

Inspiration from Food Alchemy with Vanessa Jean

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## December 2018 Newsletter

Hello <<First Name>>

With the coming of the summer solstice, I can feel my heart expanding and my body reaching out toward the sun meeting its magnificent warmth and light.

We breathe spaciousness into our lives and in this moment, we connect with Source and from here we create, we are inspired.

This edition is filled with gifts for you all. A free cacao ebooklet and lots of inspo for your hearts. The greatest gift to me this December is the gift of Franki Boy-frankincense and this month he is yours FREE!! He is my fave essential oil and here is a short video to remind you of the light he brings to our loves, our cells, our skin, our emotions and heart.



Frankincense - the King of Oils

Scroll down for the all the good juice including free ebooklet, recipes and how to receive Franki Boy FREE this month.

In November we were blessed by attending a Dr Joe Dispenza week long retreat where we tapped into the infinite realm of possibilities and overcame limiting beliefs to create a new "one". Meditation for hours on end, laughter and pure creation.

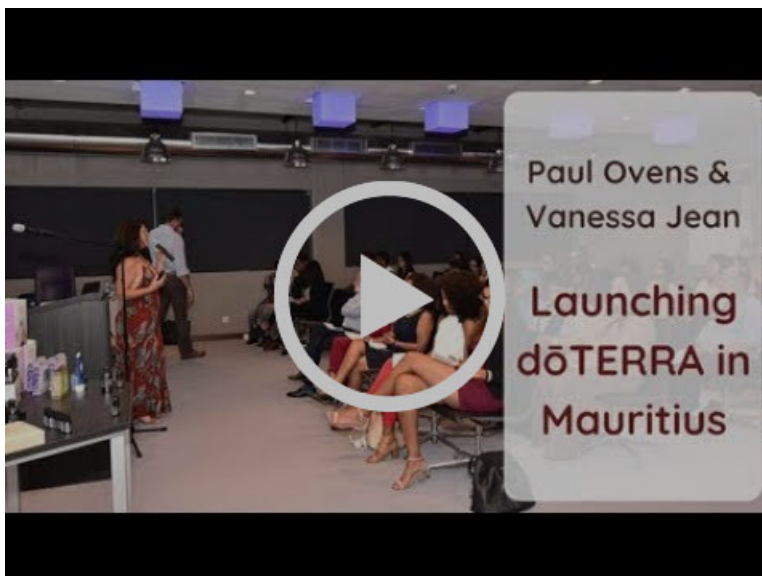
We were also blessed by the land and the people of Mauritius. Here we launched doTERRA.

The product, the opportunity and the invitation to make a difference in the world, to help us financially free children from sex trafficking.

It was a joy and a delight.

Isn't it amazing what happens when we allow ourselves to tap into the well of infinity!

Check out these pictures and mini video.



Video and photos by photographer Akshay Raghoobeeer  
(Kevin Raghoobeeer on Facebook)



Launching the Essential Skin Care Collection from doTERRA in Singapore (November 2018).

*I've had so much fun putting together this cacao recipe ebook for you. Click on the image to take you through to a landing page where you can download the ebook.*





For those of you that don't have your own doTERRA account, contact us this month to claim your December gifts.

Until next time...

**In Joy and Love**

**Vanessa Jean & Paul Ovens**



Try this succulent Aussie festive blend!







Never miss out knowing what  
we're up to!

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



## Get your Festive On (Perth) 12/12/18

Join Adam Barralet, Jonathan Mozingo, and Paul and Vanessa Jean Ovens  
and let's have some fun exploring beautiful essential oil blends, treats, and

ways to create a harmonious and joyful festive season.

**Date:** Wednesday 12 December 2018

**Time:** 7pm – 8pm, with a sundowner from 8pm – 9pm

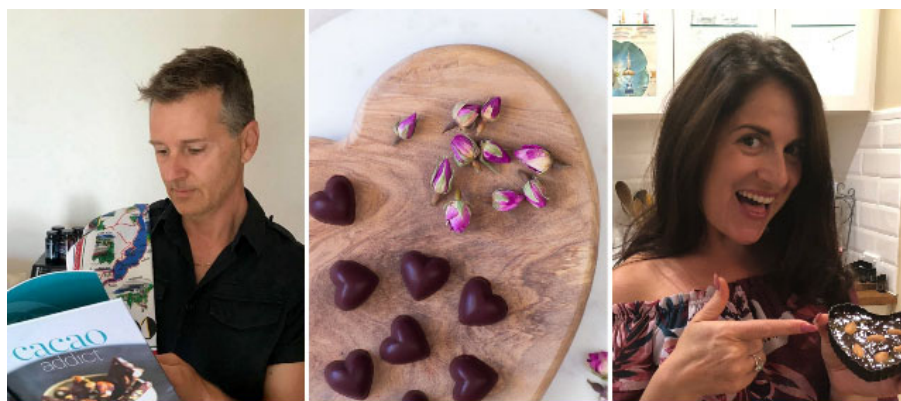
**Address**

East Fremantle Cricket Club  
Preston Point Reserve  
Cnr Preston Point Road and Jerrat Drive  
East Fremantle

**Investment:** Free

[Eventbrite](#)

[Facebook](#)



## *For the Love of Cacao Part 2*

### **For the Love of Cacao Part 2 10/02/19**

**In Part 2 of this very successful class held in December 2018, you will get to experience completely new recipes. You don't have to have attended Part 1 to delight your senses in this brand new class.** If you missed out attending Part 1, now is the perfect opportunity to join in the cacao dance!

Join the king and queen of cacao for a sumptuous class of tantalising raw treats made with cacao and other superfoods... infused with loads of giggles and essential oils.

Author of 'Cacao Addict' John Croft will dance in cacao land with Vanessa Jean, inspiring and delighting you with creations the gods would come to earth to taste!

Bookings through Eventbrite are essential, and places are limited.

**Date:** Sunday 10 February 2019

**Time:** 1pm – 3.30pm

**Address:** East Fremantle, address supplied upon registration with Eventbrite

**Investment:** \$40pp or \$30pp when you bring a friend.

**Eventbrite:** <https://www.eventbrite.com.au/e/for-the-love-of-cacao-part-2-10219-tickets-53373350127>

**Facebook:** <https://www.facebook.com/events/548114095652990/>

### **John Croft**

When John Croft tasted 'real deal' cacao years ago, his eyes popped open and his song sang. John met his life partner and wellness collaborator, Noel, in 1994 and they embarked on a global discovery of mindfulness, sound therapy, essential oils and raw chocolate-in all its delicious disguises. 'Cacao Addict' is John Croft's first published offering to conscious cacao-lovers across the world.

### **Vanessa Jean Boscarello Ovens**

Vanessa Jean has spent the past 20 years expanding and honing her knowledge base and skills in aromatherapy, as a public speaker, retreat facilitator, sound healer, meditation leader and raw/wholefood cooking teacher with a personal dream as a guiding force. Her dream of bringing people together, healing emotional and physical pain through sound, nutrition and aromatherapy, and giving people the gift of returning to a life of love, health of spirit, mind and body and returning to our natural state of joy has found living expression through ***Food Alchemy with Vanessa Jean.***



[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 dōTERRA essential oils.**

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## **Greens Beans, Mint & Tomato Salad**

### **Ingredients**

Green beans  
Cherry tomatoes, chopped in half  
Fresh mint - or other fresh herbs of your choice  
Optional: 1 drop Black Pepper essential oil  
Handful of pine nuts  
Celtic salt or Herbamare

### **Method**

Bring a saucepan of water to the boil.

Top and tail the green beans and place in the boiling water for 4-6 minutes until tender.

Strain, then run under cold water to stop the cooking process.

Turn out into a bowl, sprinkle with salt to taste or Herbamare, and lots of olive oil.



## Frankincense and Green Mandarin Raw Chocolates

This recipe is part of the FREE 12 days of a Cacao Christmas ebook. Make sure you download your free copy [here](#).

### Ingredients

3/4 cup coconut oil, liquified  
3/4 cup cacao powder  
3/4 cup maple syrup (or to taste)  
1/2 tsp Himalayan salt  
Dash of vanilla powder  
6 drops Frankincense essential oil  
11 drops Green Mandarin essential oil

### Method

Add all ingredients together and gently combine. Taste and adjust as need.

This will make a beautiful chocolate sauce, as a dipping sauce or for a fondue, or you can put into moulds and set in the fridge or freezer.

If you give the mixture a quick whip to thicken it for 3 seconds, speed 3 – it becomes thicker.

If you whip up the mixture in your Thermomix further, the texture becomes more like a fudge that you can place into a lined baking tray.

Whip even further and you get a fondant!

**Suggested Wholefood Liquid Sweeteners:** vegan honey, raw unprocessed honey, coconut syrup (also called coconut blossom or coconut nectar).

This recipe is so versatile. 1 cup, 1 cup, 1 cup (and variations thereof) of cacao, coconut oil and wholefood sweetener are the starting point of your cacao raw chocolate bliss. Add to this your food grade essential oils, nuts, seeds, berries and the options become endless!

## December Product of the Month is 5ml Holiday Peace and ornament (AU and NZ)

Wellness Advocates and Wholesale Customers receive a FREE Holiday Peace 5mL with Diffuser Ornament by placing a single LRP order of 125PV or more through the Australian or New Zealand warehouse between 1-15 December, 2018.

Discover your grounding foundation in the delicate tones of Holiday Peace with the calming aromas of three firs—Siberian, Douglas, and Himalayan—complemented by Grapefruit, Frankincense, and Vetiver. Holiday Peace will help you find the calm during your busy holiday season. Pop a drop or two on your diffuser ornament and enjoy!



## December Local Special AU & NZ - 10% off 10ml Peace Touch Reassuring Blend

This is my FAVE emotional touch aromatherapy blend!

Wellness Advocates and Wholesale Customers save 10% on Peace Touch Reassuring Blend by ordering through the Australian or New Zealand warehouse throughout the month of December!

Feeling overwhelmed, worried and unbalanced? Use the dōTERRA Peace Touch Blend to promote feelings of contentment, composure, and reassurance. The combination of floral and mint essential oils provide a calming aroma that can be applied to reconnect with the composed, collected you.



## SAVE 10% IN DECEMBER

### PEACE® TOUCH

#### 10ML REASSURING BLEND

In today's fast-paced society, it's easy to feel anxious, overwhelmed, and fearful—no matter what your age. dōTERRA Peace Reassuring Blend of floral and mint essential oils is a positive reminder that you don't have to be perfect to find peace. Slow down, take a deep breath, and reconnect with the composed, collected you. Use dōTERRA Peace Touch Reassuring Blend to promote feelings of contentment, composure, and reassurance when anxious feelings overwhelm your emotions.



SKU | 60201203

WHOLESALE AUD \$29.00 | 20.50 PV  
**DISCOUNTED AUD \$26.10 | 18.45 PV**

WHOLESALE NZD \$29.00 | 20.50 PV  
**DISCOUNTED NZD \$26.10 | 18.45 PV**

**dōTERRA**  
AUSTRALIA & NEW ZEALAND

## December is a 200PV month

Earn a free Frankincense 15mL essential oil by placing any single 200PV order through the Australian or New Zealand warehouse from December 1 - December 31, 2018.

Its soothing and beautifying properties are used to revitalise the appearance of the skin and help reduce the appearance of imperfections when applied topically. When inhaled or diffused, Frankincense promotes feelings of peace, relaxation, satisfaction, and overall spiritual and emotional wellness.



**EARN A FREE FRANKINCENSE 15ML ESSENTIAL OIL BY PLACING ANY SINGLE 200 PV ORDER THROUGH THE AUSTRALIAN OR NEW ZEALAND WAREHOUSE FROM DECEMBER 1 - DECEMBER 31, 2018.**

Renowned as one of the most prized and precious essential oils, Frankincense has an extraordinary history of usage throughout the ages. This centuries old knowledge contributes to the modern uses of Frankincense today. Its soothing and beautifying properties are used to revitalise the appearance of the skin and help reduce the appearance of imperfections when applied topically. When inhaled or diffused, Frankincense promotes feelings of peace, relaxation, satisfaction, and overall spiritual and emotional wellness.

**RULES & TERMS**

- A single 200 PV order can only qualify for the promotion once. If an individual would like to earn the product up to four times, they must place four separate 200 PV orders.
- Orders, once placed, cannot be changed, adjusted, or combined to qualify for the promotion.
- Orders placed outside the qualifying time period (December 1 - December 31, 2018) do not count toward the promotion.
- All orders must be placed and processed before December 31, 2018 at 11:59 pm MT to receive the free product.
- PV is not equal to the cost of an order. Before completing an order, the individual placing the order must verify that the order is 200 PV.
- Any orders or items returned that result in the order going below the 200 PV requirement will have to return the free Frankincense 15ml essential oils or the product will be charged on the members account.
- Wellness Advocates and Wholesale Customers can qualify for this promotion.
- A maximum of 4 free items may be redeemed per household.

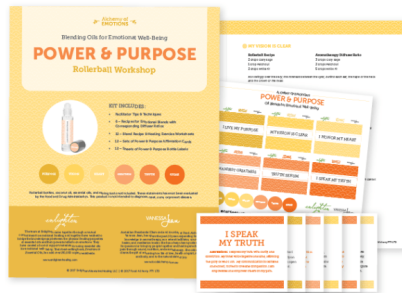
Terms and conditions apply. Visit [doterra.com/AU/en\\_AU/promotions](https://doterra.com/AU/en_AU/promotions) for details

**dōTERRA**  
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.

[Food](#)  
[Oils](#)  
[Events](#)

## Connect

