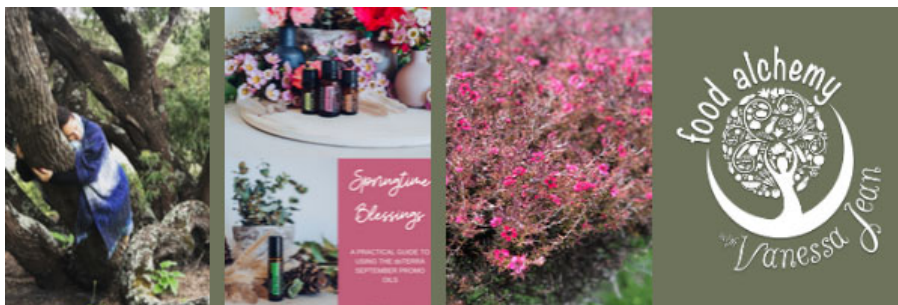


Inspiration from Food Alchemy with Vanessa Jean

[View this email in your browser](#)

Hello <<First Name>>

The beginning of October has seen us as a family working the land and having a playful time on our property down South.

The native flowers adorn the earth in all their glory and the air is thrumming with bird song and the humming of magnificent bees as they all flitter from flower to flower creating more beauty, succulence and the survival of this amazing little ecosystem. The motorbike frogs are so sweet laying one a top of the other in the shade of pond greens, coy fish lazily swim about adorning our ponds in magical flecks of colour and vibrancy.

We all had a blessed and magical time. Very fitting for our time together before our teens go back to school and Paul and I head off on our adventures. This month will see us on the east coast of Australia, Paul in Qld presenting at the leadership mastermind and myself holding events and sharing the dōTERRA love at the Melbourne Parents and Babies expo (18-20th October) - if you are there come say hi!

We have some amazing events coming up in South Africa as dōTERRA officially launches there. Saturday 26th October until Monday 28th Paul will hold business training and classes for our new crew ready to share natural solutions with the people of this land. For anyone interested in attending or joining us in South Africa please let us know. We would love to help you create a natural lifestyle with dōTERRA and create abundance and joy with the phenomenal business opportunity! For anyone joining with us we are offering a full mentor program with Paul and myself. If you are ready for change, claim it now! For if not now, when?

Whilst Paul is in SA I shall be at our home base with my dear friend and successful entrepreneur Quinn Curtis as she leads us all in Soul Brand Camp. This will be held in East Fremantle. It will be an intimate gathering to give you the attention you need to reconnect with the 'authentic you' that you want to share and shine out to the world.

This Soul Brand Camp will take you on a journey of self discovery and give you all the tools you need to create magic on your favourite social platforms and on your website. Quinn gives in depth guidance and by the end of your time with her your path ahead will be clear.

[See here](#) for details and for the special pricing Quinn has for you all. Get in fast

before the early bird prices finish. EARLY BIRD finishes 10th October Utah, USA time (for Perth) (that's tomorrow afternoon for Aussies) so get in now!

Check out all the goodness in this newsletter... plus download my free ebook of the free trio of essential oils dōTERRA is gifting everyone who orders or begins their dōTERRA journey with 200pv (points value) until the 15th of October. Ask us how!

Check out all the goodness and the wild flower photo!

In Joy & Love, Vanessa Jean



What's New?

Perth Monthly Event "doTERRA Essential Oils for Food Flavouring"

If you live in Perth, the next monthly event will be a foodie one. I'm going to take you on a journey into the magical world of doTERRA essential oils as food flavourings.

Quinn Curtis is coming to Australia!

Quinn Curtis, who has developed the Soul Brand Camp, has a breadth and depth of knowledge to set your heart on fire and make your soul sing ♥ It is a joy for me to have this amazing soul sister and wise woman share her incredible talent with us. She is coming to Australia for 2 workshops - one in Perth and the other in Brisbane.

If you are looking to inquiry and exploration in meaningful ways to change your biz and the way you show up and share your passions with the world, then get

along to one of these workshops. I learned SO MUCH the last time I did her workshop, and I'm so looking forward to doing it again!

Quinn's creative genius can be seen in projects such as:

- OilLife
- Natalie and Andy Goddard's new website - www.natalieandy.com
- Essential Emotions book
- The Essential Life book
- Empowered Success program
- Shared Success www.sharesuccess.com

Book [HERE](#).

I'm super excited to share three one day retreats that I am holding with various special guests and specialists in their fields, between now and end of November.

You will find details of these goddessy and soul nourishing events in this email. Book now to receive early bird or 'bring a friend specials'

Three retreats (see Events section for more details)

26/10/19: Ultimate Women's Retreat, Lake Grace

9/11/19: A Journey to the Divine Feminine Busselton

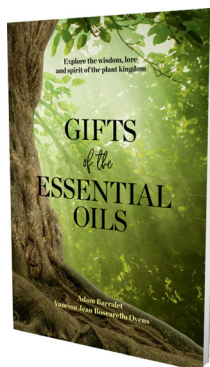
10/11/19: A Journey with the Sacred Feminine - Rockingham

*In Joy and Love,
Paul and Vanessa Jean*



Download your
free copy of the
*Springtime
Blessings* eBook
[HERE](#).

COMING SOON!



Dive deep into the spiritual aspects of the plant kingdom!

"Gifts of the Essential Oils" book with authors Adam Barralet and Vanessa Jean Boscarello Ovens.

To register your interest, click below:



Register for pre-launch of Gifts of the Essential Oils

Recipe book with
Chef Sophie Budd
and Vanessa
Jean Boscarello
Ovens

I'm
excited...

New recipe
book with
Sophie Budd is
coming soon!

Register your interest
for the pre-launch:
bit.ly/FoodOils

Register for pre-launch of Recipe Book

Cedarwood is the Product of the Month (POM) for October

Place your Loyalty Rewards Order of 125PV or more before the 15th October 2019 and Cedarwood is the POM for the AU and NZ markets.



Being around others may create fear of losing identity. Cedarwood, however, reminds you that you do not lose yourself amongst a group, but discover who you truly are. He helps you feel comfortable standing in your own power when you are around your people. Just like the strong roots keep the cedar tree grounded and nourished, the trunk ascends towards the heavens and their spiritual connection, and his branches reach out to embrace the world. Cedar is always part of the larger forest and encourages you to experience the pleasures of community and family, touch, connection and a greater sense of oneness. He helps you release the judgment on others and simply embrace those people as a vital part of your growth in this lifetime. Welcome the power of Cedarwood into your life and you will notice shifts happening. You will experience the joy in the interlocking, the touching and the connection of your soul with others'.



Vanessa Jean's
Dreamcatcher

Marjoram
Cedarwood
Lavender
Vetiver

www.foodalchemy.com.au

Cedarwood essential oil is also very gentle and supportive for sleep.

October 10% off is Refreshing Body Wash



- Bergamot essential oil cleanses and soothes skin and provides an uplifting, yet grounding aroma.
- Grapefruit is cleansing to the skin and has an energising scent that uplifts mood.
- Cedarwood essential oil promotes relaxation.
- Sodium Methyl Oleoyl Taurate is a sulfate-free mild surfactant derived from nature and is readily biodegradable.

Directions for Use

Apply a small amount to damp skin, or use with bath puff, and gently massage in a circular motion creating a rich lather. Rinse off.



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

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

Events



23/10/19: Perth monthly event "dōTERRA Essential Oils for Food Flavouring"

Let Vanessa Jean take you on a journey to understand how to incorporate dōTERRA essential oils in your food and drinks with simple and creative recipes provided – recipe eBook included!

With the festive season soon to be upon us, come along and be inspired to expand your culinary journey with the joy that dōTERRA foodie oils can bring to your taste buds! Bring a friend and make a night of it!

Date: Wednesday 23 October 2019

Time: 7.00pm – 8.30pm. Registration from 6.45pm. Door prizes on offer.

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

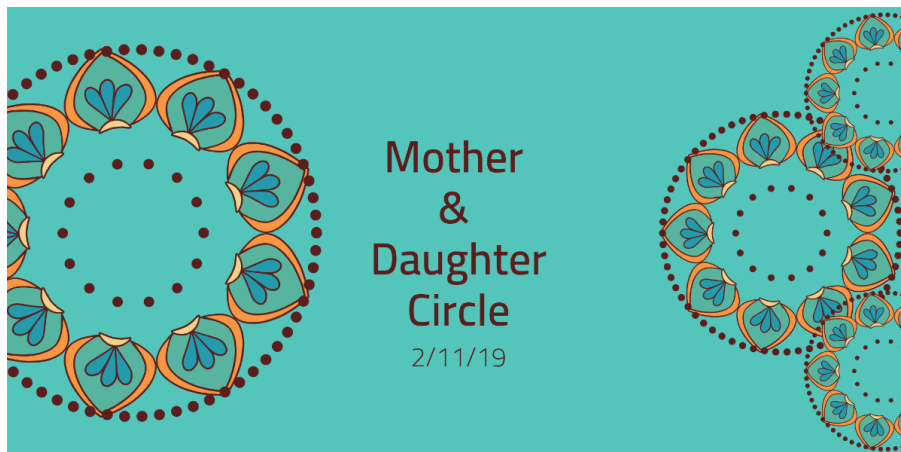
Investment: Free. Bookings essential through Eventbrite. Seating limited. Tickets close 6pm 23/10/19.

Book [HERE](#)

**Ultimate Women's Retreat – Lake Grace (WA)****Saturday 26th October 2019, 10am – 5pm**

On this beautiful women's retreat, you will return home to love as you rest, rejuvenate and re-treat yourself to deep nurturing, pampering and nourishment. An invitation for women to come together "bring a friend day out", as we create something special; a sacred experience to remember forever.

Book [HERE](#).

**Mother and Daughter Circle 2/11/19**

Come and join us for our Mother and Daughter Circle in this unique and sacred space where we will be nurturing our souls with doTERRA essentials oils, setting loving intentions, connecting and empowering one another whilst continuing to support a deeper relationship between mother and daughter.

Book [HERE](#).

6/11/19: Perth monthly event - details to come.

A Journey to the Divine Feminine 9/11/19 - Busselton



You were born to radiate warmth, to shine as brightly as the sun and to live your truth. How many of us are actually being this?

As we journey along the path to the divine and sacred feminine, we develop a relationship with our many archetypes, we connect deeply with our sacred womb space and we lift our voice in gratitude and cast it forth as a blessing into the world.

Join us for a one-day retreat to connect more deeply with the aspects of the Divine Feminine that you can reclaim to bring healing, attunement and deeper connection to self and the Divine Mother.

On this day you will:

- Stir your body, enlivening and awakening with Qoya dance to fine-tune you to the Divine Feminine
- Engage and learn an essential oil protocol to recalibrate your energy body and attune your frequency to the Sacred Feminine
- Experience a sacred womb meditation – with sound journeys and plant medicine (cacao and essential oils)
- Traverse the hidden pathways of the goddess as you meet and celebrate Her on this very special one-day retreat

Facilitated by Vanessa Jean Boscarello Ovens with special guests Jemma Doak and Stacy Smart.

Date: Saturday 9th November 2019

Time: 11am – 4pm

Address: private residence in Busselton. Address will be supplied upon booking. Please check your ticket for address details.

Investment: \$90 per person, or \$75 when you bring a friend. Places are limited for this special event.

Ticket sales close 8 November at 6pm.

Eventbrite - book [HERE](#)

10/11/19: A Journey with the Sacred Feminine



You were born to radiate warmth, to shine as brightly as the sun and to live your truth. How many of us are actually being this?

As we journey along the path to the divine and sacred feminine, we develop a relationship with our many archetypes, we connect deeply with our sacred womb space and we lift our voice in gratitude and cast it forth as a blessing into the world.

Join us for a one-day retreat to connect more deeply with the aspects of the Divine Feminine that you can reclaim to bring healing, attunement and deeper connection to self and the Divine Mother.

On this day you will:

- Immerse in sacred sound and meditation
- Awaken your body through movement
- Be touched and uplifted in a special segment of Art Therapy
- Journey the pathways of the Divine Feminine
- Create your own Divine Feminine essential oil blend infused with your intention and voice
- Partake in a cacao ceremony

With special guest Kitsiri De Silva, Dancer and Art Therapist, Vanessa Jean will traverse the pathways of the Goddess with you in this unique one-day retreat.

Date: Sunday 10th November 2019

Time: 10am – 4pm

Address: Chakra Angel, 1, 153 Rockingham Road, Hamilton Hill, WA 6163

Investment: \$147 per person or \$120 per person when you bring a friend. Places limited.

[Book Here: Eventbrite](#)

4/12/19: Perth monthly event - details to come.

GROW events are advertised [here](#).



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.**

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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