

Inspiration from Food Alchemy with Vanessa Jean

[View this email in your browser](#)

Hello <<First Name>>

April marks a change of seasons (for those that have seasons!) and for us in the southern hemisphere, the slowing down as we move into the cooler months. This can manifest in the desire to snuggle down with a good book, a good movie, eating heartier foods (often more dense after the lightness of salads through summer) and cocooning with heavier weighted clothing and bedding.

Have a wonderful month and enjoy the cooler temperatures.

**In Joy and Love**

**Vanessa Jean & Paul Ovens**

## **Man Enough Cocktail Gala - a celebration for men & women**



What I want to share with you now is dear to so many of our hearts. It is the acknowledgment that darkness strikes at times and lives are lost. That many of us can actively come together to make a difference.

Men's health, particularly mental health, is a subject very dear to Paul's heart, having lost his brother to suicide only a few years ago.

Paul recently reached out to Happiness Co, a solutions based model, built to impact and inspire change in people's lives. They are on a mission to create the largest privately funded mens' mental health support movement in the world <https://happinessco.org/man-enough>

This is near and dear to our hearts and we would love our entire doTERRA team and EVERYONE WE KNOW to get behind them. Join Paul and I at the event this Saturday night 6pm at the Pan Pacific Hotel in Perth. Come women. Come men. We invite you all. Use the link below to purchase your discounted tickets for our friends and family. Join us and support this powerful movement. Share this ticket link with everyone you feel to and share with your doTERRA peeps too. This is for everyone 💜💜💜💜

<https://happinessco.org/ticket-discount>

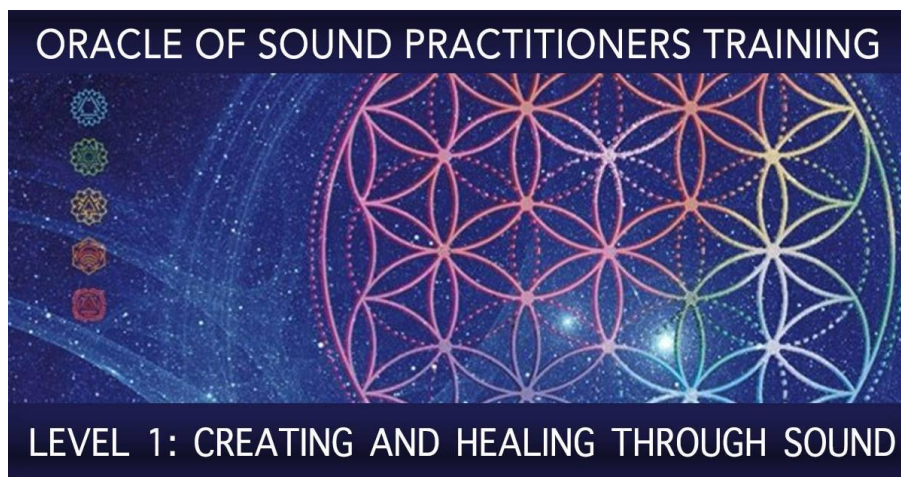
---

## I love a good bath!

I love the ritual of drawing a bath, of placing candles to enhance the lighting, sensing into the essential oils to add, even placing a good book nearby in readiness as I allow the soothing of a bath to wash away any density of the day.

- When using essential oils in a bath, run the bath fully before adding the oil or oils
- Once the water has finished running, add a mild oil like **Lavender** and add with a carrier oil. Agitate with your hand to distribute the essential oil molecules – just like you would a bubble bath.
- When you leave the bath, the carrier oil and **Lavender** will coat your skin in deliciousness
- I recommend using mild oils like woods, resins or florals and some herbaceous oils like **Lavender** and **Rosemary**, (**Rosemary + Lavender** is a lovely combo to relax the muscles), **Cedarwood** and **Lavender**, and **Lavender** and **Sandalwood**. Try bathing in **Ylang Ylang** with **Clary Sage** (not during pregnancy - until you are ready to birth) and **Lavender** with Epsom salts to connect with the divine and deep sacred moments to simply breathe.
- Stay clear of the “hot” oils in the bath (e.g. On Guard Protective Blend, Oregano and the spice essential oils) (Peppermint in a foot bath is okay)
- As essential oils are hydrophobic (they do not water), they sit on the top of water. Therefore, if you are placing the oils in a bath you could add an emulsifier like full fat milk or a squirt of soap to help mix the oil through the water. I make my own almond milk bath oils infused with the woody oils and some florals like **Ylang Ylang**, **Clary Sage**, **Roman Chamomile**, **Jasmine**, **Rose** or **Lavender**.
- To open the heart and gift yourself bliss, consider **Ylang Ylang + Lavender**, **Ylang Ylang + Sandalwood**, or **Ylang Ylang + Frankincense**





I am so blessed by and grateful for my soul sister Heather Jean 💕 She is going to be sharing her divine gift of sound with you all in a certified 2-day course. For those of you that love being immersed in sacred sound this is for you ... two days of vibratory bliss. It's another gift to add to your offerings of served to yourself & to the world. This will be in Queensland, Australia.

Science is now recognising sound healing as one of the most powerful healing modalities to heal the mind , body and soul .... we are created from sound and light.

For me, it makes sense to use sound and plant medicine (i.e. voice, crystal singing bowls, meditation, yummy essential oils and cacao 😊) to help us return to our natural state. I have combined these for many years in private sessions and retreats and I can tell you, the sound amplifies everything!

In this beautiful workshop with Heather Jean, the focus is sound. You will learn how to use sound in your life to balance and heal the mind and body for yourself, your family and community.

Manifesting to create awareness using sound is very powerful and simple to use when you know how.

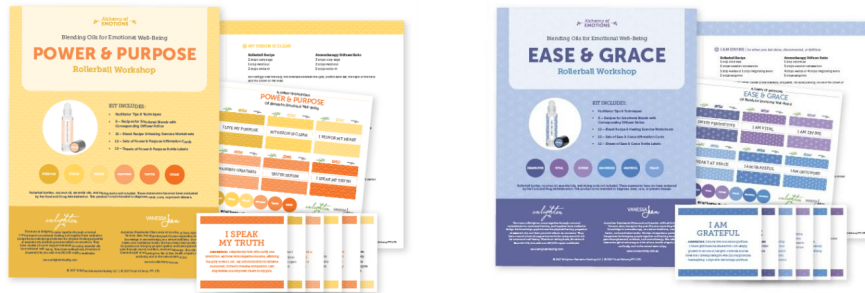
Join international sound healer and spiritual teacher Heather Jean for the amazing journey discovering the power of sound within you 💕🙏

I highly recommend both Heather and this course. She's an earth angel. I'd love you to return home to love in her divine hands. Bookings essential. Book now and claim your place as you choose in on a life of expansion and joy!

[Click here for more details.](#)

---

For those that missed out on purchasing the co-created Rollerball kits (with Amanda Porter), they are available for purchase through the [Shantistar](#) (Australia) and [Essential Oil Supplies](#) (UK).



## Pumpkin Soup

My family loves a smooth, creamy feeling bowl of soup. This is a vegan version of creamy pumpkin soup - packed with flavour and the awesome fats of the coconut, this soup will please everyone on every level!

### Ingredients

500g jap pumpkin, diced  
 3 carrots, diced  
 2 brown onions, diced  
 1 tsp curry powder  
 1 tin coconut milk or cream  
 ½ L vegetable stock (homemade) or spring water  
 Salt, to taste  
 1 tsp Herbamare  
 2 drops Black Pepper essential oil – or freshly ground pepper, to serve  
 1 drop Cumin essential, or 1 tsp ground cumin powder  
 Your chosen fat to sauté the veggies – extra virgin olive oil, ghee, coconut oil, or butter  
 Note: alternate essential oils for this soup, Thyme, Rosemary, Basil, Marjoram, Dill, Ginger, Lemongrass, Coriander, Cilantro

### Method

Using your pot (or Thermomix if you prefer): warm 1 tbsp of your chosen fat in a

large soup pot, (2L capacity), add onions with salt and curry powder (and cumin if you are using this rather than the oil; do not add freshly ground black pepper until the end as pepper should not be fried).

Sauté for approximately 10 minutes, then add pumpkin and carrots, with Herbamare and stir well.

Allow to sauté for a further 5 minutes or so, then add water/stock and bring to the boil. Turn the heat down to a simmer for 30 minutes, adding coconut milk/cream and the essential oils, cook for a further 20 minutes.

Serve hot, in a deep bowl. You can top with kale crisps, hemp seeds or freshly ground black pepper. Also consider the delicious tamari seeds (recipe below).

Note: fresh ginger, turmeric and/or galangal can be used for deeper nourishment.

---

## Tamari Seeds

These are so beautiful and deeply nourishing on a cool or cold day. They keep perfectly in lunch boxes and make for a lovely addition to a soup or salad.

### Ingredients

1 cup pepitas (pumpkin seeds)

1 cup sunflower seeds

1 tbsp (approximately) of tamari

Please note you can use both or one or the other of seeds. You can also do this with nuts.

### Method

Gently warm a frying pan and then place the seeds on the pan and very gently heat for a few minutes until they begin 'popping'.

Immediately turn off the heat, it is very important you do not burn them as you will ruin all their good fats.

Sprinkle the tamari over them, stir with the wooden spoon and allow them to cool.

Turn out onto a small plate ready to eat as they are or to sprinkle over a special dish, rice, quinoa...also great in lunch boxes for you and the children. They are a great cheese replacement over pasta too!

You can make this in larger quantities as they keep well in the fridge. Be careful not to overcrowd the pan or to put them in a bowl whilst still hot as they become soft.

---

While not winter (yet), here are some lovely raw chocolates, delicious no matter what time of the year you eat them!

# Winter Raw Chocolates

## *A Return to Love* BASE RECIPE

1 cup cacao powder  
 1 cup coconut oil, liquified  
 1 cup coconut nectar blossom /coconut syrup - or to taste  
 Pinch sea salt or Himalayan salt

Now divide the mixture to make different flavoured raw chocolates.



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

## Wholefoods with Food Alchemy 16/4/18

We invite you to join Vanessa Jean on a culinary, plant-based raw and wholefood adventure that will fill your belly with nourishing delights and set your tastebuds dancing! She will demonstrate how to incorporate pure food grade essential oils into your food for incredible deliciousness.

Come with your appetites and get ready to feast upon the bounty of organic, seasonal wholefood deliciousness. Bookings through Eventbrite are essential,

and places are limited.

**Date:** Monday 16 April 2018

**Time:** 11am – 1.30pm

**Address:** address supplied upon registration

**Investment:** \$35 per person or \$25 per person when you bring a friend.

**Eventbrite:** <https://www.eventbrite.com.au/e/wholefoods-with-food-alchemy-16418-tickets-43539501822>

**Facebook:** <https://www.facebook.com/events/204578706789681/>

---

## Essential Oils for Everyday Life 30/4/18 Perth

Join Australian dōTERRA founder Paul Ovens and leader Natasha McCrystal for this free, fun-filled workshop, where they will take you on a journey to explore how essential oils can assist with greater mental, physical and emotional well-being with:

- Supplements
- Cellular health
- Men's health

This is a great opportunity for women to bring their male partners along and hear a man's perspective. Join Paul and Vanessa Jean afterwards for a drink on us.

Bring your friends for a fun-filled night of education, door prizes and fun with community!

**Date:** Monday 30 April 2018

**Time:** 7.00pm – 8.30pm. Registration from 6.30pm. Door prizes on offer. Sundowner 8.30-9.30pm

**Address**

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

**Investment:** Free. Bookings essential through Eventbrite. Seating limited.

[Eventbrite](#)

[Facebook](#)

---

## Glastonbury (UK) Events

I am so excited to be visiting the UK in May! I have a beautiful retreat planned and some unique blending classes and deeper exploration of essential oils for emotional harmony and overall well being. My dear friends and co-creators Karen Miller (life coach & dōTERRA diamond leader), Bari Brown (holistic therapist and wise woman local to Glastonbury) and Amanda Porter, international speaker & coauthor of Emotions and Essential Oils, will be joining me on this special tour.

We will be visiting some of the sacred sites and my beloved St Nectan's Glen. This forest area and it's stunning waterfalls fills my heart with such peace and overflowing joy! I'm so excited to share this my sistars! Follow me on Facebook for some live shares and to journey this with us all, for those that can't be there.

Share the events with your loved ones. They are open to all.

**Where:** Gabriel Room - The Daisy Centre, 6 Church Lane, Glastonbury

**Tuesday 8<sup>th</sup> May**

7-9pm: Empowered Wellbeing and Natural Solutions to Health, £10

[Eventbrite](#)

**Wednesday 9<sup>th</sup> May**

7-9pm: The Alchemy of Emotions, £10

[Eventbrite](#)

**Thursday 10<sup>th</sup> May**

11am-1pm: The Spirit of Essential Oils – Creating Ritual and a Meaningful Life, £10

[Eventbrite](#)

**Friday 11<sup>th</sup> May**

Bristol event - details coming soon.

**Saturday 12<sup>th</sup> May**

10am – 4pm: Sacred Oils, Sacred You 1-day Retreat, £40 (includes vegan lunch)

[Eventbrite](#)

**Amanda Porter** is the Co-author of the very popular essential oil book "Emotions & Essential Oils". As a co-founder of Enlighten, they enlighten souls through truth, offered in quality products and supportive educational tools and materials. <https://www.enlightenhealing.com/>

**Vanessa Jean Boscarello Ovens** 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. Find out more at [www.foodalchemy.com.au](http://www.foodalchemy.com.au)

**Bari Brown** is a wholistic therapist with a calling to help the world to awaken to their divinity and oneness through love. Contact Bari for further information at [bari.brown@yahoo.com](mailto:bari.brown@yahoo.com) or 07726 762656.

## London Emotions Masterclass with Amanda Porter 15/5/18

\*\*\* OPEN TO ALL TEAMS AND ALL RANKS \*\*\*

Join Amanda Porter, Co-Author of "Emotions & Essential Oils," and blending alchemist Vanessa Jean Boscarello Ovens for this exciting workshop on the science and alchemy of aromatherapy for emotional transformation.

This in-depth workshop will cover the science of essential oils and how they impact our emotions and emotional responses, and will provide simple and specific recommendations for how to unwind and eventually release negative patterns. Additionally, we will cover master blending for emotional harmony and the art of creating powerful aromatic anchors with essential oils.

Leave empowered to help yourself and those you love, and to share this incredible information with others.

This event brings together two of the most well-known teachers of essential oils for emotional wellness. It's not to be missed!

*Note: There will be product available for sale on the day.*

**Date:** Wednesday 16 May 2018

**Time:** 10am – 12.30pm

### Address

Inside Essential Oil Supplies product store  
Platinum Suite – Level 2  
(Adjacent to Hall Entrance S2 / N3)  
West Entrance  
ExCel London  
1 Western Gateway  
Royal Victoria Dock  
London E16 1XL, UK

**Investment:** £21.55

**Eventbrite:** <https://www.eventbrite.co.uk/e/the-science-and-alchemy-of-aromatherapy-tickets-42948525195>

---

## London Leaders Training Day 16/5/18

We are collaborating with top dōTERRA leaders to hold leadership training before Europe Share Convention in May. Come hear from top European Leaders and international Presidential Diamonds! Must achieve Elite by 30 April to be eligible to attend.

**When:** Wednesday 16 May 2018

**Where:** ExCel, London, E16 1XL, United Kingdom (same venue as convention)

**Time:** 13:00-18:00

**Investment:** £25.00 (includes VAT)

<https://www.eventbrite.co.uk/e/doterra-share-leaders-training-day-tickets-41484611590>

---

## London Builders Training Day 17/5/18

We are collaborating with top dōTERRA leaders to hold leadership training before Europe Share Convention in May. Come hear from top European Leaders and international Presidential Diamonds! Open to ANYONE wishing to build a dōTERRA business.

**When:** Thursday 17 May 2018

**Where:** ExCel, London, E16 1XL, United Kingdom (same venue as convention)

**Time:** 10:00-17:00

**Investment:** £35.00 (includes VAT) [Eventbrite](#)

---

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**.

---

## April Specials

**10% off Local: Shampoo and Conditioner**

## SHAMPOO & CONDITIONER

dōTERRA SALON ESSENTIALS™

### SAVE 10% IN APRIL

dōTERRA SALON ESSENTIALS™ PROTECTING SHAMPOO AND SMOOTHING CONDITIONER IS A HAIR-BOOSTING DUO THAT WORKS TO PROTECT YOUR SCALP AND HAIR WHILE ENRICHING IT WITH dōTERRA ESSENTIAL OILS. IT BLENDS LAVENDER, PEPPERMINT, MARJORAM, CEDARWOOD, ROSEMARY AND EUCALYPTUS TO KEEP THE SCALP CLEAN AND SUPPORT HEALTHY-LOOKING HAIR. THE WILD ORANGE AND LIME ESSENTIAL OILS IN THE SHAMPOO PROVIDE GENTLE LATHERING AND CLEANSING AND THE ESSENTIAL OILS IN THE CONDITIONER ARE SPECIFICALLY SELECTED TO BRING YOUR HAIR TO LIFE!



SKU | 36260004

WHOLESALE AUD \$39.00 | 26.00 PV  
**DISCOUNTED AUD \$35.10 | 23.40 PV**

WHOLESALE NZD \$44.00 | 26.00 PV  
**DISCOUNTED NZD \$39.60 | 23.40 PV**

**dōTERRA**  
 AUSTRALIA & NEW ZEALAND

## Product of the Month - 10ml Clary Calm



Clary Calm monthly blend for women is an essential oil blend especially designed for women. It provides a soothing and calming environment and its calming aroma helps to promote a balancing effect on emotions. During moment of heat, apply it to your skin for a soothing effect or apply to your abdomen to experience a soothing and calming massage.

You can receive Clary Calm 10ml by placing any single LRP order over 125PV through the Australian or New Zealand warehouse before the 15th of April!

---

**200PV month - Salubelle extended until 15th April 2018**



**EARN A FREE SALUBELLE 10mL ROLL ON (RETAIL VALUE AUD \$129.33)  
BY PLACING ANY SINGLE 200 PV ORDER THROUGH THE AUSTRALIAN  
OR NEW ZEALAND WAREHOUSE FROM MARCH 1 - APRIL 15, 2018.**

#### **SALUBELLE BEAUTY BLEND**

Salubelle is a proprietary blend of powerfully renewing, rare essential oils used throughout history for their beautifying benefits. Salubelle easily absorbs into the skin and can be used on the face, neck, and décolletage to reduce the appearance of fine lines, wrinkles, and aging skin.

#### **PRIMARY USES**

- Apply a thin layer of Salubelle to the face, neck, and décolletage. Repeat application to targeted areas of concern. Follow with the dōTERRA moisturiser of your choice.
- Use on minor skin irritations to reduce the appearance of scars, blemishes, and stretch marks.
- Applied to the back of the neck and ear lobes, Salubelle can help promote feelings of relaxation throughout the day.

#### **RULES & TERMS**

A single 200 PV order can only qualify for one promotional item. 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 (March 1 through April 15, 2018) do not count toward the promotion.
- All orders must be placed and processed before April 15, 2018 at 11:59 pm MST 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 Salubelle or the product will be charged on the members account.
- Wellness Advocates, Wholesale and Retail customers can qualify for the promotion.
- A maximum of 4 free items may be redeemed per household.

**dōTERRA**

The 200PV Salubelle promotion is still going! With any single 200PV order through the Australian or New Zealand Warehouse, you can receive a FREE Salubelle 10mL essential oil until the 15th of April.

Salubelle is a proprietary blend of essential oils used throughout history for their beautifying benefits. It is formulated to help reduce the appearance of premature aging and moisturise aging skin. Salubelle easily absorbs into the skin and can be used on the face and neck to reduce the appearance of fine lines, wrinkles and aging skin.

Click [here](#) for more information about our Youthful Elegance promotion.

---

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

---



## 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](#)  
[Retreats](#)  
[Events](#)

## Connect

