, in this Essential Aromatherapy for Men workshop, a class dedicated to men's health and wellbeing.

Paul will take you through his aromatherapy journey, showing you the essential oils and products he loves and why they have made such a difference for him.

This free workshop is open to both men and women whether they are new comers or existing Wellness Advocates.

Facebook

<https://www.facebook.com/events/253680475008393/>

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**. If you would like to know more about

these exquisite oils, please go to my [website](#).

Vanessa Jean on YouTube!



You might also like to explore my **YouTube channel**:
Food Alchemy with Vanessa Jean

doTERRA Specials of the Month

A promotional image for doTERRA featuring two small bottles of essential oils, 'Cheer' (Uplifting Blend) and 'Motivate' (Encouraging Blend), next to fresh oranges and a sprig of mint. The background is a soft, watercolor-like wash of pink and yellow. The text 'Join Us' is written in a large, elegant script on the left, and the doTERRA logo is in the top right corner.

Sign up as a Wellness Advocate with a 150 PV enrolment order June 16 - July 31, 2016, and receive a FREE 5 mL doTERRA Motivate™ and a 5 mL doTERRA Cheer™ with your 150 PV enrolment order.

Terms and conditions can be found here: <https://s3-us-west-2.amazonaws.com/hybrisproduction/Flyers/Australia-English/june-cheer-motivate-details.pdf>

10% off is the Touch Kit (Local)

SAVE 10% IN JULY - LOCAL

dōTERRA Touch Kit

Nine 9 mL Roll On Bottles

CONSISTING OF NINE OF OUR MOST POPULAR OILS IN A BASE OF FRACTIONATED COCONUT OIL, THE DōTERRA TOUCH KIT CONTAINS READY TO USE ESSENTIAL OIL BLENDS IN 9 ML ROLL ON BOTTLES. THIS KIT INCLUDES DIGESTZEN, OREGANO, ICE BLUE, EASY AIR, TEA TREE, PEPPERMINT, FRANKINCENSE, LAVENDER AND ON GUARD IN CONVENIENT BOTTLES WHICH ARE IDEAL FOR USE BY CHILDREN AND ADULTS.



USES

1. Our most popular essential oils in ready to use 9 mL roll on bottles.
2. Simple application making them ideal for children and adults.
3. Apply to touch points such as back of the neck, wrists and feet.

21190004 AUD \$250.00 WHOLESALE \$333.33 RETAIL VALUE 125.50PV

dōTERRA

Product of the Month for July is Fennel



- Have Fennel on hand when enjoying a big meal to promote digestion
- May help to support the health of the lungs and the respiratory tract
- Use with fractionated coconut oil for a soothing abdominal massage
- Take a drop of Fennel in water or tea to help fight sweet tooth cravings
- Diffuse in your home or office to encourage a productive day
- Apply to skin for a calming, soothing effect

In the morning try beginning your day with a drop of Fennel and Lemon essential oil to warm you and release tension and holding in the belly. It cleans out the inner pipes and helps to restore balance and alertness, or you could try a 'cup of tea' with one drop of Fennel - a lovely winter warmer and tummy soother.

To find out more about fennel, go to [doterra.com/US/en/p/sweet-fennel-oil](https://www.doterra.com/US/en/p/sweet-fennel-oil)



New Australian Releases

ESSENTIAL SKIN CARE IS BACK
REFORMULATED

<p>ESSENTIAL SERUM SKIN CARE COLLECTION</p> <p>dōTERRA's Essential Serum tightens and smoothes skin with natural extracts and scientifically proven ingredients for firmer, younger looking skin.</p> <p>RETAIL \$91.66 WHOLESALE \$68.75 PV 35.50</p>	<p>FACIAL CLEANSER SKIN CARE COLLECTION</p> <p>dōTERRA's facial cleanser gently washes away impurities, and leaves your skin feeling clean, fresh, smooth and protected from environmental elements.</p> <p>RETAIL \$44.00 WHOLESALE \$33.00 PV 15.00</p>	<p>INVIGORATING SCRUB SKIN CARE COLLECTION</p> <p>dōTERRA's Invigorating Scrub combines essential oils to exfoliate and rejuvenate your skin, whilst providing an aromatic and unique experience.</p> <p>RETAIL \$32.66 WHOLESALE \$24.50 PV 12.50</p>	<p>PORE REDUCING TONER SKIN CARE COLLECTION</p> <p>dōTERRA's Pore Reducing Toner visibly reduces the appearance of pores and promotes the appearance of hydrated, healthy skin.</p> <p>RETAIL \$32.00 WHOLESALE \$24.00 PV 12.50</p>
---	--	---	---

NEW PRODUCTS HAVE ARRIVED

<p>HAWAIIAN SANDALWOOD 5 mL ESSENTIAL OIL</p> <p>Hawaiian Sandalwood promotes healthy-looking, smooth skin whilst reducing the appearance of skin imperfections and blemishes.</p> <p>RETAIL \$146.66 WHOLESALE \$110.00 PV 57.00</p>	<p>EASY AIR CLEAR DROPS 30 LOZENGES</p> <p>dōTERRA's Easy Air Clear Drops are a delicious combination of essential oils which help maintain clear airways and provide respiratory support.</p> <p>RETAIL \$28.68 WHOLESALE \$21.50 PV 8.50</p>
--	---

dōTERRA

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 Advenues"](#) 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