

Inspiration from Food Alchemy with Vanessa Jean

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Hello <<First Name>>

We've been traveling a-plenty (again). And my-oh-my what travels!

We spent much of June in Italy as part of a Presidential Diamond trip. We had the privilege of spending time with the doTERRA owners and catching up with friends.

It's a precious time for us to relax and have fun. We press the reset button in Portofino together and then moved on to the Lake Como region for time with our Presidential Diamond friends! Everything about this trip was divine! From the daily surprise gifts from dōTERRA corporate, to the magical dinner at a castle - and driving there in vintage cars ... to flying down south, to Regio Di Calabria.

My family are from Sicily, so we were ultra-close to the home of my bloodline. In Calabria, we met the owners and farmers and distillers of the bergamot and lemon. Our essential oils are pure and heaven touched. They are what I call, pure Grace in a bottle.

We heard the story and hardships this family and the farmers of bergamot have endure over the last few decades. Continuing with the dream without pay, having faith that the bergamot industry would pick up again. It was a tale that pulled on our heartstrings. It was a story of faith, hope, belief and finally of joy once more. Now that they are collaborating with dōTERRA, their family is protected and supported as are all the farmers in the south of Italy that dedicate their lives following their passion to bring citrus magic to the world. It is well known bergamot brings heightened levels of joy! And boy oh boy do they bring joy!!

I will create a video on this to share with you all one day ... it sang so deeply to my heart. dōTERRA does not only provide the world with the best essential oils, they offer hope. They offer a new way of living and being in the world. Helping farmers to sustain a life with their families doing what they love, and what they know. This has an impact not only for now, but for many, many generations to come!

We are so grateful to grateful to be part of this change!



As this little newsletter goes out, we are on the Gold Coast attending the doTERRA Leadership Retreat.

Stay tuned as exciting news from Leadership is unveiled in the Post Leadership Empowered Success tours.

For more information on the location of these events, please click [here](#).

Book Release - Cacao Addict

I am very excited to announce that my dear friend, John Croft, has his first ever book "Cacao Addict" available soon.

John is a master of cacao and holds regular get together's featuring the power of cacao and essential oils, mixed with meditation and more. A powerful mix indeed! And now he and his partner Noel are living the dream doing the same thing in Italy for a few months.



John Croft shares recipes for simple enjoyment, tips on how to source the best quality ingredients, and methods to enrich and preserve food healing properties. 'Cacao Addict' contains 50 irresistible cacao-infused delicacies to lace your taste buds with longing, including Chia Cardamom Orange Pudding, Hemp and Almond Ginger Lime Fudge, Medicinal Blueberry Blitz, and Raw Turkish Delight. A comprehensive index helps you to find the perfect recipe for each occasion or ingredient.

When John Croft tasted 'real deal' cacao years ago, his eyes popped open and his soul 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. Together they are building a global network empowered by holistic understanding and choices.

'Cacao Addict' is John Croft's first published offering to conscious cacao-lovers across the world.

[Cacao Addict Pre-Sale.](#)

This issue is full to overflowing with recipes so be sure to read to the end! We have so much juiciness to share with you!

In Joy and Love

Vanessa Jean & Paul Ovens

The body heals with play, the mind heals with
laughter, and the spirit heals with joy.

~ PROVERB



Lemon Myrtle Blends

For those lucky enough to have the recently released Lemon Myrtle oil, sourced here in Australia, I have created some beautiful blends for you.

Lemon Myrtle Blends

BE TRUE, BE CLEAR

Lemon Myrtle
Rosemary
Black Pepper

RECEIVE

Lemon Myrtle
Jasmine
Siberian Fir

HEART MELODY

Lemon Myrtle
Rose
Roman Chamomile

OPEN

Lemon Myrtle
Lemon
Douglas Fir

INTENTION

Lemon Myrtle
Eucalyptus
Wild Orange

RELEASE

Lemon Myrtle
Bergamot
Geranium

WONDER

Lemon Myrtle
Basil
Tangerine

AWE

Lemon Myrtle
Blue Tansy
Siberian Fir



Use Lemon Myrtle in food with fellow foodie oils, or as above in aromatic dressings, purefumes, and diffuser blends.

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Winter Wellness

We recently ran two Winter Wellness events here in Perth, and I'd like to share some helpful protocols for staying well over the cold winter months.

Melissa
Lemon
Tea Tree

Rosemary
Basil
Lavender

Thyme
Cardamom
Lime

Melissa
Lemon
Frankincense

Eucalyptus
Siberian Fir
Lemongrass

Thyme
Eucalyptus
Peppermint





Rose

Layer **Rose** with any of these blends, she offers incredible physical support when one is feeling run down or depleted.

Head Tension, Respiration, Body Aches



- Roman Chamomile
- Blue Tansy
- Rose
- Spikenard
- Spearmint
- Cassia
- Melissa
- Black Pepper
- Ginger
- Clove
- Cinnamon
- Bergamot
- Lemon
- Cinnamon Bark
- Cardamom
- Ginger
- Clove
- Eucalyptus
- Lemon

These 2 blends are great for head tension, respiration and body aches



- Douglas Fir
- Siberian Fir
- Eucalyptus
- Black Pepper
- Rosemary
- Eucalyptus

Jasmine is wonderful for a
compromised
throat.



Manuka
Lemon
Hawaiian Sandalwood
Jasmine

Myrrh
Jasmine
Hawaiian Sandalwood

Tea Tree
Lemon
Hawaiian Sandalwood
Jasmine

The mints and Lemon are also great in water to support during this time.



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

doTERRA Daily - Perth Event 27/7/18



Join Paul and Vanessa Jean with special guest Adam Barralet in an exploration of daily protocols, top ten uses, and how to get the most of your oils and doTERRA products every single day!

Date: Wednesday 25 July 2018

Time: 7.00pm – 8.30pm. Registration from 6.30pm. Door prizes on offer.

Address
East Fremantle Lacrosse Club
Preston Point Reserve
Cnr Preston Point Road and Jerratt Drive
East Fremantle

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

[Eventbrite](#)

[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 pure essential oils**, and I use and recommend **dōTERRA essential oils**.

July Local Special - 10% off On Guard Foaming Hand Wash & 2 Dispensers

ON GUARD® FOAMING HAND WASH AND 2 DISPENSERS

SAVE 10% IN JULY

ON GUARD® FOAMING HAND WASH
CLEANS AND SOFTENS HANDS
WHILE PROVIDING AN INVIGORATING
AROMA OF ESSENTIAL OILS THAT
LEAVES YOUR HANDS SMELLING
FRESH AND CITRUS CLEAN.

FORTIFIED WITH THE POWER OF
ESSENTIAL OILS, ON GUARD®
FOAMING HAND WASH IS A GENTLE
ALTERNATIVE TO HARSH SOAPS THAT
MAY DRY AND IRRITATE SENSITIVE
SKIN.



SKU | 38070004

WHOLESALE AUD \$32.00 | 23.50 PV
DISCOUNTED AUD \$28.80 | 21.15 PV

WHOLESALE NZD \$36.00 | 23.50 PV
DISCOUNTED NZD \$32.40 | 21.15 PV

dōTERRA
AUSTRALIA & NEW ZEALAND

Did you get your Lime Product of the Month?

Lime is such a versatile oil, in cooking, raw treats, diffused and much, much more. Here are some ideas to help you play with this beautiful oil.

Lime

essential oil



The oil of LIFE!

Suggested Uses

Diffuse to **uplift mood** with its stimulating and refreshing properties.

Diffuse to **cleanse the air**.

Put some Lime on a cotton pad to help **remove grease spots and sticker residue**.

Add a drop of Lime to your drinking water for **enhanced flavour and antioxidants**.

Use in **baking**.

*The following blends can be added to a diffuser, or to aromatically dress
(5 drops in 10ml fractionated coconut oil) or use as your purefume.
Be aware of photosensitivity with citrus oils.*

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I Release	I am Free	I am Earthed	I am Supernatural!
Lime	Lime	Lime	Lime
Marjoram	H. Sandalwood	Grounding Blend	Melissa
Wild Orange	Helichrysum	Lavender	H. Sandalwood
Siberian Fir	Bergamot	Douglas Fir	Manuka

I Create	I am Delightful	I am Happy	I am Filled with Wonder
Lime	Lime	Lime	Lime
Red Mandarin	Red Mandarin	Wild Orange	Frankincense
Cedarwood	Kumquat	Grapefruit	Cedarwood
			Litsea

	Lime Bliss Balls	8-10 medjool dates 1 Tbsp coconut oil 8 drops Lime essential oil	1/2 cup shredded coconut 1 cup raw cashew nuts (or any seeds/nuts)	Optional: 1/4 cup raw cacao powder Blitz. Roll. Refrigerate. Eat!
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BLACK PEPPER, LEMON AND LIME RAW CHOCOLATES



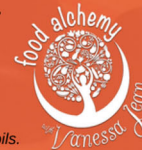
1/2 cup raw cacao powder
 3/4 cup coconut oil, liquefied
 1/3 - 3/4 cup maple syrup (to taste)
 Pinch of Celtic or Himalayan salt
 2 drops Black Pepper essential oil*
 6 drops Lemon essential oil*
 6 drops Lime essential oil*

Stir or blend in food processor, check for taste.

Set in moulds or a lined baking tray and set in freezer. This will give you a slab of raw chocolate or individual pieces.

Relish the bliss of this warming and uplifting blend.

* I use and recommend doTERRA essential oils.

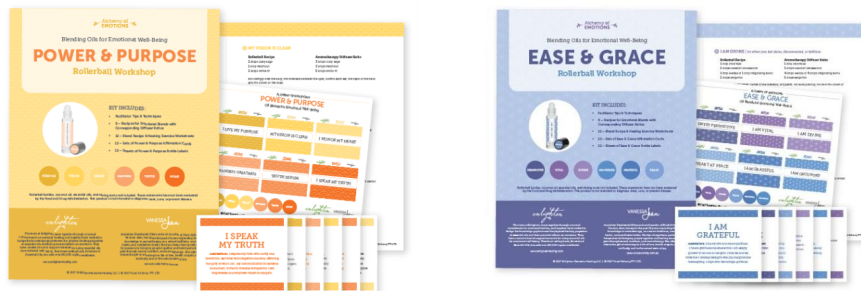


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Head over to my [Monthly Specials](#) section on the website where I've collated inspired blends incorporating the monthly specials.



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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