

Inspiration from Food Alchemy with Vanessa Jean

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February 2019 Newsletter

Hello <<First Name>>

We've got a bumper newsletter for you this month!

Make yourself a lovely cuppa, curl up in your favourite chair and enjoy this month's offerings of scrumptious food recipes, blend ideas, a beautiful eBook for the Taste of Summer kit, new events to check out, and an in-depth article on how to aromatically dress without using citrus oils.

Enjoy!



Tim Ballard - Operation Underground

Railroad (O.U.R.) in Melbourne 11/2/19!

We are very excited that Tim Ballard will be in Melbourne for a special event. Paul is flying over and super excited to hear Tim talk about the latest updates for O.U.R. We are HUGE supporters of O.U.R.

All donations for this go to O.U.R.: saving children, boys and girls, from the horrors of the sex trafficking industry.

For more information: please click [here](#).

Please support this event - let all your Melbourne people know!

Aromatic Dressing without Citrus Oils

If you want to play with aromatic dressing but are unable to use citrus oils on your skin, try these oils and oil combinations.

These are great blends for hot summer days also, as all citrus essential oils (except Green Mandarin) are photosensitive meaning you can sunburn with them.

I would not suggest you aromatically dress all over the body in high doses of hot oils such as Clove Bud, Cassia, Cinnamon Bud, Oregano, Wintergreen or Ice Blue/Deep Blue. Wintergreen and Ice Blue are safe on the skin diluted but these are more for aches, contraction (pain). You can apply high menthol content oils such as Wintergreen, Peppermint, Ice (Deep) Blue (for even more effect with a drop or two of Frankincense) or herbaceous oils such as Rosemary, Marjoram, Basil, Oregano, or the pepper family combined with Lemongrass to the affected area and base of the spine. Further, add Copaiba and Frankincense to magnify the effects of other essential oils.

Basil

- Great for head tension, menstrual discomfort, body aches, and muscle soreness
- Try Basil, Rosemary and Frankincense for muscle soreness – a little goes a long way

Rosemary

- Combine with Eucalyptus and Douglas Fir for aromatic dressing if you need energy or overall body support, to support increased respiration, or to help energise the body and mind. Rosemary adds vigour to the day when you diffuse or aromatically dress in this blend.
- Aromatically dressing with Rosemary will support muscles, great for pre and post workouts - or any exercise
- Great to diffuse for memory retention with Lemon, Lime, Wild Orange, Lemongrass and this combo is great to cleanse the space and 'reset'
- Great used on the hair – it promotes healthy hair
- Awesome for head tension and overall tension

Arborvitae

- A great insect repellent, beautiful and grounding, connecting with the quiet part within, strengthening and peaceful
- Combines well with Frankincense, Lavender, Myrrh, Spearmint

Douglas Fir

- Douglas Fir and Spearmint are heavenly together – wonderful to bring joy and elevate the mood
- Grounding, centering, mentally clearing - use Douglas Fir for emotional and mental support, wonderful for respiration and clarity

Myrrh and **Frankincense** are sublime for face care and so yummy on the skin. You can add **Lavender** to these two or leave as they are, or alternate. Myrrh connects us deeply with our sacred womb energy, divine feminine and sacred woman wisdom and love. Beautiful for connecting us to our heart and with compassion in life. All three of these oils are great for skin and face care.

Lavender and **Frankincense** are great on the pits in coconut oil as a natural deodorant.

Marjoram

- She's great to help with muscle recovery if you have muscle contraction or aches, or when you are just needing extra support. Marjoram is soothing to the mind and brings emotional harmony.
- Marjoram is great for sleep too, on her own, or combined with Cedarwood, Lavender and Frankincense. Apply to the soles of the feet, a drop of Marjoram or Cedarwood on the big toe and lovely as an all over massage or aromatic dressing. This is a great combination to regenerate with. For day time you could do Arbovitae, Marjoram and Frankincense - Lavender would work too.
- You can add a drop of Ginger to this blend to help support the overall body system, warm the body and add energy and vigour

Juniper Berry

- Juniper Berry can be added to the sleep blends for sweet dreams or in daily aromatic dressing with Frankincense, Myrrh and Lavender

Peppermint

- Peppermint is best **not applied** all over your skin if your skin is sensitive - drink a drop or two in water (Peppermint is a beautiful food or water flavouring) or apply to your feet or belly for digestive support. Make sure you dilute in the fractionated coconut oil.
- It's great for cooling us down, so a foot bath (not a full body bath) with Peppermint is rather delicious - you can throw in a handful of Epsom salts for extra deliciousness

On Guard Protective Blend

- Try Protective Blend diluted over the throat if your immune system is compromised and to the soles of feet with Oregano. ALWAYS DILUTE - these are very hot oils and not oils I would do full aromatic dressings in - just to the feet and throat if sore. Also consider on a sore throat Protective

Blend with Tea Tree (Melaleuca) and Lavender - diluted. Or, for sensitive skin and young children, try Tea Tree, Sandalwood and Lavender.

For **tummy issues** and extra support there, consider:

- Digestzen Digestive Blend
- Fennel
- Ginger
- Green Mandarin
- Jasmine
- Peppermint
- Roman Chamomile
- Rose

Apply diluted on the tummy and feet.

Drink them in warm water as a tea with a touch of coconut oil.

They will also help support the overall body system.

Use any of the Touch oils to layer on any areas that need extra loving or support.

Aromatic Dressing for Overall Body Support – feeling aches, tightness, under strain

For aromatic dressing for overall body support, use any of or a combination of these oils:

- Arborvitae
- Basil
- Cedarwood
- Eucalyptus
- Frankincense
- Ginger
- Ice Blue blend
- Lavender
- Marjoram
- Pink Pepper
- Roman Chamomile
- Rosemary
- Sandalwoods (Indian and Hawaiian)
- Tea Tree
- Thyme
- Turmeric
- Wintergreen

The Touch oils – layer over the main area(s) needing support:

- Kids collection – any of these rollers will support children and adults
- Jasmine Touch
- Magnolia Touch
- Neroli Touch
- Emotional Aromatherapy Touch range
- Home Essentials Kit Touch range
- Rose Touch

For example, feeling aches in shoulders – support with aromatic dressing of Lavender, Frankincense and Marjoram and layer with Ice Blue Touch for physical support and or Neroli Touch to release emotional burden and strain.

Use the other oils which are so brilliantly powerful but on the soles of feet if your skin is sensitive. The best to help support immunity on feet is **On Guard Protective Blend** with **Oregano!** They are amazing!

Easy Air Clear Blend is awesome for respiration, diluted on the chest, feet, back, neck and throat. Or use the **Easy Air Vapour Stick** to apply topically.

These oil and oil blends are all fabulous in the diffuser too.

Face Care and Skin Care

Magnolia Touch and the **Beauty Blend** (Salubelle/Immortelle) are fantastic around the eyes and for fine lines or any skin support.

Consider **Blue Tansy** and **Yarrow Pom** (1 drop of each) in your favourite dōTERRA skin care. Use these morning and night following cleansing and toning.

Note: Green Mandarin is not photosensitive. So, if you don't have citrus allergies, you can safely add this to your daily aromatic dressing blends.



*In Joy and Love,
Paul and Vanessa Jean*

Using the Taste of Summer Kit eBook



Make sure you download the FREE 'Taste of Summer' eBook that goes along with the limited edition kit!

This kit contains:

- Green Mandarin
- Red Mandarin
- Kumquat
- Lemongrass

You will find recipes, blends, how-tos and much much more!

<http://bit.ly/2D8NpnK>



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](#)

Magnificent Mangoes 24/2/19

Magnificent Mangoes

Mangoes are a low-calorie fruit, high in fibre and a great source of vitamins A and C. Vanessa Jayne of Essentially Happi~Ness and Vanessa Jean of Food Alchemy invite you to join them for a tasty tropical tour as they celebrate the annual mango harvest and reveal the goodness and sweet, sensual pleasures of the mangoes soft moist flesh.

Discover how to create healthy and nutritious plant-based tantalizing superfoods enhanced through the addition of dōTERRA's essential oils including:

- Delectable desserts
- Sensational salsas
- Seriously good salads

Dishes will be raw and vegan

Applying mangoes combined with essential oils can support the skin. We shall demonstrate how to create body scrubs and lotions to help beautify you.

A comprehensive recipe booklet will be provided.

24 February 2019
East Fremantle, Perth
10am - 12 noon

**\$25pp
or \$20pp
when you
bring a friend**

Prize giveaways, and if you are new to dōTERRA, you shall be gifted a 5ml Wild Orange!

Anyone enrolling with their wholesale dōTERRA account on the day will also have their investment refunded!





<https://www.eventbrite.com.au/e/magnificent-mangoes-24219-tickets-55887422786>

[Eventbrite](#)

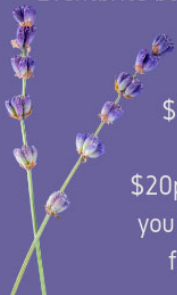
Blissful Bath Bombs & Body Scrubs



Monday
25 February 2019

7pm - 9pm

Address:
East Fremantle, Perth
Address supplied with
Eventbrite booking



\$25pp
or
\$20pp when
you bring a
friend

Make your bath and shower time something special with your own essential oil blended bath/shower bombs, bath salts, body scrubs, bubble baths, body butters, moisturizers and body mists.

Vanessa Jayne of Essentially Happi~Ness and Vanessa Jean of Food Alchemy will demonstrate how you can easily create your own non-toxic, chemical-free body delights which will have your body and mind feeling relaxed and vibrant.

You shall learn a deep cleansing routine of what to do pre-bath/shower, how to receive the maximum benefit under water and how to moisturize your skin leaving you feeling completely nurtured and invigorated. Discover the benefits to both your body and soul when you apply aromatic dressing as part of your daily washing routine.

Everyone shall take home their own bath bomb, mould and gift.

<https://www.eventbrite.com.au/e/blissful-bath-bombs-body-scrubs-25219-tickets-55888097805>

[Eventbrite](#)

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](#)

Mini Retreat 17/3/19 - Perth 10am - 2pm



Let's come together to be nourished and pampered, to be awash in sacred sound and delicious cacao. Let's come together to celebrate life, gratitude, love, joy and wonder.

This is a mini-retreat to drop into spaciousness, succulence and joy. A moment to recharge, a moment of stillness.

We'd love you to join us.

Your hosts: Vanessa Jean and Vanessa Jayne Moir.

Date: Sunday 17 March 2019

Time: 10am – 2pm

Address: East Fremantle, address supplied with booking

Investment: \$25 per person

Please bring a plate of vegetarian food to share for lunch. Delicious cacao treats will be supplied.

[Eventbrite Link](#)

[Facebook](#)

Sacred Cacao with John Croft and Vanessa Jean 19/3/19



Join Perth's King and Queen of cacao - John Croft and Vanessa Jean – in this scrumptious celebration of the sacred cacao.

They will be demonstrating some recipes from John's book "Cacao Addict" (not already demonstrated in the past two cacao classes) as well as some of their own specialty recipes to bring the sacred back in your life.

Bookings through Eventbrite are essential, and places are limited.

Date: Tuesday 19 March 2019

Time: 7pm – 9pm

Address: East Fremantle, address supplied upon registration with Eventbrite

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

[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 March 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.**



Truffle Raw Pesto Pasta



This is a beautiful, dairy free rendition of parmesan cheese. I personally do not use nutritional yeast so I have used a beautiful truffle salt to give this flavour.

Ingredients – Truffle Nut Parmesan

1.5 cups brazil nuts (275g)

1 ¼ tsp truffle salt

½ tsp apple cider vinegar with 15 drops Lemon essential oil

Method – Truffle Nut Parmesan

Add all ingredients to food processor or Thermomix. Combine (speed 5 in Thermomix) for a few seconds until fine crumbs (it will turn into a paste if you process it too long).

Ingredients – Simple Pesto

Light and creamy pesto, vegan and raw.

6 drops Lemon essential oil

2 drops Black Pepper essential oil

1 ½ cups basil

2 cups cashews, soaked

Herbamare or salt to taste

1 tbsp spring water
1 tsp coconut aminos
½ tsp apple cider vinegar

Method – “Pesto”

Drain the cashews and rinse well in good quality water, drain again.

Combine all ingredients in a Thermomix and process until desired pesto consistency achieved.

Ingredients – “Pasta”

2 zucchinis

Method

Spiralise the zucchinis and massage with 1 tsp truffle oil.

Bringing it all together.

Massage ½ of the pesto mix into the raw pasta.

Add 1 tbsp of the truffle parmesan and gently combine. I massage with my hands and let the love pour in – it tastes better!

Top with cherry tomatoes (halved or quartered), snow peas (julienne), snow pea sprouts or any sprouts, fresh basil finely chopped and whole leaves for the garnish.

Then sprinkle with the truffle parmesan to serve.

Notes

- Coconut aminos replaces soy/tamari and is a great addition to savoury dishes to combat the acidity of tomatoes.
- Truffle salt and truffle oil can be sourced from good gourmet stores.

**San Chow Bow****Ingredients**

220g green string beans, chop off ends, diced
8-10 asparagus, take off woody ends, diced (keeping heads whole)
1 head broccoli, diced
Fresh dill / fennel greens
1 leek with green top
2 cloves garlic
Optional: garlic tops, greens from 1 home grown garlic
1 drop Lemon Myrtle essential oil in a dollop of butter
1 drop Cilantro essential oil
8-10 silver beet/chard leaves
3-4 butter greens
(any leafy greens will do)
5 Swiss brown mushrooms
Butter, organic
Extra virgin olive oil
Head of cos lettuce or iceberg
Fresh parsley for the “wrap”
Snow peas, julienned
Carrots, julienned

Note: all organic ingredients are used or homegrown.

Method

Sauté leek and garlic and garlic greens in extra virgin olive oil.

Add green beans, then in order: asparagus, broccoli then mushrooms.

Then once they are all almost cooked (do not overcook), add the leafy greens and fennel tops or dill and add a dollop of butter with a drop each of Lemon Myrtle and Cilantro.

Combine well, adding 3-4 more slivers of butter.

Once all are cooked, you want the beans and asparagus to still have texture and some crunch.

Turn off the heat for the vegetables to cool down and prepare the lettuce leaves. These become the boats or “wraps” for the filling.

Spearmint Fudge Balls with Cacao Nibs

Ingredients

20 medjool dates
1/3 cup desiccated coconut
1 tbsp coconut oil
¼ cup raw cacao powder
1 tbsp cacao nibs
5 drops Spearmint essential oil

Method

Process until combined – they will be nice and sticky.

Gather roughly in your fingers and set as rough fudge bites.

February Product of the Month is Tangerine





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

**February Local Special AU & NZ - 10% off
10ml Rose Touch**

SAVE 10% IN FEBRUARY

dōTERRA ROSE

TOUCH 10ML

Rose Touch combines Fractionated Coconut Oil with Rose essential oil, one of the most precious essential oils in the world.

The labour-intensive and delicate process of harvesting and distilling rose petals produces a sweet floral aroma that can be applied to pulse points for an uplifting aroma and personal fragrance throughout the day.

It can be used to moisturise the skin, reduce the appearance of skin imperfections, and promote the appearance of an even skin tone and healthy complexion.

SKU | 60203009

WHOLESALE AUD \$110.00 | 83.00 PV
DISCOUNTED AUD \$99.00 | 74.70 PV

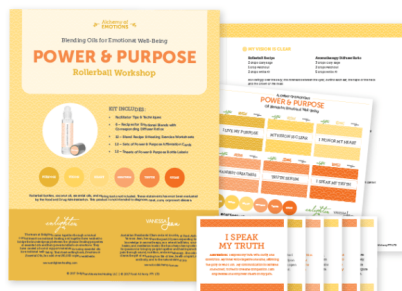
WHOLESALE NZD \$118.00 | 83.00 PV
DISCOUNTED NZD \$106.20 | 74.70 PV



dōTERRA
AUSTRALIA & NEW ZEALAND



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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[Oils](#)
[Events](#)

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