

Inspiration from Food Alchemy with Vanessa Jean

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May 2019 Newsletter

Hello <<First Name>>

Well, if I thought April flew by in a rush, I think May will follow the same way! It's jam-packed with lots of deliciousness including new events, Mother's Day, and the Australia/New Zealand doTERRA Convention. For those living in Glastonbury - I'll be over your way in June, so stay tuned as I finalise these events.

It's a beautiful time of the year to turn inward if you live in the Southern Hemisphere with the coming of winter and the turning of the seasons. It's a month of honouring women being the month of Mother's Day.



Rose and Myrrh are beautiful companions on this journey.

I've included a luscious basil pesto and warming soup to nourish your sacred temple. Check out my website for [cacao treats](#) to make for Mother's Day.

In Joy and Love,

Paul and Vanessa Jean



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

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



Chakra Angel Psychic Fair 4 & 5 May 2019

I'm excited to be an exhibitor at the Chakra Angel Psychic Fair. I will be offering guidance from the Akashic Records and the plant kingdom. I will create personalised, intuitive blends using essential oils and sacred sound as part of each reading with me.

[Facebook](#)

Gifts of the Essential Oils - with Adam Barralet and Vanessa Jean 9/5/19

Time: 7.00pm – 9.00pm

Address: East Fremantle – address supplied on booking.

Investment: Free, booking with Eventbrite is essential to secure your place.

[Eventbrite](#) Bookings close 6pm 9/5/19 unless booked out prior.



Perth Festival of Healing - 26/5/19

10am - 5pm

[Facebook](#)

Gifts of the Essential Oils - with Adam Barralet and Vanessa Jean 30/5/19

Time: 7.00pm – 9.00pm

Address: Darlington Perth – address supplied on booking.



Investment: Free, booking with Eventbrite is essential to secure your place.

[Eventbrite](#) Bookings close 6pm 30/5/19 unless booked out prior.



Project Love Festival (Perth) 25/8/19
[Facebook](#)

SAVE THE DATES

2 June 2019: Recode Your Money Mindset (Perth)
 5 June 2019: The Spirit and Emotional Elements of the Convention Kit (Perth)
 27 June 2019: 11am - 1pm Chalice Well (Glastonbury)
 29-30 June 2019: Glastonbury Retreat

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:

[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



[Recipe Book](#)

20% Off Selected Enrolment Kits Continues in May

ENROL NOW SAVE 20% MORE		ENROL NOW SAVE 20% MORE	
DOTERRA NEW ZEALAND NATURE'S SOLUTIONS KIT		DOTERRA AUSTRALIA NATURE'S SOLUTIONS KIT	
 <p>SAVE \$139.80!</p> <p>RRP: \$699 NOW: \$559.20</p>	 <p>SAVE \$127!</p> <p>RRP: \$635 NOW: \$508</p>	 <p>SAVE \$73!</p> <p>RRP: \$365 NOW: \$292</p>	 <p>SAVE \$66!</p> <p>RRP: \$330 NOW: \$264</p>
 <p>SAVE \$300!</p> <p>RRP: \$1500 NOW: \$1200</p>	 <p>SAVE \$278!</p> <p>RRP: \$1390 NOW: \$1112</p>	 <p>SAVE \$132!</p> <p>RRP: \$660 NOW: \$528</p>	 <p>SAVE \$119.90!</p> <p>RRP: \$599.90 NOW: \$479.60</p>
 <p>SAVE \$62!</p> <p>RRP: \$310 NOW: \$248</p>	 <p>SAVE \$62!</p> <p>RRP: \$310 NOW: \$248</p>	OFFER VALID ON ALL ENROLMENT KITS, EXCLUDING FAMILY ESSENTIALS KIT	

Seasonal Essentials Wellness Box



SKU: 60208653

PRICING: \$185.00AUD

SAVINGS: \$29.25AUD

PV: 129PV

Within this Wellness Box you can find:

Easy Air® Clear Blend

Exactly what you need when environmental threats are high! Place a drop on your palms and inhale deeply. Feel clear and calm when breathing. Ideal to be applied before a restful night's sleep.

Easy Air® Touch Clear Blend

Feel clear, calm and ready to take on the world! Apply Easy Air Touch to your chest and feet during the Winter months. Diluted in Fractionated Coconut Oil, Easy Air Touch can be used by every member of your family!

doTERRA Easy Air® Clear Drops

Refresh the senses with a power blend of Lemon, Peppermint, Cardamom, Eucalyptus, Thyme and Melissa essential oils. The delicious tasting Easy Air Clear drops can now be delivered to your mouth and throat.

On Guard® Touch Protective Blend

Get equipped for Seasonal threats! On Guard Touch is ideal to be applied to your chest, bottoms of your feet or palms of your hands. We love how cleansing it is to the skin!

On Guard® Sanitising Mist

On Guard Sanitising Mist is a refreshing, anti-bacterial skin spray, that cleanses hands by killing bacteria on the skin through a fine, quick drying mist. It is ideal to have on hand when you are 'out and about' or at work, giving you a little piece of mind.

Peppermint

Sometimes an afternoon pick-me-up is all you need. Add one drop to your palm and inhale. Peppermint is invigorating to the senses, promotes an uplifting feeling and is perfect when the weather is gloomy!

Eucalyptus

Breathe a sigh of relief with the diffusion of Eucalyptus essential oil. Inhale deeply for a feeling of invigoration and vitality, ideal when the weather is bleak outside.

TeaTree

Combine a few drops of Tea Tree essential oil to a spray bottle with water and use on surfaces as a 'tox-free' cleansing agent. Diffusing Tea Tree will help freshen the scent of the air, ideal when it is too cold to let the fresh air in!

Lavender

As part of your night time routine, add a couple of drops of Lavender to your pillow or bedding to relax and prepare for a restful night's sleep. It is great to have some self-care, a warm and cosy routine before snuggling up and drifting off.



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

Next Grow event in Perth, Sunshine Coast and Gold Coast is
5 May 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**.

Basil Pesto

Basil Pesto

2 cups basil leaves
2 garlic cloves
1/3 cup pine nuts
150ml extra virgin olive oil
3 tbsp Parmesan cheese

In a food processor, begin with garlic, cheese and pine nuts. Process to a chunky consistency adding basil leaves and ½ the olive oil, slowly process adding oil as you need. Do this until you reach your desired texture.

www.foodalchemy.com.au

Essential oils you could use:
Basil, Black Pepper, Green Mandarin, Juniper Berry, Lemon, Lime, Pink Pepper.

Add to extra virgin olive oil, before combining with other ingredients.



Lemon Myrtle, Pumpkin & Zucchini Soup



Ingredients

900g Jap pumpkin (510g without skin), diced into 5cm cubes
2 medium green zucchinis (325g), diced into 5cm cubes
1 leak, thinly sliced
1 brown onion, thinly sliced
40g fat: either extra virgin olive oil, coconut oil, butter, or ghee
Celtic sea salt or Herbamare
10 drops Lemon Myrtle essential oil

(If you don't have Lemon Myrtle, substitute with either 1-2 drops of On Guard Blend or 1-2 drops Cumin essential oil)
Stock or water (to just cover the ingredients)
1 tin coconut cream

Method

Use a 2L pot with a heavy base.

Add leak and onion to the pot and sauté in chosen fat, until golden.

Add zucchini and pumpkin to the pot and sauté for 5 minutes.

Cover well with stock or water and bring to the boil, then simmer. Add salt or Herbamare to taste and 10 drops Lemon Myrtle essential oil.

After 20 minutes of cooking, add the tin of coconut cream. Stir well and cook for another 20 minutes.

Turn off the heat to cool and whiz to smooth with hand mixer or Thermomix.

Note: This entire dish can be cooked in the Thermomix.

May Product of the Month is AromaTouch (5ml)

HOW TO USE *AromaTouch* EVERY DAY

Relax and revive

- Enjoy a luxurious bath with the AromaTouch essential oil blend. Simply fill up your bathtub with water of your desired temperature and then add a couple drops of the AromaTouch essential oil blend and Epsom salts to the water, and then relax.

Soothe the body

- After a long day, a massage with AromaTouch may be just what the family needs. The oils in AromaTouch are known for their comforting and relaxing properties, so consider using AromaTouch when the senses need calming.

Calm the mind

- If you've ever been to a spa, you know that a spa's environment is one of peace and relaxation. If you're looking for a quick way to bring that tranquil spa environment into your home, add AromaTouch oil to your diffuser, and diffuse.



Bonus Recipes

CALM DOWN ROLLERBALL
10 AROMATOUGH
10 BALANCE
Add to a 10ml roller bottle and top with FCO.

HAPPY AND RESTED LEGS SPRITZER
20 AROMATOUGH
5 FRANKINCENSE
5 LEMONGRASS
Add to a 30ml spritzer bottle and top with FCO.

RECEIVE 5ML AROMATOUGH FOR FREE
WHEN YOU PLACE YOUR 125PV LRP ORDER BY 15 MAY 2019

dōTERRA
AUSTRALIA & NEW ZEALAND

Vanessa Jean's
Cleanse & Clear
Birch
Massage Blend
Siberian Fir

Diffuse to clear negative emotional energies
and any story you may attach to them.

www.foodalchemy.com.au

May Local Special AU & NZ - 10% off Motivate Touch

WHEN TO USE *Motivate Touch*

Have you sat down to get done and your creative flow is missing?

Try Applying Motivate Touch to help you unleash your creative powers.

Can't get moving in the morning?

Try applying Motivate Touch to the bottoms of your feet to jump start your day.

Are you getting angry and frustrated because things aren't going your way?

Then stop, reset and restart and of course roll on some Motivate Touch.

Teeth chattering before a speech or visit to the dentist?

Apply Motivate Touch to the back of the neck to promote feelings of confidence.

What makes Motivate Touch Special?

Ready to go for a run, go to the gym or compete in a sporting event?

Don't forget to apply your Motivate Touch before you start.

Finding it hard to concentrate at work or school?

Rub Motivate Touch in to your temples as part of your daily routine to help set your focus for the day.

Motivate Touch is a proprietary blend of mints and citruses in Fractionated Coconut Oil.

Most notable are the inclusions of Melissa Leaf oil, one of doTERRA's most sought after single essential oils.

Woken up on the wrong side of the bed?

Apply Motivate Touch for a positive and uplifting aroma.

Don't want to put out that washing or do that boring chore?

Try Motivate Touch to help get your moving. Don't forget to roll it on!

Motivate Touch also contains Yuzu Peel oil. Yuzu, a Japanese citrus, imparts a distinct aroma that sets Motivate Touch apart from all the other citruses in doTERRA's range.

Need a quick solution for a natural and uplifting perfume or cologne?

Grab out your Motivate Touch for a clean, fresh and minty aroma.

Have you lost belief in yourself and everything you are capable of?

It's time to pick yourself up, apply your Motivate Touch and remember the greatness that is within you.



SAVE 10% OFF MOTIVATE TOUCH
WHEN YOU ORDER BY 31 MAY 2019

doTERRA
AUSTRALIA & NEW ZEALAND

FREE eBooks & Resources for You!

We are building a bank of resources for you which you can find [here](#).

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

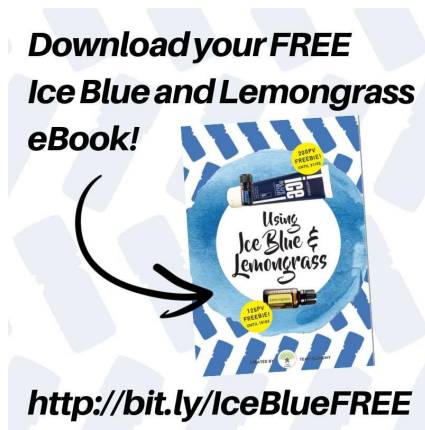


<http://bit.ly/ShareTheGifts>

Vanessa Jean's Wellness Box eBook



<http://bit.ly/VanessaJean>



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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