

Inspiration from Food Alchemy with Vanessa Jean

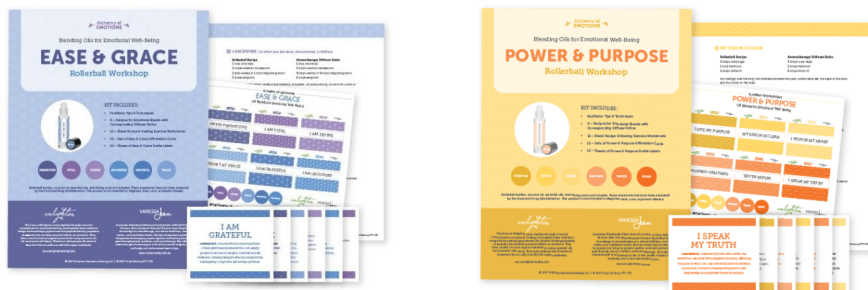
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Hello <<First Name>>

Drum roll.... Announcement!

I am so super duper aliooper excited to announce new products that I have co-created with Amanda Porter and her amazing team at Enlighten Healing.

My passion for blending with these essential oils and creating alchemical gifts for emotional harmony is being released into the world!! Amanda, who co-wrote the all time fave book for so many *"Emotions & Essential Oils"*, and I have collaborated to give you all a gift that will expand you and all whom you touch!



You can purchase from the [Enlighten Healing](#) website. These products are now available.

[Ease & Grace](#) Rollerball workshop kit

[Power & Purpose](#) Rollerball workshop kit

I am super excited to say UK here I come! Whilst September had me holding classes with Paul for our sweet friend Terrell Anita Just in Colorado, October and November are calling me to Milano, England, Ireland and Scotland.

I am partnering up with two magnificent women on the southwest coast of England (my soul home): Tanya Maidment and Laura Exton, then in London with my dear friend Karen Miller and her amazing gals, and all of the UK with

Natasha McCrystal.

In Ireland, we are also uniting with Rosie Greaney and Adam Copp for business with heart and soul... and a beautiful Masterclass: The Art of Blending for Emotions - tickets soon to be released.

In the UK, we will be holding one day retreats, business with heart training sessions and some rather awesome essential oils and emotions masterclasses.

If you have team members or friends and family in these areas then start inviting. For Southwest England, we are also close to Bristol Airport and only a few hours from London.

Tickets sales (for southwest England) are now open and are limited.

For more details and to book visit: <https://www.trybooking.co.uk/cny>

Please use the code VJ when booking into these events.

Events can also be found on Facebook:

www.facebook.com/greenlifeorganics/events

And on my website www.foodalchemy.com.au

In Joy and Love

Vanessa Jean & Paul Ovens

I hope you were able to take up the 200PV offer in September of free Manuka and Litsea essential oils. Here is a Zoom I did when Manuka was first released to help you explore how to use this amazing essential oil in your life.





Upcoming Events

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

Vanessa Jean in Milan, the UK and Ireland

Milan Super Saturday 14 October 2017

Bookings through [Eventbrite](#).

UK Events

Natural Wellness with Essential Oils

Proudly presented by Vanessa Jean Boscarello Ovens, Laura Exton and Tanya Maidment.



ONE DAY RETREAT

Saturday 21st October 2017

On this beautiful retreat you will return home to love as you rest, rejuvenate & re-treat yourself to deep nurturing, pampering & nourishment. This will be a day of love, bliss & joy.



WHERE: Sound Training Centre, Bull's Quarries Road, Tytherington, Frome, BA11 5BW

TIMINGS: 10.00-17.00, Saturday 21st October 2017

COST: £59 early-bird & bring a friend for £49.
Full price from 1st October £79 - Includes lunch.

OILS & EMOTIONS MASTERCLASS

The Huntsman, 1 Terrace Walk, North Parade, Bath, BA1 1LY

Thurs 19th Oct 10.30 - 12.30 £15
Includes lunch

CREATING FINANCIAL FREEDOM & ABUNDANT HEALTH

The Huntsman, 1 Terrace Walk, North Parade, Bath, BA1 1LY

Thurs 19th Oct 12.30 - 14.00 FREE

CREATING FINANCIAL FREEDOM & ABUNDANT HEALTH

Widbrook Grange Hotel, Trowbridge Road, Bradford on Avon, BA15 1UH

Thurs 19th Oct 19.30 - 21.30 FREE

DANCE SOUND & AROMA

Steiner School, Park Road, Frome, BA11 1EU

Friday 20th Oct 20.00 - 22.00 £10

INTRO TO OILS MASTERCLASS

Sound Training Centre, Bull's Quarries Road, Tytherington, Frome, BA11 5BW

Sun 22nd Oct 10.30 - 12.30 £10

CREATING FINANCIAL FREEDOM & ABUNDANT HEALTH

Sound Training Centre, Bull's Quarries Road, Tytherington, Frome, BA11 5BW

Sun 22nd Oct 13.30 - 15.30 FREE

AWAKENING THE GODDESS WITHIN

The Goddess Hall, 29 Benedict St, Glastonbury BA6 9NB

Tues 24th Oct 19.00 - 21.00 £10

HOW TO ROCK WITH ESSENTIAL OILS

The Isle of Avalon Foundation, 2-4 High Street, Glastonbury, Somerset, BA6 9DU

Wed 25th Oct 19.00 - 21.00 FREE

SPIRITUAL MASTERCLASS

Chalice Well, 85-89 Chilkwell St, Glastonbury BA6 8DD

Thurs 26th Oct 10.30 - 12.30 £10

For further information - facebook.com/greenlifeorganics/events
Early bird and discounts for 2 offers available - trybooking.co.uk/CNY

Booking referral code :

Bookings for these events can be made through [TryBooking](https://trybooking.co.uk).

Please use the code VJ.

Deep Sleep, Restoration & Vitality 18/10/17 - Bradford on Avon



Bradford on Avon ~ Happy & Healthy Meetup Group

This is a group for anyone interested in creating a healthier, happier and more sustainable lifestyle. We hold regular workshops and lifestyle events that focus on wellbeing and happiness.

AUTUMN 2017

<p>UNDERSTANDING PERSONALITY TYPES</p> <p>26th September - 10am-12pm - The Swan Hotel</p> <p>How would it feel to be able to quickly assess and understand personality types? To know why members of your family, partner, friends, colleagues or clients react in a certain way to things? Join us to improve communication in your personal and business life!</p> <p>Presented by: Catherine McGuire</p>	<p>DEEP SLEEP, RESTORATION AND VITALITY</p> <p>18th October - 10am-12pm - The Swan Hotel</p> <p>Join us on a journey to discover some powerful tools for supporting our moods, promoting deep sleep and restoration. We will explore effective ways to align your circadian rhythms for deeper sleep and more vitality upon waking... that lasts throughout the day.</p> <p>Presented by: Vanessa Jean Boscarello Ovens</p>	<p>CHAKRAS AND ESSENTIAL OILS</p> <p>9th November - 10am-12pm - The Swan Hotel</p> <p>This talk will discuss the principles of the chakra system, the physiological and psychological correspondences of each chakra and how to balance the energy flow through them for optimal health using a simple guided meditation and a combination of essential oils.</p> <p>Presented by: Ottavia Mazzoni</p>
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To join our group or to book visit: <https://www.meetup.com/bradford-on-Avon-healthy-happy-meetup/>
For further information please contact Tanya on 07557337363 or tanya@greenlifeorganics.co.uk

Rising Tide - doTERRA Business Day - Northampton 27/10/17

Where: Park Inn by Radisson Northampton, Silver Street, Northampton NN1 2TA, United Kingdom

Top leaders in the UK & Ireland will come together to teach you how to sponsor, build a team, increase your income and improve your lifestyle through your doTERRA business. Joining us are special guests, US Double Presidential Diamond, Hayley Hobson & Australia Presidential Diamond, Vanessa Jean Boscarello Ovens.

[Tickets](#)

Wellness Day - Northampton 28/10/17

Hosted by Lisa Rooney, Sales Manager, with Special Guests, Lisa Burke, Europe General Manager for the Atlantic & Mediterranean, Hayley Hobson and Vanessa Jean Boscarello Ovens. Embrace the oils and learn how they are used for health, relaxation and wellness. An educational day for all Wellness Advocates, Wholesale Customers and Guests!

A healthy buffet lunch is included with your ticket! Registration begins at 9am.

[Tickets](#)

London Business Training 4 November 2017



Where: Harper Downie, 3rd Floor, 77 Bastwick Street, London EC1V 3PZ

Date: Saturday 4th November 2017

Time: 9.30am – 6pm

Investment £29 – includes lunch

[Tickets](#)

[Facebook Event](#)

London Retreat 5 November 2017

Retreat

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With Vanessa Jean, Food Alchemy & Karen Miller, Conscious Cravings

Sunday November 5th 2017, 10am - 4pm
RevaYoga, 2c Andrews Road, Hackney, London
£49 - includes lunch
Bookings essential through Eventbrite.

On this beautiful retreat, you will return home to love as you rest, rejuvenate and re-treat yourself to deep nurturing, pampering and nourishment.

You will be immersed in Sacred Sound Journeys and meditation, and indulging in delicious vegetarian cuisine.

This will be a day of love, bliss and joy.

Please dress in loose comfortable clothing for gentle movement.

www.foodalchemy.com.au

Places limited

Proudly brought to you by Vanessa Jean - Food Alchemy and Karen Miller - Conscious Cravings

Date: Sunday 5th November 2017

Time: 10am – 4pm

Where: RevaYoga, 2c Andrews Road, Hackney, London

Investment: £49 – includes lunch

Bookings essential through Eventbrite to secure your place in this delightful retreat. Places limited to maintain intimate numbers for this special day.

[Tickets](#)[Facebook Event](#)

Scotland and Ireland Events

Belfast 14/11/17

Details being finalised.

Emotions Masterclass with Vanessa Jean and Amanda Porter - 7 March 2018



*** Open to all ranks on all teams ***

Date: Wednesday 7 March 2018

Time: 9am – 11am. Registration from 8.15am

Address: Cockle Bay Room, ICC Sydney, 14 Darling Drive, Sydney NSW 2000

Investment: \$10 per person

[Ticket Link](#)

[Facebook Event](#)

Silver and Above Training 7 March 2018

*** For those ranked Silver and above on any team ***

Date: Wednesday 7 March 2018

Time: 12-5pm

Where: Cockle Bay Room, ICC Sydney, 14 Darling Drive, Sydney

[Tickets](#)

[Facebook](#)

8 March 2018: doTERRA Corporate event - Diamond Day

doTERRA Convention Sydney 2018

[Tickets are now available for purchase.](#)



One Tree Training 11 March 2018

***** Open to any rank on any team *****

Date: Sunday 11th March 2018

Time: 9am - 4.30pm

Where: ICC Sydney, Darling Harbour Theatre, 14 Darling Drive, Sydney

[Tickets](#)

[Facebook](#)

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 doTERRA essential oils.**

October Specials

10% off Local = 5ml Peace (Reassuring Blend)

SAVE 10% IN OCTOBER - AU/NZ

Peace™ 5mL
reassuring blend

dōTERRA PEACE
REASSURING BLEND IS OUR
GO-TO WHEN WE NEED TO
SLOW DOWN, TAKE A DEEP
BREATH AND RECONNECT
WITH THE COMPOSED
VERSION OF OURSELVES.
APPLYING JUST ONE DROP TO
YOUR HANDS AND INHALING
DEEPLY CAN PROMOTE
FEELINGS OF CONTENTMENT
AND RELAXATION, WHILST
EASING ANXIOUS AND
FEARFUL EMOTIONS.



BENEFITS

1. Promotes feelings of peace, reassurance, and contentment
2. Counteracts anxious and fearful emotions

31710004	WHOLESALE AUD \$48.50	31.50 PV
	AFTER DISCOUNT AUD \$43.65	28.35 PV

dōTERRA

Product of the Month = 10ml Peppermint Touch



- Rub on temples when studying or when waking for a refreshing morning boost.
- Massage oil onto back of neck for a cooling sensation and to relieve feelings of tension.
- Use with Lavender and Frankincense for a soothing massage.
- Apply before attending outdoor events.

This is a great one to have on hand as the weather warms up here in Australia!

Food Alchemy 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.

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

About Vanessa Jean



Vanessa Jean, founder of Food Alchemy, motivational speaker, dōTERRA Wellness Advocate and Queen of Cacao, is passionate about teaching people how to live a life inspired by joy and love.

Using food, aromatherapy, sound healing and her own joy for life, Vanessa Jean inspires people with her recipes, healthy lifestyle, joy and purpose.

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Food Alchemy Pty Ltd
East Fremantle WA 6158
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