

Inspiration from Food Alchemy with Vanessa Jean

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January 2019 Newsletter

Hello <<First Name>>

Welcome to a New Year - let's get intentional and create some magic in 2019!



Here's something succulent for you to dive into ... to truly see oneself takes clarity and detachment.

As you align with the divine in meditation, a beautiful practice is to consciously bring forth who you truly choose to be right now and relinquish attachment to what 'was'.

For 2019, start as you mean to go.

See thyself in truth ... give yourself space for this. Grow into this. Breathe into this. It's a journey not a one second fix.

As you boldly eye gaze with yourself in front of a mirror, can you allow yourself to soften, to tenderly love on yourself as you would your bestie, your beloved or your child?

Allow your breath to guide you into your heart and into your core. Use these essential oils as your aromatic anchor back to your Self. Your true Self. Invite the oils to meander within you... to dance into your cells, your bloodstream and your energy field. What do you feel? Who are you choosing to be-come?

Will you love yourself enough to do this? It takes courage. It's takes a boldness and a gentleness all in one.

I share this with you as I engage in this journey with myself ... listening, opening, renewing.

Consider aromatically dressing in this divine blend: add a 1-2 drops of each into 10mls of carrier oil and lovingly massaging this into your body. Gift yourself with tender words and caresses as you do so. Drop into your grateful heart.

You may also want to diffuse this melody.

In Joy and Love,

Paul and Vanessa Jean

For subscribers who are also doTERRA business builders, I invite you to listen to my meditation "Ranking with Consciousness" which has powerfully helped people move forward, and is a great one to listen to at the start of a new year. Anyone also wanting to manifest a new project may also enjoy this.



Soothing Summer Spritzers

Consider creating these spritzer bottles to soothe you over summer.

You can add a touch of witch hazel or Epsom salts to help disperse the essential oil molecules. I don't, I keep it super simple and just add water, shake, and spray.

COOL SKIN

10 drops Lavender essential oil
10 drops Peppermint essential oil
1 tbsp aloe vera gel (fresh is best)
Top up with water.

Spray to keep cool, help with after sun or sunburn care.

SUMMER NIGHTS

10 drops Spearmint essential oil
2 drops Petitgrain or Lavender essential oil
6 drops Hawaiian Sandalwood essential oil
2 drops Ylang Ylang essential oil
Top up with water.

For a relaxing evening and lovely sleep, spritz any time you wake up during a hot night.



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Repel ze Bugs

Diffuse or aromatic dressing blends.

(Note: brackets refer to aromatic dressing blends - dilute in 10ml Fractionated Coconut Oil (FCO) and apply to the body for your pleasure and sanity over the summer season.)

Bug Off!

10-20 drops Outdoor Blend – the perfect repellent. This comes in a 30ml spray bottle for your convenience.

Optional: add Pink Pepper

No more mozzies and flies; to dissolve emotional bugs and summer pests!

Night Time Sleep & Repel ze Bugs!

Lavender 3 (2)

Cedarwood 2 (2)

Thyme 1 (add 1 drop to your feet)

Eucalyptus 3 (2)

If a tick enters the skin, try dropping 1-2 drops of Peppermint essential oil directly on the tick; they back out and you can pick them off and discard.

Massage Protective Blend, Lavender and Oregano in a tsp of FCO onto the affected area. For a child or adult with sensitive skin try Lavender, Frankincense, Lemon, Tea Tree or Rose (or the kids "Stronger" blend).

Pink Pepper is an excellent insect repellent. Add 1-3 drops to any of your blends to repel ze bugs!

Recharge & Repel

Great for insects and bugs and emotional density or challenges.

Geranium 4 (2)

Lemongrass 2 (2)

Eucalyptus 3 (3)

Tea Tree 2 (2)

Wild Orange 6 (0)

Ticks Be Gone!

Grapefruit 8 (2 - although leave out if you are going into the sun)

Peppermint 6 (2)

Eucalyptus 6 (2)

Geranium 4 (1)

Thyme 1 (1)



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Events



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](#)

[Facebook](#)

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***.

Monthly Perth event: Embracing Love with doTERRA 13/2/19



We invite you to come along and listen to Vanessa Jean and Jemma Doak as they embrace love through the powerful application of pure essential oils and daily practice rituals to deepen your connection to yourself and to your beloved.

Date: Wednesday 13 February 2019

Time: 7.00pm – 8.30pm

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

Investment: Free, booking with Eventbrite is essential to secure your place.

[Eventbrite](#)

[Facebook](#)

Food as Medicine - Perth 19/2/19



Would you like to learn more about foods and quality water that can heal your body? This class will undoubtedly inspire you to open your heart and mind to exploring the world of food as medicine in a new way.

Join Vanessa Jean with special guest Marion Egger as they explore foods that heal, regenerate and enliven us.

This class is designed to help us return to our natural state using food as medicine.

We will look at:

- Elixir craft
- Cold herbal infusions
- Seasonal Poke bowl with delicious medical dressing/raw sauce
- Medicinal cacao creations including ice cream
- And much more...

This will be an all-plant based vegan menu incorporating organic, seasonal and nutrient dense wholefoods and superfoods combined with pure essential oils and energized, alkalised water, this is a class sure to inspire you on your journey to wellness.

Date: Tuesday 19 February 2019

Time: 11am – 2pm

Address: East Fremantle, address supplied upon registration with Eventbrite

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

[Eventbrite](#)

[Facebook](#)

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](#)

[Facebook](#)

Travel with Ease with doTERRA 27/3/19



More details to come - save the date!

Date: Wednesday 27 March 2019

Time: 7.00pm – 8.30pm

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



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

The first GROW event for 2019 is on [3rd February 2019](#).

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.**



Strawberry Sorbet



Ingredients

75g rapadura sugar
1/3 cup freshly squeezed lemon juice
1 cup alkaline filtered water
2 ½ cups strawberries

Method

Blitz sugar in a Thermomix, speed 10 for 9 seconds, then add everything else and blitz speed 5 for 10 seconds, then speed 8 for 10 seconds.

Place in freezer until set.

Wild Orange Cinnamon Mousse




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1.5 cups soaked cashews - soak 2 hours then drain off the water
10 soaked dried figs - set water aside to use to smooth out the mousse
1/3 cup raw cacao powder
15 drops **Wild Orange*** essential oil
4 drops Cinnamon Bark essential oil
Maple or coconut syrup to taste
*Consider using Tangerine or Green Mandarin essential oils

Roasted Pumpkin with Essential Oil & Spices

Roasted Pumpkin with Essential Oils & Spices

INGREDIENTS

1/4 large Jap pumpkin, cut
into chunks
Extra virgin olive oil with 6 drops On
Guard, 2 drops Cinnamon Bark and
2 drops Cardamom essential oils
1/2 tbsp turmeric powder
1/2 tbsp rendang curry mix (or your
favourite curry mix)
Salt to taste
Extra virgin olive oil to sprinkle over
before putting into the oven

METHOD

Set oven to 200C.
Mix extra virgin olive oil with the
essential oils.
Combine pumpkin, essential oil infused
olive oil, salt, turmeric powder and
rendang curry mix (or your favourite curry
mix) and massage the pumpkin
gently to coat.
Line a baking tray with parchment/baking
paper and place pumpkin mix
in a single layer.
Add a drizzle of extra virgin olive oil.
Place in oven and roast for
40 minutes or until golden.



**January Product of the Month is 15ml
Balance Grounding Blend**



- Begin your day by putting Balance on the bottom of your feet to promote feelings of calmness and tranquility throughout the day
- doTERRA Balance is a great oil blend to use during an AromaTouch® Hand Massage
- Apply to your wrists or neck to provide a sense of balance
- Diffuse in your car during road trips to create a calming, soothing environment

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

January Local Special AU & NZ - 10% off 15ml Smart & Sassy Active



Frankincense 200PV Offer Extended until 15 January 2019

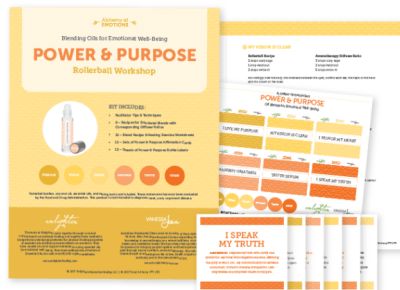


There's still time to earn a free Frankincense 15ml essential oil by placing any single 200PV order through the Australian or New Zealand warehouse until 15 January, 2019.

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.



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