

Inspiration from Food Alchemy with Vanessa Jean

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## April 2019 Newsletter

Hello <<First Name>>

I am deep into writing my first book, and so thoroughly enjoying the collaboration with my soul brother - Adam Barralet - of Crystal Connections.

Finding time to bring a passionate project that brings so much joy to me to fruition can be tricky when you are also managing a household, overseas travel, teens (and all their pursuits), as well as our business.

But this book has been a yearning for a long time, its call whispering louder over time until I had to heed its call and put pen to paper with Adam.

If you would like to register your interest in the book please go to:



### Gifts of the Essential Oils

Essential oils have been gifted to you by the plants and trees who share this planet with us. The 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.

As part of the process, I have really enjoyed listening to the solfeggio musical scale to help my mind clear and bring forth the prose bubbling inside of me.

This scale has long been associated with meditation music - solfeggio frequencies are reputed to be the original frequencies used by the Gregorian Monks when they chanted in meditation.

Different frequencies pertain to different meditation offerings.

432 Hz is said to be the natural frequency of the universe, to have cosmic healing powers. I know it as the "Love Frequency".

The 528Hz is the "Miracle Frequency" and 963Hz is "God's Frequency".

You can read more about this scale [here](#).

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## Presidential Diamond Wellness Box - curated by me!

What a treat I had pulling together my most favourite doTERRA products just for you in this month's Presidential Diamond Wellness Box!

First, I chose a magic trio of oils, **Frankincense, Lavender and Wild Orange**, that has played a melody in my heart for over 20 years. I paired it with **Fractionated Coconut Oil (FCO)** so you can blend and anoint yourself with these oils everyday. I've also included a special practice and affirmation for you to combine with the oils that you are sure to enjoy.

Then I selected two of my most used skincare products. The **Verage Moisturiser** is infused with a blend of CPTG essential oils and natural ingredients. It nurtures and keeps my face feeling hydrated with a natural glow. You will love it! Pair that with the **Tropical Lip Balm** and you will be ready for a fresh-faced day.

My last selection is a gift for anyone that is passionate about low-tox living. **On Guard Cleaner Concentrate** combines natural plant cleansers with the power of our beloved On Guard Protective Blend for a powerful, cleaner that is safe for the whole family. I love it's free from preservatives as well and makes cleaning a joy - not a chore.

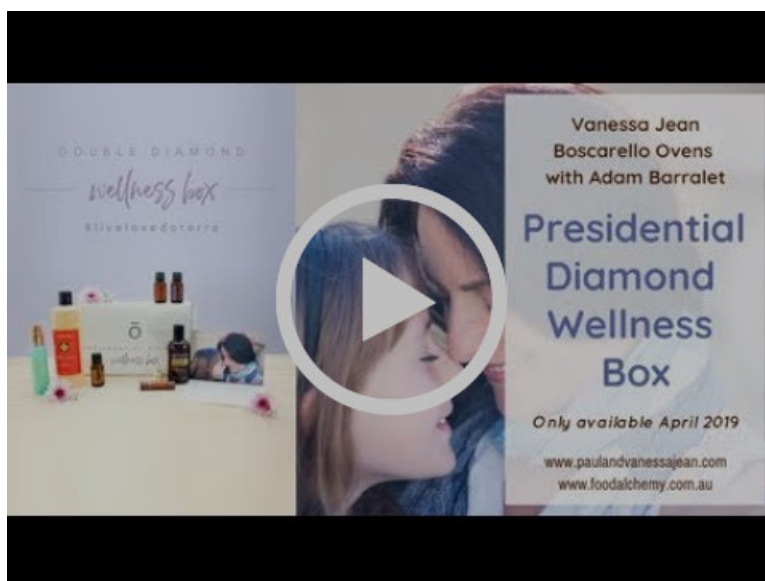


Photo by Cherie Birks • The Aroma Co

SKU: 60208668

PRICING: \$187.00AUD/\$200.00NZD

SAVINGS: \$26.00AUD/\$45.00NZD



Vanessa Jean - Presidential Diamond Wellness Box

Here's a juicy eBook for you on these products - with special thanks to Jonathan Mozingo for his graphic magic in putting this together.

# Vanessa Jean's Wellness Box eBook

**New blends,  
self-care rituals,  
oil-infused recipes  
and more!**



**<http://bit.ly/VanessaJean>**

## The April Promotions are breathtaking!

doTERRA has outdone themselves this month with their April promotions. Seriously, big, BIG promotions that are just so juicy and succulent, ahhh!

Let's start with 20% off Enrolment Kits. Yes, 20% OFF!!! doTERRA have NEVER done this for the Australia and New Zealand markets before, and the savings are incredible. If you have been thinking, "I would like to get those oils, someday...", well, that "someday" is NOW!

Let's look at the Home Essentials Kit, our starter kit and the one I started with. Normally \$330AU, this is now \$264AU. It includes the 15ml Frankincense, which retails for \$119.97 and the Petal Diffuser retails for \$77.31. That means you get the rest of the kit for \$66.72 - honestly, the savings are breathtaking! And it gets even better with the higher priced kits!



# ENROL NOW SAVE 20% MORE

DOTERRA AUSTRALIA

NATURE'S SOLUTIONS KIT



## HOME ESSENTIALS KIT



## OIL SHARING KIT



## DAILY USAGE KIT



## EMOTIONAL AROMATHERAPY KIT



OFFER VALID ON ALL ENROLMENT KITS, EXCLUDING FAMILY ESSENTIALS KIT

Australian Enrolment Kit Savings

# ENROL NOW SAVE 20% MORE

DOTERRA NEW ZEALAND

NATURE'S SOLUTIONS KIT



RRP: \$699

NOW: \$559.20

HOME ESSENTIALS KIT



RRP: \$365

NOW: \$292

OIL SHARING KIT



RRP: \$1500

NOW: \$1200

DAILY USAGE KIT



RRP: \$660

NOW: \$528

EMOTIONAL AROMATHERAPY KIT



RRP: \$310

NOW: \$248

OFFER VALID ON ALL ENROLMENT KITS, EXCLUDING FAMILY ESSENTIALS KIT

New Zealand Enrolment Kit Savings

## Share the Aroma Enrolment Promotion



If you love the doTERRA essential oils as much as I do, and find yourself talking about them to friends and family, now is your opportunity to share the love by enrolling AND receive a very precious oil - only available for Australia and New Zealand account holders - BUDDHA WOOD. Share more and be rewarded more - there's Roman Chamomile and Melissa available for free too!

## Terms and Conditions

For full Terms and Conditions - please go to [Share the Aroma Enrolment Promotion](#).


This promotion runs from 1 April – 31 May, 2019.

You must have at least 4 qualifying enrolments in order to qualify for this promotion and to receive Buddha Wood. Enrol 4 new Wellness Advocates or Wholesale Customers, each with 100PV enrolment orders, and receive Buddha Wood (native to Australia).

Enrol 8 new Wellness Advocates or Wholesale Customers, each with 100PV enrolment orders, and receive Roman Chamomile (valued at \$70.00 AUD \$71.00 NZD) and Buddha Wood.

Enrol 12 new Wellness Advocates or Wholesale Customers, each with 100PV enrolment orders, and receive Melissa (valued at \$233.00 AUD \$213.00 NZD), Roman Chamomile and Buddha Wood.

*Learn about these precious oils in the free eBook "Share the Gifts" - just click on the image.*

The image shows the cover of the 'Share the Gifts' eBook. It features a background of a sunlit forest path. Overlaid on the right side are three circular images, each containing a different essential oil bottle: Buddha Wood (top), Roman Chamomile (middle), and Melissa (bottom). The title 'Share the Gifts' is written in a cursive font, and the authors 'ADAM BARRALET & VANESSA JEAN' are listed at the bottom of the cover. A large black arrow points from the left towards the eBook cover.

**Share the Gifts eBook**  
**Learn more about Buddha Wood,  
Roman Chamomile & Melissa!**

**<http://bit.ly/ShareTheGifts>**

*In Joy and Love,*  
*Paul and Vanessa Jean*





Never miss out knowing what  
we're up to!

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Eventbrite Channel.](#)

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April also sees the release of the second Wellness Box for the Australian and New Zealand Market.



Within this Wellness Box you can find:

### **Lavender Peace**

Begin your night-time ritual with 2-3 drops in your diffuser to promote a calm, relaxed environment. Add 2-3 drops to your warm bath with Epsom salts to create a relaxing, renewing experience. Apply 2-3 drops to the back of the neck or the heart, then inhale the excess from your palms to quiet the mind and calm your emotions before a tranquil sleep.



**Peace Touch**

Leave all of your worries behind and recapture the composed, collected you and apply dōTERRA Peace® Touch by gently rubbing into your temples before bed. Apply to the bottom of the feet before bed, and keep near your bed for peace of mind throughout the night.

**Balance**

A good night's rest begins with a calm and care-free day. Apply Balance® to the bottom of your feet to promote feelings of calmness and tranquility throughout the day. Begin the calming process after dinner by adding 1-3 drops to your diffuser.

**Cedarwood**

Blend 1-3 drops with Balance®, or solo to create a relaxing environment after a difficult or action packed day. Begin your night-time routine by adding 1-2 drops to your toner or moisturiser to leave your skin silky smooth, while enjoying the relaxing and grounding aroma.

**Vetiver**

Due to its calming, grounding effect on the emotions, Vetiver is an ideal oil to use in massage therapy; dilute with Fractionated Coconut Oil and apply to your body in long, soothing strokes. Add 1-2 drops to a warm bath for deep relaxation.

**Fractionated Coconut Oil**

Use to dilute stronger oils and apply to the skin. Combine 1-3 drops each of your favourite calming aromatic oils to an empty roller bottle, and top up with Fractionated Coconut Oil to create your own, personalised Bedtime Bliss blend.

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*Like to take a deeper dive into Sleep, Regeneration & Meditation and live in Perth?*

*Come along to our event on 10/4/19 - details below.  
We hope you can make it!*

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**Deep Sleep, Regeneration and Meditation 10/4/19  
(Perth)**



Join Paul and Vanessa Jean Ovens to learn how essential oils can promote deep sleep, regeneration and be used for meditation. The night will include a guided meditation with Vanessa Jean, supported with doTERRA essential oils.

**Date:** Wednesday 10 April 2019

**Time:** 7.00pm – 8.30pm

**Address**

East Fremantle Lacrosse 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 Link](#)

[Facebook](#)



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

Next Grow event in Perth, Sunshine Coast and Gold Coast is  
**7 April 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**.



## Fig and Seed Power Balls



www.foodalchemy.com.au

### FIG and seed POWER BALLS

- 1 cup pepitas
- 1/2 cup sunflower seeds
- 1/4 cup raw cacao powder
- 1 tbsp chia seeds
- 1 1/2 tbsp coconut oil, softened
- 10 dried Turkish figs
- 1 tsp vanilla bean powder or
- 1/2 tsp vanilla extract

Desiccated coconut for rolling balls into

- 16 drops Wild Orange essential oil
- 4 drops Tangerine essential oil
- 2 drops Cardamom essential oil

Add essential oils to coconut oil. Add with all other ingredients (except desiccated coconut) to a Thermomix or food processor and combine to desired texture.

Roll into balls then roll into the desiccated coconut.

Keep in a sealed container in the fridge.

## Lentil Delight



When you need a quick, yummy meal, this will do the trick!

### **Ingredients**

1 cup brown lentils or one tin

3 - 6 cloves garlic (depending on your taste; can be raw or roasted)

1 red onion, diced

1 fresh tomato, diced

Fresh parsley and basil (add raw at the last moment)

Dried oregano

Capers

Black olives (kalamatta are lovely here), pitted and halved

### **Method**

Sauté the onion and garlic for 5 minutes or so with dried oregano.

Add the tomato and allow to sauté for another ten minutes.

Add the remaining ingredients (except fresh herbs) and sauté for another 5 - 10 minutes.

You can serve over al dente pasta of your choice, on sour dough for a meal or snack (delicious for breakfast too) or pour over sour dough bread and serve as bruschetta.

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## **April Product of the Month is DigestZen**



**PRODUCT OF THE MONTH**  
DIGESTZEN® BLEND 5ML

**FREE\***  
WITH A 125PV  
LRP ORDER  
VALUED AT (WHOLESALE)  
\$17.20 AUD | \$19.60 NZD



**doTERRA**  
AUSTRALIA & NEW ZEALAND

**1-15 APRIL 2019**  
\*Terms and conditions apply.

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

**April Local Special AU & NZ - 10% off  
PastTense**

## SAVE 10% IN APRIL

### PASTTENSE® 10ML ROLL ON

#### RELAXATION BLEND 10ML

PastTense is a distinctive blend of essential oils known for its grounding and balancing qualities on emotions and soothing effects on both the mind and body. PastTense comes in a convenient 10 mL roll-on for easy application when at work, school, or home. Simply apply to the neck, shoulders, or behind the ears to enable a calm contented feeling and breathe in the cooling, distinctive aroma of PastTense.



SKU | 60201385

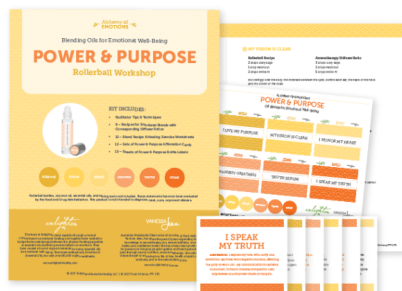
WHOLESALE AUD \$23.50 | 21.50PV  
DISCOUNTED AUD \$21.15 | 19.35PV

WHOLESALE NZD \$29.00 | 21.50PV  
DISCOUNTED NZD \$26.10 | 19.35PV

**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.

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

## Connect

