

Inspiration from Food Alchemy with Vanessa Jean

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Hello <<First Name>>

A special message from Adam Barralet & Vanessa Jean



Our beautiful book is finally ready to come home with you... join us for our official launch and special launch offers.

This book is all about the plants and the messages of Mother Earth. Gaia. She gifts us so much.

Now it's time to bow in gratitude.

In this book, '**Gifts of the Essential Oils**', we take you on a journey into the Spirit of the plants and the Aromatic Kingdom.

What gifts do these essential oils have to offer, if they had an affirmation - what would it be?

Glide through the pages as you discover their magical messages. Each essential oil has a little practice to help you connect more deeply with its gift as well as three unique blends per essential oil. We have dedicated two A4 pages

per plant... the images and messages will sing to your heart.

This book was written on the eve of the Summer Solstice 2018 (Southern hemisphere) and has come to completion and ready for purchase one year later. It is a joy for us to see it's birthing.

This book is sacred and honours Gaia and her children.

'**Gifts of the Essential Oils**' is hard cover, 248 pages long, and covers common and rare essential oils that are often only found in blends such as cacao absolute, vanilla absolute, balsam fir, osmanthus and more.

We also have quite a few of the limited release oils included as they are favourites for us, such as Buddha Wood and new release oils such as Black Spruce and Lemon Eucalyptus (lemon scented gum as it is known in Australia).

We want you to be able to rise in love with, and dance with, these oils daily whether as a single note or blend. You are going to LOVE their messages!

Book your tickets now using the link below.

Tickets include your own copy of the book, drinks and finger food (and raw cacao treats) AND a class on the spirit and essence of the plants and oils with myself and co-author Adam Baralett ♥

Book Now

We are so looking forward to sharing this momentous event with you all ♥ 🙏
♥ see you there!

In Joy & Love, Vanessa Jean and Adam Barralet

PS: this is a long newsletter, so grab a cup of cacao and scroll through it all to receive all the juiciness - including 2 new food recipes!

Franki Boy in an eBook!

Frankincense, or "Franki Boy" as I call him - "Oh, how I love thee!"

And now, all his divine-ness in an eBook for you to take full advantage of the doTERRA 200PV Frankincense promo.

Enjoy!

PS - it's a biggie, grab that cuppa or cacao drink while it downloads. 🍵



Frankincense Essential Oil

eBook
now available
DOWNLOAD
at:



bit.ly/frankincenseebook

www.foodalchemy.com.au



Myrrh
ESSENTIAL OIL

She'll take you deep. Hunker in.
Dive deep into that sacred womb space sister.

Trust. Feel. Come alive. Awaken to your inner wisdom. You know it.
You are all you need. Become all you want to be.
Choose it. Sing it. Love it. Be it.

It's your time and she's here waiting for you.

Myrrh Blend for Women Rose	Myrrh Copaiba Lime	Myrrh Cilantro Wild Orange Lemon Basil
Myrrh Marjoram Frankincense Roman Chamomile Ylang Ylang	Myrrh <i>Dance with her.</i>	Myrrh Jasmine Cedarwood Bergamot

www.foodalchemy.com.au

What's New?

Scroll down to the Events section for more details.

MAURITIUS EVENTS

5 December 2019

6pm Emotions, Stress Management & Essential Oils

6 December 2019

6pm Cacao and Essential Oils

8 December 2019

10.00am - 5pm Opening of Svarasika

9 December 2019

10.30am - 1.30pm Balancing Moods and Emotions



New Recipes!

Vanilla Cream Cups

Ingredients - Chocolate

¾ cup cacao powder
 35g cacao liquor
 40g cacao butter
 65g coconut oil
 1 cup maple syrup
 Pinch salt
 1 tbsp maca powder
 1 tsp vanilla powder
 6 drops Wild Orange essential oil

Ingredients - Soft Centre

200g coconut yogurt
 1 tsp vanilla powder
 1 tbsp coconut nectar (or to taste)

Method - Chocolate

Liquify cacao liquor with the coconut oil and cacao butter; Thermomix 4 minutes, 55C, speed 1 to liquify.

Add remaining ingredients, combine well; Thermomix speed 1.5, 50 seconds.

Method - Soft Centre

Combine ingredients for soft centre. Set aside in a bowl.

Method – Chocolate Cups

To your chocolate cup moulds, part fill with the raw chocolate mix, add 1 tsp of coconut yogurt, cover with chocolate. Freeze to set.

Makes 45 vanilla cups or 30 vanilla cups and 15 raw chocolates (you can use the excess to pour into raw chocolate moulds or as a raw chocolate dipping sauce.)

Activated Buckwheat Cacao Slice**Ingredients**

30g cacao butter
1 cup coconut oil
1 tbsp cacao powder
250g bukinis ("Bukinis Chocolate Clusters – Loving Earth")
¼ - ½ cup maple syrup, to taste
2 drops Cardamom essential oil
150g bukinis (this is extra, adding texture to the slice)
Shredded coconut for topping

Method

Liquify cacao butter and coconut oil - Thermomix 2 minutes, 55C, speed 1.

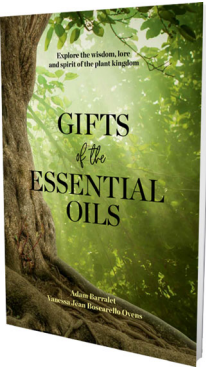
Add 250g bukinis and process on high speed until fine.

Add remaining ingredients, combine gently until well combined. Pour into a lined baking tray. Top generously with shredded coconut.

Refrigerate and keep refrigerated.

Unable to make the Official Launch?

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

doTERRA December 2019 Specials

doTERRA
AUSTRALIA & NEW ZEALAND

December PROMOTIONS

200PV PROMOTION

FRANKINCENSE
ESSENTIAL OIL 15ML

FREE WITH ANY SINGLE 200PV ORDER FROM 1 TO 31 DECEMBER 2019
*TERMS & CONDITIONS APPLY



FREE

SAVE 10%

dōTERRA PEACE®
REASSURING BLEND 5ML

WELLNESS ADVOCATES AND WHOLESALE CUSTOMERS SAVE 10% ON THIS PRODUCT BY ORDERING THROUGH THE AUSTRALIAN OR NEW ZEALAND WAREHOUSES THROUGHOUT THE MONTH OF DECEMBER 2019.



SAVE

PRODUCT OF THE MONTH

HOLIDAY JOY
HOLIDAY BLEND 5ML &
WOODEN ORNAMENTS

WELLNESS ADVOCATES AND WHOLESALE CUSTOMERS RECEIVE THIS BONUS PRODUCT OF THE MONTH BY PLACING A SINGLE LRP ORDER OF 125PV OR MORE THROUGH THE AUSTRALIAN OR NEW ZEALAND WAREHOUSES BETWEEN 1-15 DECEMBER 2019, MOUNTAIN TIME.





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

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

Events

Stay tuned as we plan for an exciting 2020!

5 December 2019 "Emotions, Stress Management and Essential Oils" Mauritius

Join us for an educational evening as we look at
how oils can help us manage stress and provide
emotional support

EMOTIONS, STRESS MANAGEMENT & ESSENTIAL OILS

FACILITATOR : VANESSA JEAN
From doTERRA Australia
Presidential Diamond

Thursday 5 December
18.00 hours

Venue: Nutrilife
Palma Road La Louise Quatre Bornes
Call on - 57 74 28 43

Call Kanika on 57742843 to book your place.

6 December 2019 Cacao & Essential Oils Class

Address: private residence, Vacoas)

Contact Kanika on 57742843 to book for this class.

8 December 2019 "Opening of Svarasika" Mauritius



Opening of Svarasika

SVARASIKA, ROYAL ROAD, UPPER VALE, MAURITIUS
SUNDAY 8TH DECEMBER 2019, 10AM - 5PM

We invite you to a beautiful day of meditation, the sacred chant and sound healing, essential oils, yoga, delicious vegetarian food and deep nurturing.

The day will be blessed by the following:

- A sound meditation session
- Yoga sessions
- Breathing exercises
- Joyful music
- Essential oil experience and take-home gift
- Networking
- Other surprises
- Shared vegetarian lunch

Please bring:

- Yoga mat
- A large towel
- Water bottle
- A vegetarian plate to share for lunch
- A journal or something to write in and pens/coloured pens and pencils
- And dress in light clothes for meditation and gentle movement and layers if needed, eye mask optional for meditation

Special guest: Vanessa Jean from Australia – a holistic therapist and practitioner of sound healing, aromatherapy, meditation and wholefood cuisine.

Facilitators: Vanessa Jean, Sweta Nowbuth & Kanika Ramtohol.

Be prepared for some special healthy juice at our juice bar (payable).

This is a non-smoking event. All participants must be 15 years and over.

Donation: Rs 400. For your seat reservation/payment call Sweta (5 924-3556) or Kanika (57742843).

We will all experience a sumptuous shared lunch at our beautiful venue, in community spirit.



Prizes & giveaways on the day

For your seat reservation/payment call Sweta (5 924-3556) or Kanika (57742843).

9 December 2019 "Balancing Moods & Emotions", Mauritius



Balancing Moods & Emotions

SVARASIKA, ROYAL ROAD, UPPER VALE, MAURITIUS
MONDAY 9TH DECEMBER 2019, 10.30AM - 1.30PM

Svarasika invites you for a half day gathering for the family

On this day we will enter the world of moods and emotions. Explore how to recognise what we are experiencing and healthy and natural ways to deal with cycles of change. We will delve into how to bring balance and harmony to our inner world, thereby living more joyously.

During our time together, Vanessa Jean, Holistic Therapist, will show you empowered and effective ways to transform your life with meditation, essential oils, correct breath and wholesome food. You will learn how to use essential oils in daily life and beautiful blends to enhance your moods and emotions.

Everyone will go home with their own special blend of essential oils and an affirmation to assist you on your journey.

Please bring:

- Yoga mat
- A large towel
- Water bottle
- A vegetarian plate to share for lunch
- A journal or something to write in and pens/coloured pens and pencils
- And dress in light clothes, bring layers for comfort

Gathering: 10.30am - 12.30pm, shared lunch 12.30pm - 1.30pm.

This is a non-smoking event.

Donation: Rs 300. For your seat reservation/payment call Sweta (5 924-3556) or Kanika (57742843).

We will enjoy a shared, vegetarian lunch together on the beautiful grounds of the Svarasika.

Prizes & giveaways
on the
day

For your seat reservation/payment call Sweta (5 924-3556) or Kanika (57742843).

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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