

Inspiration from Food Alchemy with Vanessa Jean

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Hi &lt;&lt;First Name&gt;&gt;

What a magical time with family in Hawai'i. We are so blessed to co-create with those we love. We are so blessed to traverse the mystical pathways of the Soulpreneur with our soulful dōTERRA family and our teens. We learn. We are inspired. We expand. We immerse.

Mumma Gaia has cocooned us in her magic. Turtles, dolphins, whales, lava, black sand beaches, lush verdant green tropics, trees that sing and share their stories, oceans that transform us. And snow, yes snow. Right up there upon the mountain top of Mauna Kea, where 90% of all stars visible upon the earth can be seen from its summit. Heavenly, cosmic blessings (and super chilly too ❄️). Our niece Sydelle saw snow for the first time upon this mount, she and Arielle danced in the snow, climbed trees, body surfed the waves, played among waterfalls, tread upon the imprints left upon the earth made by Pelé herself.

It's been a glory. I am so grateful we got to bring our gals. So grateful we live our passions and travel the world teaching the divinity of plants and the medicine they bring. Soulful and miraculous moments, kissed by joy drops and moon beams. It's a glory!

It's all here. Upon the earth, beneath the earth and up in the star systems so clear and bright.

Deepest gratitude Hawai'i for the blessing that is you. Great Mother I bow to you, I am ever your servant and daughter.





Allowing myself to immerse in the beauty of this land, this blend was birthed. It smells SO good!



*In Joy & Love, Vanessa Jean*

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Cheer, the Encouraging Blend, is 10% off this month. I love using this blend to get moving and creating, combined with Rosemary for focus and Motivate the Uplifting Blend. Yum!



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## What's New?

We are so excited for our upcoming tours!

We have a couple of choices for you to dip into. The first option is a series of Essential Oil Masterclasses with myself and Adam Barralet, together we created the new book "***Gifts of the Essential Oils***". Here we will take a deep dive into the spiritual and emotional realms, which as we know, impact heavily on our mental and physical self. As we navigate the metaphysical and magical, and listen to the stories of olde that relate to the plant kingdom, you will gain further clarity and create a deeper relationship with the aromatic kingdom. We will explore new and meaningful rituals to dance with these essential oils in your daily life.

The second option is an in-depth back-to-basics (and beyond!) business training with myself and husband Paul Ovens. We are collaborating with the top leaders in Australia for these events.

Tara Bliss will be joining us in Perth and Queensland as well as many other phenomenal souls for these trainings around Australia, such as Kim Reid, Adheesh Piel, Adam Barralet, Jonathan Mazingo, Rachel and Clint Proud, Sarah Massey and Em Falconbridge.

These business trainings, open to everyone, are designed to reconnect you with your deeper mission and purpose following the way of the Soultrepreneur engaging in meaningful and impactful activity to change your life and transform your doTERRA business. Included in the ticket is a comprehensive business manual which has been revised and updated with what is working and shifting the needle in these times.

The third option is an invitation to journey deeply within yourself to rediscover the truth of who you are and the magick that lies within. We will immerse in the sacred energies of Avebury and its mystical henge. The standing stones, huge monoliths, have stood as sentinels, gatekeepers, and way-showers into portals beyond time and space. On this retreat, you will walk the sacred pathways among the Avebury standing stones, attuning your frequency and vibration to more clearly hear the voice of your intuition and the guardians of the land. This retreat is designed for women to deepen their connection with their inner power, standing strong in their sovereignty. (Tickets to be released very soon)

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24 February: [Gifts of the Essential Oils Masterclass \(Melbourne\)](#)  
 25 February: [Gifts of the Essential Oils Masterclass \(Caloundra West, QLD\)](#)  
 26 February: [Gifts of the Essential Oils Masterclass \(Mermaid Waters, QLD\)](#)  
 2 March: [Gifts of the Essential Oils Masterclass \(Chemside, Brisbane\)](#)  
 14 March: [Business Training \(Perth\)](#)  
 18 March: [Enhance Wellbeing Simply \(Perth\)](#)  
 28 March: [Sunshine Coast Business Training \(Caloundra\)](#)  
 29 March: [Gold Coast Business Training \(Helensvale\)](#)  
 4 April: [Business Training \(Shellharbour\)](#)  
 5 April: [Business Training \(Sydney\)](#)  
 15 - 17 May: [Empowered Women's Retreat \(Avebury, UK\)](#) - details to come

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I'll be at the Melbourne [Pregnancy Babies and Children's Expo](#) on 22 and 23 February 2020. Come along



and say hi!

Doors open 10 am – 5 pm, and the expo is located at The Melbourne Exhibition Centre, South Wharf.

## Bell Pepper Hummus Boats



This is delicious and can be used to fill other veggies as 'boats' or even dates or figs. I do not use chickpeas for this, I love using almonds for my raw hummus, the Brazil nut is lovely in this recipe also.

### Ingredients

2 cups almonds, soaked  
1 tbsp tahini  
¼ cup sesame seeds, soaked  
¼ cup hemp seeds  
Juice and zest of 1 lemon  
Touch of cayenne, to taste  
Celtic sea salt, to taste  
1 clove garlic  
1 tbsp olive oil  
1 tsp hemp oil  
Optional: consider a drop or two of essential oils such as the citrus essential oils, and Pink or Black Pepper essential oils, or a toothpick of one of the herb essential oils.

Bell peppers or other to create a vessel to fill with hummus

### Method

Combine (except bell peppers) until smooth, checking for taste. Fill your chosen vegetable/s, dates or figs and enjoy!



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

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

## Events

### MELBOURNE Gifts of the Essential Oils Masterclass (24/2/20)

**GIFTS of the  
ESSENTIAL OILS  
Masterclass**

**TIX  
\$50**  
Book included!  
\$22 class only

**LOCATION:** Mulgrave, VIC  
**DATE:** Monday, 24/02/2020  
**TIME:** 7:00pm - 9:00pm

Vanessa Jean Adam Barralet

**A fun and fascinating dive into understanding the emotional, spiritual and magical aspects of essential oils.**

Join essential oil leaders Adam Barralet and Vanessa Jean for a deep dive into the magic of essential oils. The two of them will take you on a journey through understanding each oil in your collection based on the plant that gifted it to you and unveil new ways of approaching your own emotional healing and spiritual growth with your oils. The lesson will be based on their new book *The Gifts of Essential Oils* and a copy can be included in your ticket purchase (unless you purchase a class only ticket).

**Date:** Monday 24 February 2020

**Time:** 7pm – 9pm

**Location:** doTERRA Australia, 271 Wellington Road, Mulgrave, VIC 3170

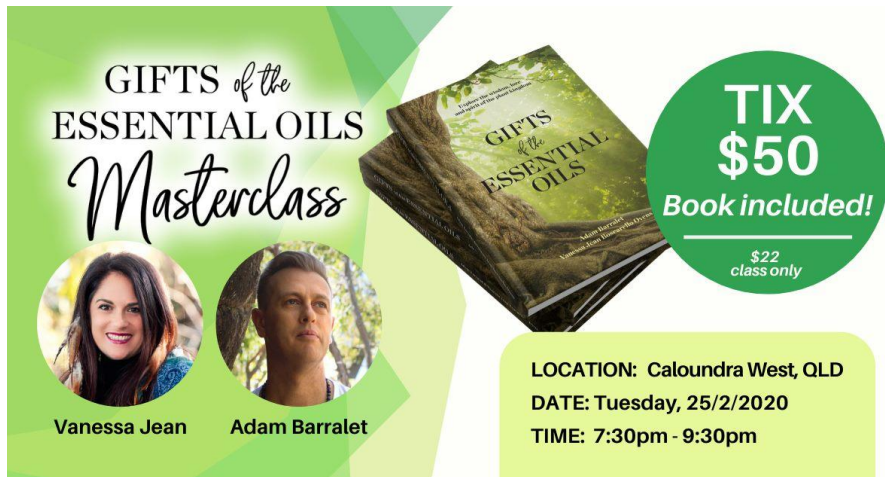
**Investment**

\$22 – class only

\$50 – book and class

[Eventbrite](#)

### CALOUNDRA QLD Gifts of the Essential Oils Masterclass (25/2/20)



**LOCATION:** Caloundra West, QLD  
**DATE:** Tuesday, 25/2/2020  
**TIME:** 7:30pm - 9:30pm

**Date:** Tuesday 25 February 2020

**Time:** 7.30pm – 9.30pm

**Location:** Bellvista Meeting Place, 18 Lomond Crescent, Caloundra West, QLD 4551

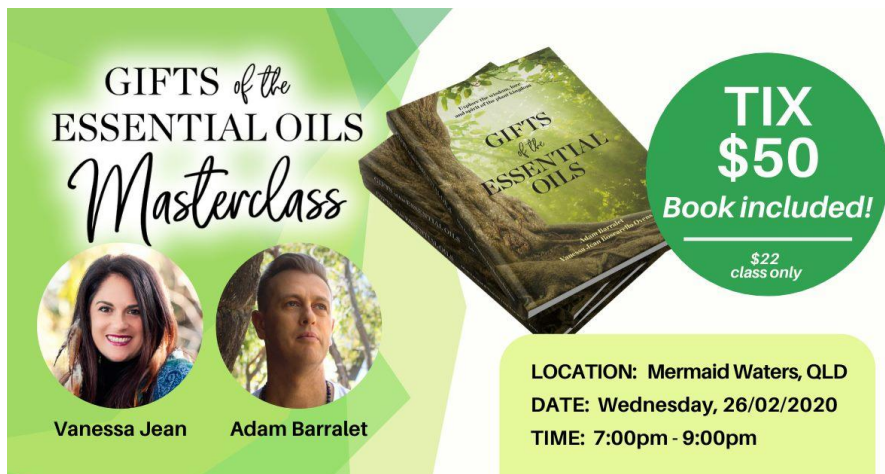
**Investment**

\$22 – class only

\$50 – book and class

[Eventbrite](#)

## BROADBEACH WATERS QLD: Gifts of the Essential Oils Masterclass (26/2/20)



**LOCATION:** Mermaid Waters, QLD  
**DATE:** Wednesday, 26/02/2020  
**TIME:** 7:00pm - 9:00pm

**Date:** Wednesday 26 February 2020

**Time:** 7pm – 9pm

**Location:** Albert Waterways Community Centre, Sunshine Boulevard, Broadbeach Waters, QLD 4218

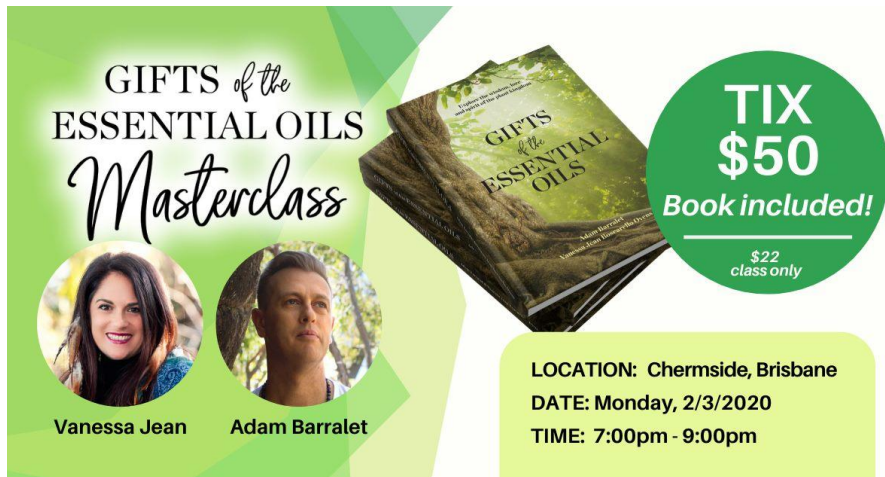
**Investment**

\$22 – class only

\$50 – book and class

[Eventbrite](#)

## CHERMSIDE BRISBANE: Gifts of the Essential Oils Masterclass (2/3/20)



**GIFTS of the ESSENTIAL OILS Masterclass**

**Vanessa Jean** **Adam Barralet**

**TIX \$50**  
Book included!  
\$22 class only

**LOCATION:** Chermside, Brisbane  
**DATE:** Monday, 2/3/2020  
**TIME:** 7:00pm - 9:00pm

**Date:** Monday 2 March 2020

**Time:** 7pm – 9pm

**Location:** Kedron-Wavell Services Club, 21 Kittyhawk Drive, McNamara Room, Chermside, QLD 4032

**Investment**

\$22 – class only

\$50 – book and class

[Eventbrite](#)

## PERTH doTERRA Business Training 2.0 (14/3/20)



**dōTERRA Business Training 2.0**

Reboot your business with what's working in 2020

*Reconnecting with the heartbeat of your biz - the way of the Soultrepreneur.*

14/3/20 | Perth

***Reboot your business with what's working in 2020 - Reconnecting with the heartbeat of your biz - the way of the Soultrepreneur***

**When:** Saturday 14<sup>th</sup> March 2020

**Time:** 9am – 5.30pm, registrations from 8.30am

**Where:** The Rise, 28 Eighth Avenue, Maylands WA 6051

**Investment:**

**Single:** \$79 per person

**Leaders/Group Discount Bundle:** \$59 per person (minimum of 5 tickets)

Bookings are essential through Eventbrite to secure your place. Places are limited.

**Eventbrite:** [Book HERE](#)

## Enhance Wellbeing Simply 18/3/20 (Perth)



Plant medicine, simple food preparation techniques and eating seasonally, centering in gratitude and aromatically dressing for the season; these are simple yet powerful ways you can enhance your wellbeing.

Vanessa Jean, author and holistic therapist, in this fun gathering, will provide you with practical and easy to implement ways that you can put in place techniques and practices that will enhance your wellbeing and those of the people you love.

**Date:** Wednesday 18 March 2020

**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:** [Book HERE](#)

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## SUNSHINE COAST doTERRA Business Training 2.0 (28/3/20)



***Reboot your business with what's working in 2020 - Reconnecting with the heartbeat of your biz - the way of the Soultrepreneur***

**When:** Saturday 28<sup>th</sup> March 2020

**Time:** 10am – 6pm, registrations from 9.30am

**Where:** Caloundra RSL, Function Centre (The Sapphire Room), 19 West Terrace, Caloundra QLD 4551

**Investment**

**Single:** \$79 per person

**Leaders/Group Discount Bundle:** \$59 per person (minimum of 5 tickets)

Bookings are essential through Eventbrite to secure your place. Places are limited.

**Ticket sales close 6pm Friday 20<sup>th</sup> March 2020 to allow for manual printing.**

**Eventbrite:** [Book HERE](#)

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## **GOLD COAST doTERRA Business Training 2.0 (29/3/20)**



***Reboot your business with what's working in 2020 - Reconnecting with the heartbeat of your biz - the way of the Soultrepreneur***

**When:** Sunday 29<sup>th</sup> March 2020

**Time:** 10am – 6pm, registration from 9.30am

**Where:** Helensvale Culture Centre Auditorium, 62 Sir John Overall Drive, Helensvale QLD 4212

**Investment**

**Single:** \$79 per person

**Leaders/Group Discount Bundle:** \$59 per person (minimum of 5 tickets)

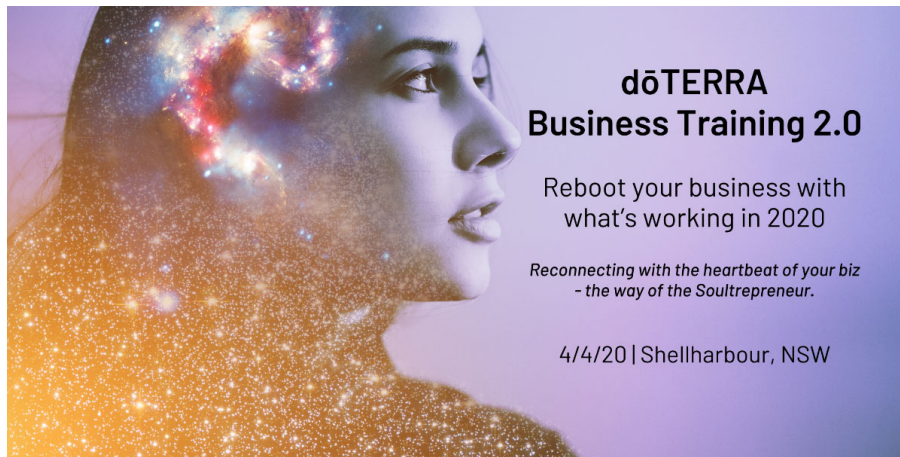
Bookings are essential through Eventbrite to secure your place. Places are limited.

**Ticket sales close 6pm Friday 20<sup>th</sup> March 2020 to allow for manual printing.**

**Eventbrite:** Book [HERE](#).

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## **SHELLHARBOUR doTERRA Business Training 2.0 (4/4/20)**



***Reboot your business with what's working in 2020 - Reconnecting with the heartbeat of your biz - the way of the Soultrepreneur***

**When:** Saturday 4th April 2020

**Time:** 10am – 6pm, registrations from 9.30am

**Where:** The Shellharbour Workers Club, The Macquarie Room, Wattle Road, Shellharbour NSW 2529

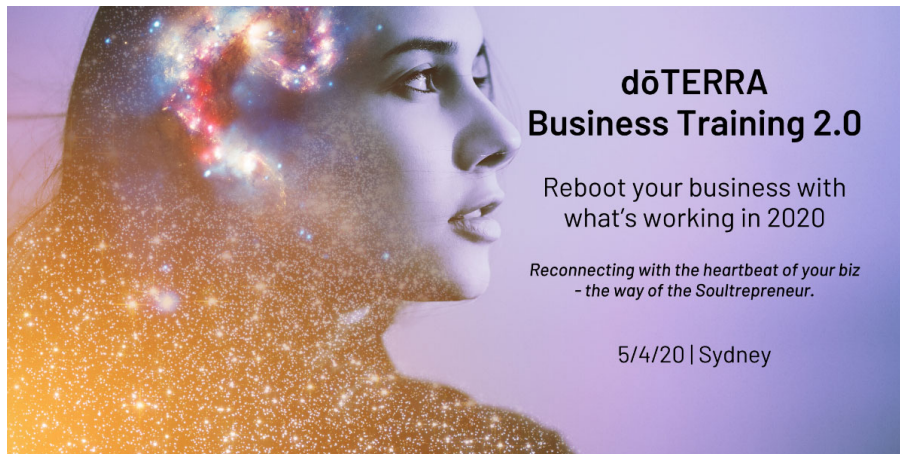
**Investment:**

**Single:** \$79 per person

**Leaders/Group Discount Bundle:** \$59 per person (minimum of 5 tickets)

**Eventbrite:** [Book HERE](#)

## **SYDNEY dōTERRA Business Training 2.0 (5/4/20)**



**When:** Sunday 5<sup>th</sup> April 2020

**Time:** 10am – 6pm, registrations from 9.30am

**Where:** Canada Bay Club, 4 William Street, Five Dock NSW 2046

**Investment:**

**Single:** \$79 per person

**Leaders/Group Discount Bundle:** \$59 per person (minimum of 5 tickets)

**Eventbrite:** [Book HERE](#)

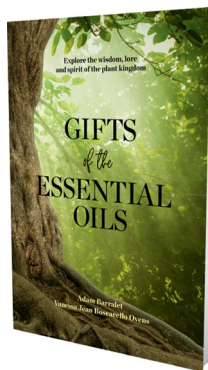
This is a small sample of ways to use the oils. Visit my [website](#) for more inspiration!

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.**

## Gifts of the Essential Oils book now available!



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.

**Cost \$45 plus postage**



**Get your copy now!**

**Bulk purchases (10+), Enquire Here**



*I'm  
excited...*

New recipe  
book with  
Sophie Budd is  
coming soon!

Register your interest  
for the pre-launch:

[bit.ly/FoodOils](https://bit.ly/FoodOils)



Register for pre-launch of Recipe Book

## February AU and NZ Specials



February PROMOTIONS

**ENROLMENT PROMOTION**

**UP TO 20% OFF  
ENROLMENT KITS  
(EXTENDED)**

TERMS AND CONDITIONS APPLY.



**SAVE 10%**

**dōTERRA CHEER®  
UPLIFTING 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 FEBRUARY 2020.



**FREE PRODUCT OF THE MONTH**

**dōTERRA TOUCH® FORGIVE  
RENEWING BLEND 10ML**

WELLNESS ADVOCATES AND WHOLESALE CUSTOMERS RECEIVE THIS FREE PRODUCT OF THE MONTH BY PLACING A SINGLE LRP ORDER OF 125PV OR MORE THROUGH THE AUSTRALIAN OR NEW ZEALAND WAREHOUSES BETWEEN 1-15 FEBRUARY 2020, MOUNTAIN TIME.



Reset and refocus your dōTERRA goals this month with dōTERRA's February promotions:

- ♥ Enrolment Promotion - Up to 20% off Enrolment Kits EXTENDED
- ♥ Get 10% off dōTERRA Cheer Uplifting Blend 5ml in February
- ♥ dōTERRA Forgive Touch 10ml is our Product of the Month

Full terms & conditions visit:

[https://www.doterra.com/AU/en\\_AU/promotions](https://www.doterra.com/AU/en_AU/promotions)

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## 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.

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