

Inspiration from Food Alchemy with Vanessa Jean

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Hi <<First Name>>

This time is a time of retreat. To re-treat the self to stillness, connection and the breath. As you connect with Mumma Gaia, feel her embrace like a healing balm opening your heart and self to creation energy.

In this space you can regenerate, recalibrate and of course, create.

Let those unborn passions be born as your heart opens in deeper union with all that IS.

Remember that gratitude is the highest form of receivership. With a grateful heart, we remember love is all there is.

Here are some beautiful rituals to bring into your daily life, some synergistic blends that you can diffuse, spritz, aromatically dress or create succulent purefumes with.

Vanessa Jean's

Daily Ritual Synergy

2 drops Clove Bud
3 drops Frankincense
2 drops Grapefruit

Aromatic Dressing and purefume creation
in 10ml Fractionated Coconut Oil.

www.foodalchemy.com.au



Cleanse and clear your home, your space, and yourself with Plant Medicine.

Vanessa Jean's Cleanse My Space

Tea Tree
Eucalyptus
Siberian Fir
Bergamot

In a 30ml spritzer bottle filled with water, add 5 drops of each essential oil. Shake well then spray on surfaces to keep them clean. Also great as a linen spray and house cleaner.

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Cleansing Gel

1 litre gel

2ml Tea Tree essential oil

2ml Cedarwood essential oil

2ml Roman Chamomile essential oil

1ml Lemongrass essential oil

1ml Cinnamon Bark essential oil

1ml Thyme essential oil

To wash hands or body.



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For many, re-treating has just started, for others it's been going for some time. Here are some blends to support you at this time.



And finally, let's finish off with some nourishing cacao love - enjoy!

RAW CHOCOLATE LOVE

- 1 cup raw cacao
- 1 cup coconut oil, liquified
- 1/2 cup wholefood sweetener
(honey, maple syrup or coconut syrup)
- 1 vanilla bean, seeds scraped
(or 1 tsp vanilla bean powder)
- 1/4 tsp medicinal mushroom powder (SuperFeast)
- 2 drops Cinnamon Bark essential oil
- 1 drop Frankincense essential oil
- 2 drops Cardamom essential oil
- 6 drops Wild Orange essential oil
- 1 pinch cayenne pepper
- 1 pinch Himalayan salt

I AM INVIGORATED

- 1 drop Basil essential oil
- 6 drops Green Mandarin essential oil

I AM CALM

- 2 drops Vetiver essential oil
- 6 drops Lemon essential oil

I AM SUPER NATURAL

- 2 drops Star Anise essential oil
- 6 drops Tangerine essential oil

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I'm loving my medicinal mushroom and herbal products from [SuperFeast](#).
Check out their amazing products. My current favourites are:
[Mason's Mushrooms](#) (Immune and gut tonic)
[I am Gaia](#) (nourishing women's blend)

They even have a [podcast](#) which I've just discovered. Looking forward to

listening to this one! And peruse their website for simple ways to support your immunity and emotions at this time.

FYI, all their products are outstanding, so go with what calls to you.

Until next time, stay well, show kindness and generosity and use this opportunity to connect via the internet with your friends and loved ones. Begin and end each day with gratitude, feeling into your heart *"What am I grateful this glorious day?"*

In Joy & Love, Vanessa Jean



What's New?

A Message from Paul and Vanessa Jean regarding the Business Training

As much as we have been excited to come and see you all and deliver these trainings in person, the changes in the last week to reduce the number of people attending any gatherings to puts these trainings in jeopardy.

In addition to that, as cases of the virus have expanded, it raises the question of responsibility and the role we all have to play in slowing the spread and protecting the vulnerable in our community. At a personal level our father lives with us and we would not want to become ill due to our travels and end up impacting him or anyone else.

So where to from here? It's our firm belief that more than ever we, as Wellness Advocates, are needed. The support we bring to our loved ones and our

communities through the education we provide and the access we facilitate for people to purchase powerful natural solutions to support themselves and their families remains our core mission.

Yes, the option exists for us to go into our shells and succumb to the rising fear, becoming paralysed. So too does the choice for us pivot, to be the next best version of ourselves and creatively navigate these troubled waters. This is our choice. We invite you to link arms with us and be a beacon of hope and goodness to all you can reach. We may need to do it differently, but we cannot do it silently. There are many families out there that can benefit from us all staying true to our core mission of an oil in every home.

MOVING TO ONLINE TRAINING

In order to do our part in staying the course we will bring the trainings to you live in an online format. The blessing in all of this is that we can now reach so many more areas in Australia, New Zealand and even further afield. The training will be delivered twice to cater for different time zones and other events you may already have that may clash with one of the new dates.

We will still be partnering with other powerful leaders to help deliver the training as we did last week in Perth with Tara Bliss. The Back to Basics content she delivered from Allyse Sedivy's training was transformational and this will be a focal point of the online event. Given it is unlikely Allyse will make it to Melbourne in early June this represents an excellent opportunity for your teams to learn these powerful strategies for sharing dōTERRA.

WHAT HAPPENS IF I'VE ALREADY PURCHASED TICKETS?

Please check your email - one has been sent to every person who registered with Eventbrite (if your leader purchased a ticket for you, you'll need to contact them directly for your options and instructions).



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

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

Events

Online Business Training

The dates and times for the trainings are:

Sunday April 5th 10am – 5pm AEST with 2 x 30-minute breaks

[Eventbrite link](#)

Saturday May 2nd 10am – 5pm AEST with 2 x 30-minute breaks

[Eventbrite link](#)

Online Training

9/4/20 Oil Life Zoom class with Adam Barralet and Vanessa Jean

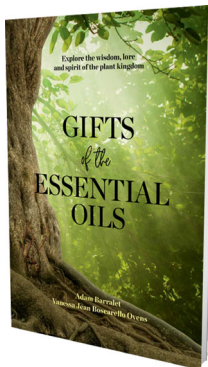
Register [here](#)

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 in the USA!



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.

Buy from Oil Life USA

March AU and NZ Specials

(Note: Product of the Month was only available up until 15 March 2020).

March PROMOTIONS

200PV PROMOTION

dōTERRA® ROAM DIFFUSER

WITH 5ML RED MANDARIN,
CLEMENTINE & KUMQUAT
ESSENTIAL OILS

TERMS AND CONDITIONS APPLY FOR THIS PROMOTION.



SAVE 10%

**dōTERRA® SPA
EXFOLIATING
BODY SCRUB**

WELLNESS ADVOCATES AND WHOLESALE CUSTOMERS SAVE 10% ON THIS
PRODUCT BY ORDERING THROUGH THE AUSTRALIAN OR NEW ZEALAND
WAREHOUSES THROUGHOUT THE MONTH OF MARCH 2020.



FREE PRODUCT OF THE MONTH

**ROSEMARY
ESSENTIAL OIL 15ML**

TERMS AND CONDITIONS APPLY: 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
MARCH 2020, MOUNTAIN TIME.



Full terms & conditions visit:

https://www.doterra.com/AU/en_AU/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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