

Inspiration from Food Alchemy with Vanessa Jean

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## December 2018 Newsletter (part 2)

Hello <<First Name>>

I hope this quick email update finds you in a space of joy and gratitude for the festive season.

It can be a complex emotional time for many, so here is a simple graphic on essential oils for emotional support that I hope will help and guide you.

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## Essential Oils for Emotional Support at the end of the Year

**Rose** - place on heart chakra, wrists, inside arms

**Neroli** - heart chakra, back of neck, up spine

**Magnolia** - heart chakra, back of neck, up spine, inside arms, around eyes and under nose

**Jasmine** - heart chakra, throat, solar plexus

**Manuka** - throat, chest, feet

**Reassuring Blend** - everywhere! Life saver!

**Comforting Blend** - heart chakra

**Renewing Blend** - heart chakra, up spine, wrists

**Uplifting Blend** - behind neck, chest, wrists

**Encouraging Blend** - solar plexus, behind ears and neck

**Protective Blend** - diffuse or add to soles of the feet to repel bugs and negative energies and conflicts

**Inspiring Blend** - heart chakra, belly, behind ears, inner thighs, inner arms

**Tea Tree** - put a drop in your hands and rub all over your energy field outside of your body, clothing and head area.

Add **Lemon** to smell even nicer and to detox negative energies.

**Frankincense** - anywhere and EVERYWHERE! Another life saver!

**Grounding Blend** (by the truck load!), layer this onto soles of the feet with

**Frankincense** (on wrists and behind ears) daily

**Outdoor Blend** - to repel insects and bugs, repel negative energy, soothe emotional density, family and friend challenges, place all over you and diffuse; a great protective blend (like a shield)

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**For anyone new to the newsletter, or those who may have missed this announcement in the last edition, I've created a recipe book choc full (pun intended!) of sublime cacao treats for you all. Please check it out!**

*Click on the image to take you through to a landing page where you can download the ebook.*



I shared an Aussie Christmas blend in the last newsletter. It was so much fun I made up some more!



# Aussie Christmas Blends

*Diffuser and aromatic dressing blends.  
(Note: brackets denote drops for aromatically dressing with 10ml carrier oil in a roller bottle.)*

Tea Tree 2 (1)  
Eucalyptus 3 (2)  
Lemon Myrtle 4 (2)

Lemon\* 6 (2)  
Douglas Fir 4 (2)  
H. Sandalwood 3 (2)

Lemon\* 6 (1)  
Tea Tree 2 (2)  
Eucalyptus 4 (2)  
Peppermint 3 (1)

Manuka 2 (1)  
Lemon\* 6 (1-2)  
Eucalyptus 4 (2)  
Grapefruit\* 6 (1-2)  
H. Sandalwood (4 2)

Arborvitae 4 (2)  
Peppermint 4 (1)  
Black Pepper 2 (1)  
Wild Orange\* 6 (2)

Spearmint 6 (2)  
Douglas Fir 5 (2)  
Wild Orange\* 8 (1)

Arborvitae 2 (1)  
Eucalyptus 3 (2)  
Siberian Fir 2 (2)  
Lemon Myrtle 2 (1)

Spearmint 6 (1)  
Clary Sage 2 (1)  
Siberian Fir 6 (2)  
Ylang Ylang 4 (2)



Spearmint 4 (1)  
Tangerine\* 6 (2)  
Eucalyptus 1 (1)  
Cedarwood (so good for sleep too!) 2 (2)

*\*Citrus oils are photosensitive – leave out if you are going out into the sun, alternatively consider using Green Mandarin instead which is not photosensitive.*

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

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



## *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***.

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## Transforming You and Placements Workshops 2/3/19

**Date:** Saturday 2 March 2019

**Time:** 10am – 12 noon – Transforming You workshop

**Time:** 1-3pm – Placements workshop

**Address:** Maylands Peninsula Golf Course, Swan Bank Road, Maylands

### ***Transforming You...Becoming Extraordinary! Workshop***

Learn how to go beyond your limiting beliefs and realise your dreams. Create a miracle mindset and the life you choose with proven techniques.

### ***Placements Workshop***

In this workshop, Paul and Vanessa Jean will guide you into a deeper understanding about effective placements in your dōTERRA business. Learn to place like a pro; tips to fast track your rank advancements and ensure sustainability.

Topics include learning how to place:

- Maximising the Wholesale Customer for PO3
- Active sharers, builders and leaders
- For longevity; for maintaining rank and serving the higher good
- For volume and structure
- Effectively in depth and breadth
- Growing your dōTERRA business in joy

**Investment:** \$10 per person (for both workshops), bookings essential through Eventbrite.

When you purchase your ticket, you will be asked if you are attending one or both of the workshops.

Note that the price is \$10 per person for both workshops, with no discount for attending just one of these great workshops.

**Eventbrite:** <https://www.eventbrite.com.au/e/transforming-you-and-placements-workshops-2319-tickets-53939403207>

**Facebook:** <https://www.facebook.com/events/224086451822841/>

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GROW events will be advertised [here](#). 2019 events coming soon.

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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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## Orange & Fennel Salad Dressing



## Orange & Fennel Salad Dressing

Extra virgin olive oil  
 Apple cider vinegar  
 Coconut cider vinegar  
 Sea salt  
 Dill essential oil  
 Black Pepper  
 essential oil  
 Lemon essential oil



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## Raw Chocolate Banana & Cinnamon Bark Mousse

Try chilling the organic coconut milk or cream and using frozen ripe bananas for a delicious cold mousse for a hot summer's day.

### Raw Chocolate Banana & Cinnamon Bark Mousse



## Banana Joy Smoothie

With succulent juicy mangos currently in season and plentiful, try substituting the banana for mango or go for a fruiti tutti version with a combo of your



favourite tropical fruits. Yum!



## 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.



## December is a 200PV month

There's still time to earn a free Frankincense 15ml essential oil by placing any single 200PV order through the Australian or New Zealand warehouse



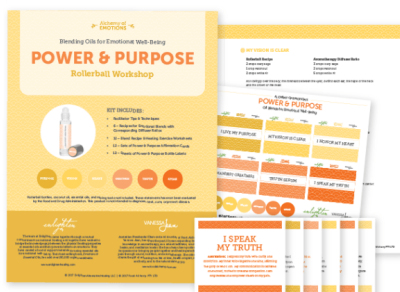
from December 1 - December 31, 2018.

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.

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

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## 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](#)  
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