

Inspiration from Food Alchemy with Vanessa Jean

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Hello <<First Name>>

Can you feel the change in the air?

For those of us living in the southern hemisphere, we are warming up as summer approaches. For all my friends in the northern hemisphere, you may be experiencing the turning to cooler times, and may feel a desire to snuggle down and turn inwards as the autumn leaves fall to rest.

And yet many of us are very aware of the looming festive season, and all the frenzy and emotional intensity that this can bring.

I am reminded of the need to stay very grounded and present as the hype continues to build and remind myself of the importance of family, friends and connection as we approach the end of the year.

I recommend you find a purefume blend to aromatically anchor you to tranquility and bliss, to self nurture and to gratitude as we lead up to the end of the year. During heightened emotional times, use your purefume to bring you back to your centre and once more find the joy of the present moment.



In Joy & Love, Vanessa Jean

What's New?

Scroll down to the Events section for more details.

Perth Monthly Event "A Cacao-luscious Festive Season with John Croft & Vanessa Jean 6/11/19"

Join John Croft, author of The Cacao Addict, and Vanessa Jean for this luscious night exploring the magnificence of cacao infused with pure dōTERRA essential oils and superfoods.

Retreat

10/11/19: A Journey with the Sacred Feminine with Vanessa Jean and Kitsiri DeSilva- Hamilton Hill

Lime, Ginger and Black Pepper Raw Chocolate

This raw chocolate creation was born from my experimenting with the wonderful essential oils in the dōTERRA Gourmet Wellness box which I presented at the last Perth monthly event.



Ingredients – Raw Chocolate

- 1 cup coconut oil, liquified
- 15 drops Lime essential oil
- 4 drops Black Pepper essential oil
- 3 drops Ginger essential oil
- 1 cup maple syrup
- 1 cup cacao powder
- ½ tsp Himalayan salt
- 1 cup Inca berries
- ¼ cup cacao nibs

Ingredients - Topping

Cacao nibs

Himalayan salt

Method

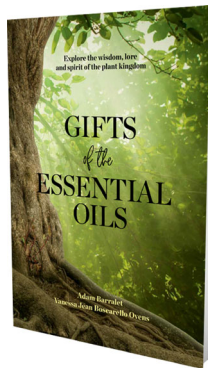
Combine all ingredients in a Thermomix or food processor and gently mix to combine.

Line a baking tray with parchment paper, pour raw chocolate mix.

Sprinkle top with raw cacao nibs and Himalayan salt then cover with another layer of parchment paper.

Set in the fridge or freezer.

PRE-SALE Now Available for the Special Price of only \$40



This 248 page book takes you on a journey to connect with the voice of each essential oil, through their stories and their secrets. Join us along the path of discovery and healing physically, emotionally, mentally and spiritually as we unlock the power of the plant kingdom. Dive deeper into the magic of over 100 essential oils, including the rare and relatively unexplored, in this full-colour book overflowing with original blends, inspiring affirmations and mythology spanning the ages.



Get your copy now!

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

Holiday Peace is the Product of the Month (POM) for November

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

PRODUCT OF THE MONTH
HOLIDAY PEACE HOLIDAY BLEND 5ML

dōTERRA
AUSTRALIA & NEW ZEALAND

1-15 NOVEMBER 2019
*Terms and conditions apply.

November 10% off is TerraArmour Spray

SAVE 10% IN NOVEMBER
TERRAARMOUR® SPRAY OUTDOOR BLEND

dōTERRA
AUSTRALIA & NEW ZEALAND

NOVEMBER 2019
*Terms and conditions apply.

- Apply TerraArmour to the legs, arms, and neck before going outdoors or diffuse on your patio to ward off pesky insects
- Take TerraArmour on camping trips or to outdoor events
- Spray TerraArmour around your door, window seals and tent

Directions for Use

Apply to desired areas before outdoor activity. Reapply every few hours as needed.

Because it's coming up to outdoor time here in Australia and New Zealand, and in light of dōTERRA offering the TerraArmour as the November 10% off special for AU and NZ markets, I thought it was timely to share my "Repel ze Bugs" graphic again.

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!

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)

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!

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)

www.foodalchemy.com.au



Never miss out knowing what we're up to!

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

Events

A Cacao-luscious Festive Season with John Croft & Vanessa Jean 6/11/19



Join John Croft, author of *The Cacao Addict*, and Vanessa Jean for this luscious night exploring the magnificence of cacao infused with pure dōTERRA essential oils and superfoods.

You will see how easy it is to create your own nutrient dense, delicious and good-for-you cacao treats, perfect for the festive season and sharing with friends and family, with live demonstrations and taste testings of cacao creations made for you!

John will have his book available for purchase - the perfect gift for any foodie enthusiast!

It's going to be a fun night, and we hope you can join us.

Date: Wednesday 6 November 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 Jerratt Drive, East Fremantle

Investment: \$5 includes yummy cacao treats!

Bookings essential through Eventbrite. Seating limited. Tickets close 6pm 6/11/19.

[Eventbrite](#)

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.

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