

Hi <<First Name>>

I hope this newsletter finds you well as we slide towards the end of 2020.

With less than 6 weeks until Christmas (really!!), it's time to think gift giving and doTERRA have produced a selection of sure-to-please gifts that you can check out in their catalogue.

I suggest you don't delay! This catalogue starts today and items are sure to sell out fast based on previous gift giving catalogues.

**BROWSE THE GIFT GIVING GUIDE NOW!** 🎁

Click here to view 🖱️ <https://bit.ly/2TAjgGL>



## Spotlight on Tangerine

This month's Product of the Month in the AU & NZ markets is Tangerine - a favourite of mine!

I use this essential oil a lot in food, so I've included a few recipes you might like to try.

Similar to the uplifting and joyous nature of Wild Orange, Tangerine invites us to explore, to try new adventures and open to the element of discovery. It's the perfect essential oil for what has been a long and difficult year for many. Tangerine awakens our curious spirit, asking that we bravely and boldly follow our soul's calling.

*What does Tangerine whisper to you?*



Vanessa Jean's  
**Dream Big Blend**  
Lime  
Roman Chamomile  
Hawaiian Sandalwood  
Tangerine

Diffuse, or aromatically dress with maximum 5 drops to 10ml carrier oil or add to a roller bottle and use as your purefume.

*"I dare to dream big!"*

[www.foodalchemy.com.au](http://www.foodalchemy.com.au)



Vanessa Jean's  
**The Ultimate Pick Me Up!**  
Bergamot  
Grapefruit  
Siberian Fir  
Spearmint  
Tangerine

Diffuse for levity and buoyancy. This blend helps to dissolve heavy moods and clear the home or space to enhance emotional harmony, peace and joy.

[www.foodalchemistry.com.au](http://www.foodalchemistry.com.au)



**RISE  
OF THE  
PHOENIX**

**SACRED  
CIRCLE**

**WITH VANESSA JEAN  
AND ADAM BARRALET**

**2021 Monthly Online Course  
+ 2021 Calendar**

For the seeker, the journey maker and the curious soul with a yearning to welcome sacred practices into daily life, Adam Barralet (who co-authored Gifts of the Essential Oils with me) and I have created a year long journey for you! Click on the link to find out more... this is for those ready to say yes to life and to understand more deeply what is happening in the stars and among the planets. We will share the energy of each lunar cycle with a focus on the full moon and retrogrades. We will share blends, crystal magic and how to



understand more deeply what might take others into chaos, and gift you wisdom.

Purchase Ticket

*In Joy & Love, Vanessa Jean*



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

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

**Raw Chocolate & Avocado Tangerine Mousse**

- 1 avocado
- 1/4 cup cacao powder
- 1 Tbsp coconut oil, softened
- 1 tsp vanilla paste
- 6 - 8 soaked medjool dates (to taste, the dates increase sweetness)
- 3 soaked Turkish figs
- 1/2 cup soaked water (from the dates or figs)  
(set aside water – use extra if needed to smooth out the mousse)
- 3 - 4 drops Tangerine essential oil

Optional: add maple syrup or honey for sweetness if required

Blitz in a Thermomix or food processor until creamy.

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## Star Anise and Tangerine Raw Chocolate

### Ingredients and Method

65g cacao butter

65g coconut oil

Mix in a Thermomix, 50C, speed 2 for 4.5 minutes.

### Add

1 cup raw cacao powder

6 drops Star Anise essential oil

18 drops Tangerine essential oil

70ml coconut syrup (nectar)

(Add oils to coconut syrup and add to Thermomix) with cacao powder

½ tsp vanilla bean powder

¼ tsp fragrant sweet spices mix with rose petals (has coriander, cassia, cinnamon, nutmeg, allspice, ginger, poppy seeds, cloves, cardamom and rose petals)

¼ tsp pure vanilla extract

2 cracks Himalayan salt

Blend speed 2 for 1.5 minutes.

Pour onto a lined baking tray and refrigerate or freeze.

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This is a small sample of ways to use the oils. Visit my [website](#) for more inspiration!

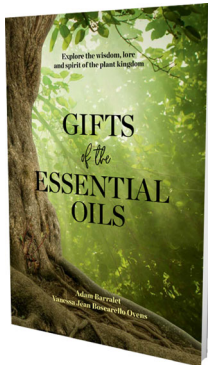
If you are new to essential oils and would like to find out more, please go to my [oils page](#). I explain why I love these oils so much, and show you ways to use them, including delectable food recipes and blends. I also explain how easy it is to open your wholesale account, saving you 25%. I would love to help you on your essential oil journey.

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**\* It is very important you only use pure essential oils**, and I use and recommend **dōTERRA essential oils**.

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## Gifts of the Essential Oils - available around the world!



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.

[Purchase Book](#)

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## November Promotions

Learn more about this month's promotions here:

[AU NZ Promotions](#)

[US Promotions](#)

## About Vanessa Jean



Vanessa Jean, founder of Food Alchemy, author, 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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