

Inspiration from Food Alchemy with Vanessa Jean

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November 2018 Newsletter

Hello <<First Name>>

Share the Jōy this festive season with the dōTERRA **2018 Holiday Gift Giving Guide.**

The seasons are a changing, and we are experiencing more warmth here in Perth. Look out for some great new recipes below.

Warmer weather can also mean more time in the garden, so check out my new blend to support those tired achy muscles.

I will do another newsletter with more in-depth material later in the month but I wanted to get this newsletter out now so you can take advantage of the catalogue.



These beautiful limited time offer products will be available to order from 5pm

AEDT & 7pm NZDT Thursday 1st November. Please note not all items will be available to purchase at this time.

Giving has never felt so good 📺

View the Gift Giving Guide 📺 <https://media.doterra.com/au-otg/en/brochures/holiday-gift-giving-guide-2018.pdf>

* Please note: Holiday Limited Time Offers are subject to availability and while stocks last. Holiday items will be available to order online and also collect from Will Call at Melbourne HQ, we will have limited stock available.

The Presidential Diamond Mentor Circle event on the Gold Coast





Paul and I have just finished 2 days of the Presidential Diamond Mentor Circle on the Gold Coast and it was incredible. The content delivered by these amazingly powerful and visionary leaders was breathtaking, and we are looking forward to rolling out many of the incredible ideas that were presented to our team.

doTERRA, thank you from us all for bringing this event to fruition and holding the space for our continued growth in Australia. We all felt held, heard and supported and are so excited about your vision for the future!



Until next time...

In Joy and Love

Vanessa Jean & Paul Ovens



Vanessa Jean's
Tired Achy Muscle Support
Basil
Marjoram
Lemongrass
Pink Pepper
Rosemary

Add 2 drops of each to 10ml carrier oil
and aromatically dress or add to a rollerball for
targeted support.

www.foodalchemy.com.au



**Never miss out knowing what
we're up to!**

[Follow us on Paul and Vanessa Jean
Eventbrite Channel.](#)



[Summer Survival Guide with Essential Oils 14/11/18](#)



[The Art of Blending with Essential Oils 28/11/18](#)

Additional date for Perth Monthly Event

12 December 2018 - details to come.



[GROW PERTH November 4th 2018](#)

[GROW - Sunshine COAST November 4th 2018](#)

[GROW PERTH December 9th 2018 - Xmas](#)

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 pure essential oils, and I use and recommend doTERRA essential oils.**

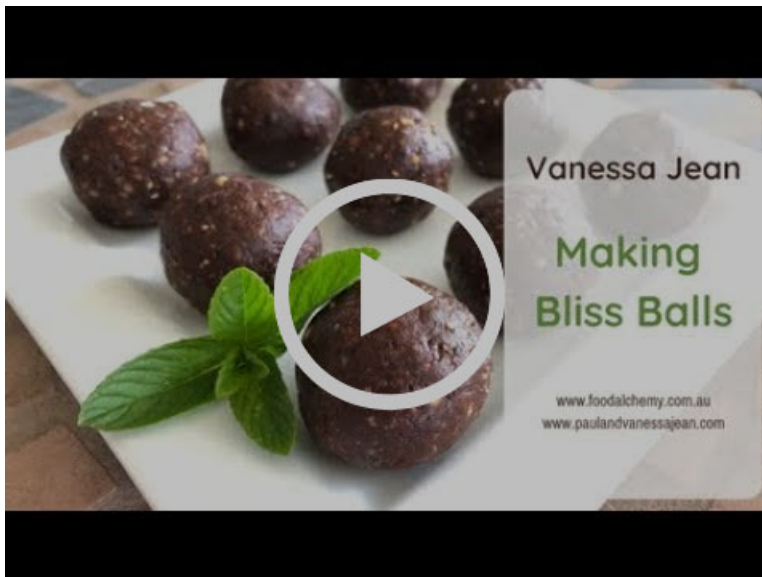


New videos on YouTube!

Well, this has been a long overdue project - making some YouTube videos for you, and boy it was fun!

Tracy and I have prepared a series of videos for you, so make sure you subscribe to the [YouTube](#) channel and you'll get notified as soon as new content is added.

We started with making bliss balls, and you'll see the video of that below, as well as the recipe that I made - **Omega Bliss Balls**.



Making Bliss Balls

Click on the thumbnails to view the other videos:





Raw Green Mandarin Jam



This quickie version of jam will make your heart sing! There is no need for pectin or cooking or excess sugar.

Using whole sweeteners and real fruit, infused with **Green Mandarin** essential oil, this will delight you and the kids.

Ingredients

- 4 ripe mandarins - should be 2 packed cups
- 2 tbsp chia seeds, black or white, or a mix of the two
- 2 drops Green Mandarin essential oil
- 4 tbsp maple syrup

½ tsp vanilla bean powder

Method

Prepare the mandarins: peel and take off white stringy veins on each segment and remove any pips. A great way to check for pips is to slice them lengthwise into a “butterfly” and remove.

Blitz the chia seeds in the Thermomix at speed 10 for 1 minute 15 sec. Note: put a tea towel under the cap measure otherwise the seeds will fly out.

Mix together the Green Mandarin essential oil, maple syrup and vanilla bean powder together in a small bowl

Put prepared mandarins and Green Mandarin mix into the Thermomix with the blitzed chia seeds and blend for 20 seconds, speed 6 then speed 8 for 10 seconds, then speed 10 for another 10 seconds.

Pour into a clean airtight glass jar.

Omega Bliss Balls

- 1 cup almonds, activated is best
- 15 medjool dates, pitted
- 1/4 cup golden flax meal
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- 1/4 cup cacao powder
- 1/3 cup activated buckwheat
- 6 drops Peppermint essential oil

Grind almonds to a meal in a Thermomix or food processor.
Add medjool dates, blend so it starts to come together.
Add remaining ingredients.
Roll into balls.
Set in fridge, store in fridge, and enjoy!

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Superman / woman combo!
Super quick!
Super simple!
Super yummy!



November Product of the Month is Holiday Joy (AU and NZ)

Product of the month



LEARN MORE

Wellness Advocates and Wholesale Customers receive a FREE 5mL Holiday Joy by placing a single LRP order of 125PV or more through the AU or NZ warehouse by 15 November 2018.

A woman holding a baby in front of a Christmas tree, with a circular overlay containing text about Vanessa Jean's Festive Child Delight.

Vanessa Jean's
Festive Child Delight
Spearmint
Douglas Fir
Holiday Blend
Wild Orange

Add to your diffuser to create a
space of child-like joy and wonder.

www.foodalchemy.com.au

November Local Special AU & NZ - 10% off Correct X

SAVE 10% IN NOVEMBER

CORRECT-X®

15ML ESSENTIAL OINTMENT

Cedarwood, Lavender, Tea Tree, Frankincense and Helichrysum—all essential oils known to help the skin.

Correct-X® is a multi-purpose ointment that helps keep the skin clean and contains ingredients known to soften, soothe and hydrate the skin. This petroleum-free, preservative-free ointment absorbs quickly and is gentle and non-irritating, making it ideal for sensitive skin.



SKU | 60110004

WHOLESALE AUD \$18.00 | 9.50 PV
DISCOUNTED AUD \$16.20 | 8.55 PV

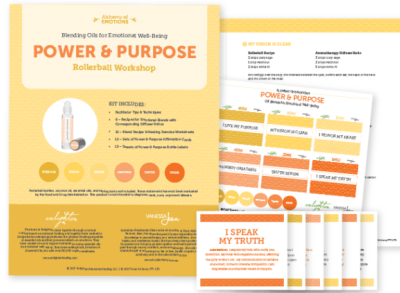
WHOLESALE NZD \$19.00 | 9.50 PV
DISCOUNTED NZD \$17.10 | 8.55 PV

doTERRA
AUSTRALIA & NEW ZEALAND

Head over to my [Monthly Specials](#) section on the website where I've collated inspired blends incorporating the monthly specials.



My Rollerball kits (co-created with Amanda Porter), are available for purchase through the [Shantistar](#) (Australia) and [Essential Oil Supplies](#) (UK).



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 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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