

Inspiration from Food Alchemy with Vanessa Jean

[View this email in your browser](#)Image: [Essential Oil Images](#)

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

Welcome my June newsletter. I've got a lot of goodness for you. You might have to expand the newsletter in your email browser to see it all! I suggest you read it all first before booking and downloading the eBooks.

To celebrate the upcoming winter solstice, I am collaborating with my dear friend Abby for an online **Winter Solstice Mini Retreat**. Whether you are in winter, or celebrating summer for my northern friends, come and join us for a moment of time when we celebrate and nurture you in some yummy bliss. Scroll down for details.

doTERRA's Product of the Month and 200PV specials of Palmarosa, Hinoki and Beautiful Touch called for an eBook all of their own, so I've created this for you.

I'm in love with all of these products and very excited they are available free this month if you order a 125PV loyalty rewards order (Palmarosa), or a standard or LRP order of 200PV (Hinoki and Beautiful Touch).



[Download eBook](#)

I loved making a Superfood Slab recently, so I hope you enjoy making this too. And also cacao related, I've included the replay of the "**Food as Medicine**" webinar for Oil Life with John Croft (Cacao Addict) and myself - the replay link is below. I've also created a vegan cheese recipe for you to try.

Adam Barralet and I are coming to the end of our fabulous 8-week Gifts of the Essential Oils online series. Such good fun, and the value! And now we've got a 10-week course starting shortly. It's going to be another jam-packed offering from us both, and I hope you take advantage of the early bird rate that finishes soon. You don't have to have done the previous course, each course stands on its own, and together they will add powerful learning to your essential oil journey.

Until next time,

*In Joy & Love, Vanessa Jean*

## What's New?

### How to Grow doTERRA Online, with or without Social Media webinar

Wed Jun 10, 2020 8am – 9am Australian Western Standard Time - Perth

**Zoom [link](#) (with Wavoto, Quinn Curtis and team, including Paul and Vanessa Jean)**

[Winter Solstice Mini Retreat 21/6/20](#) with Vanessa Jean and Abby Branson

[10-week Essential Oils for Harmonious Living Masterclass series](#) with Adam Barralet and Vanessa Jean. *Starts 20 June 2020.*

Save the date 8/7/20: **Rise up and Reach out with essential oils!** with Adam Barralet and Vanessa Jean - details to come.

## Superfood Slab



**Superfood Slab**

<ul style="list-style-type: none"> <li>1 cup activated almonds</li> <li>1 cup cacao powder</li> <li>1/4 tsp vanilla powder</li> <li>1 tsp cinnamon powder</li> <li>2 tsp Superfeast "I am Gaia" blend</li> <li>3 tsp Superfeast "Mason's Mushrooms Immune &amp; Gut Tonic"</li> <li>1 1/3 cup coconut oil</li> <li>3/4 cup honey</li> <li>2 tsp salt</li> <li>1/2 cup cacao nibs</li> <li>3 drops Cassia essential oil</li> <li>10 drops Turmeric essential oil</li> <li>2 drops Cinnamon Bark essential oil</li> <li>3 drops Cardamom essential oil</li> <li>10 drops Black pepper essential oil</li> <li>10 drops Red Mandarin essential oil</li> <li>20 drops Wild Orange essential oil</li> <li>1 tbsp bee pollen</li> </ul>	<p>Gently blend all ingredients together (except bee pollen) until combined.</p> <p>Pour chocolate mix onto a parchment paper lined tray and sprinkle with bee pollen. Refrigerate until set.</p> <p>Once set, cut into cubes.</p>
--	--

*Serving Size*  
(14 rows with 7 cubes of chocolate in each)

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

To learn more about how to flavour your cacao creations with doTERRA essential oils, you might like to watch this video.



If you missed the Zoom "Food as Medicine" with John Croft and myself in collaboration with Oil Life you are going to love watching the replay. I honestly can't say enough praise for John's book "Cacao Addict". If good for you, raw, delicious chocolate is your thing, then this book is for you!



[Purchase Cacao Addict](#)

---

## Vegan Cheese



**Ingredients**

1 cup almonds, soaked  
3/4 cup macadamia nuts, soaked  
2 cloves garlic  
1 lime, juiced  
1 lemon, juiced  
1/2 cup good quality water  
1 tsp Himalayan salt

**Method**

Add ingredients to a Thermomix (speed 5, 15 seconds) or food processor. Check consistency and scrape down the sides, put lid back on and add more water - add another 1/2 cup to begin with. I like this very smooth.

Check for taste - not all garlic tastes the same. If you want more kick, add more. Same with salt and citrus. Adjust to your palate.

Process again (Thermomix speed 5, 20 seconds), increase speed to 7.5, 40 seconds. This will give you a ricotta cheese type consistency. For a smoother and/or runnier finish add more water, you may also need to add more citrus, salt and garlic as you 'water down' the flavours a little.

Here is what I do when I add more liquid:

1/2 cup water  
Juice of 1 lemon  
1 clove garlic

1 tsp Himalayan salt

Thermomix speed 6, 40 seconds. Check for taste.

Decanter into a glass jar (well-sealed), and store in the fridge and eat with relish!

This can be used as a dip, in meals to replace cheese, as a dressing... the choices are vast. Enjoy this yummy vegan 'cheese'.

I love sprinkling this with hemp seeds yummmmm!

Add essential oils if you wish. I like to add as I go if I feel like different flavours coming through. I tend to leave this one as is with the burst of fresh, seasonal citrus, salt, and garlic.



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

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

---



## **How to Grow doTERRA Online with or without Social Media webinar**

Join Wavoto, Quinn Curtis and more as they explain how you can use your website to grow your doTERRA business - with or without social media.

**Wednesday June 10, 2020 8am – 9am Australian Western Standard Time - Perth**

Zoom [link](#)

---

## **Winter Solstice Mini Retreat 21/6/20**



Do you hear her? The subtle voice in the background of your life whispering to you to wake up and see...

Do you feel her? The beating drum in the centre of your chest beckoning you to open to all that is life...

When you can sit in the silence long enough, you can begin to hear and feel the deepest callings of the heart, and when you attune yourself to this calling, the heart will lead you down the path of greatness and bliss. The trouble is, sometimes our lives are so loud we lose connection to this calling.

So, this winter solstice let's create MAGIC sisters and re-connect back to the true essence.

During this mini retreat we will gather together in a beautiful meditation, sound journey and ritual to do what our ancestors would have done - we will connect to the deeper wisdom that lies within the body and open up to that space of infinite bliss. In this ritual, Abby will guide you home into the body to activate the feminine fire that is radiating through you in every moment. You will be led into your heart to allow the flow of unconditional love to nourish and fill you up. This is a ceremony of receiving, and of course we cannot receive without simultaneously letting go of anything that is preventing us from stepping into the fullest expression of ourselves.

#### **What you need for this Ritual:**

- Create an altar to sit at and create sacred space (crystals, flowers, oils, incense etc - anything that has a sacred resonance for you)
- Your divine beautiful self with an open heart

In this ritual, Abby and Vanessa Jean will guide you home to love.

*"Join us with a nurturing cacao drink (recipe supplied with booking) and snuggle down with us."*

**When:** Sunday 21 June 2020

**Time:** 4.30pm – 6pm AWST

**Where:** ONLINE via Zoom. The Zoom link will be provided once you have booked your place in Eventbrite.

**Investment:** \$44 per person. Ticket sales close 12.30pm 21/6/20.

**Book now**

## Essential Oils for a Harmonious Life 10 Week Masterclass Series

-with Adam Barralet & Vanessa Jean



Do you love your essential oils and are always looking to expand your understanding of their emotional and spiritual aspects?

Would you like to have easy and simple oil practices that you can start and end your day with?

Does your inner being crave more peace and empowerment?

Would you like to see more love, abundance and magical actually manifest in your life?

If essential oils help personal development, are you ready to evolve?

Then we have got you covered!

Join authors and teachers Adam Barralet and Vanessa Jean for a deep dive into the practices to awaken the magic within essential oils. You will be taken on a journey as they both share their personal favourite three essential oils for a range of aspects that appear along our every day and spiritual path. With a deeper understanding of each oil, you will also learn a simple practice to bring in each oil's gift.

### What is your commitment?

1. To come with an open mind, ready to listen to the wisdom the essential oils have been waiting to whisper to you.
2. To commit to watching the weekly online webinar for eight weeks (you can either watch live to ask questions or recorded to watch at a time that suits you)
3. To go back and try the taught practices in a way that works in your lifestyle to expand your own wisdom and personal relationship with the oils.

### What are you going to learn?

The training starts on Monday 22nd June, 2020 and will consist of 10 x Live Masterclass webinars



Week 1: Abundance & Manifestation  
Week 2: Cleansing & Protection  
Week 3: Peace  
Week 4: Self-Esteem  
Week 5: Love & Romance  
Week 6: Happiness & Joy  
Week 7: Empowerment, Resilience & Fear  
Week 8: Intuition  
Week 9: Moon Work  
Week 10: The Heavens

Bonus: Access to a dedicated members Facebook group where extra information and resources plus and Live lessons will be uploaded each week with related to each weekly webinar including blend sheets, crystal guides, astrology, feng shui and more!

If any new oils are released by doTERRA during the e-course, be among the first people around the world to take a deep dive into these oils too!

Important: Webinars will be conducted on Zoom on **Mondays at 8am (Perth, Australia time)**. Private links will be posted in the Facebook group the prior. All webinars will be recorded and posted to the group. You will have ongoing to access to the group if you wish to refer back to any of the resources after the 10 weeks.

Are you ready to join us? Or do you have three friends to join too and get a discount (Me Plus Three)

Early Bird: \$55 (13 June 2020)  
Me plus three Early Bird: \$200 (13 June 2020)  
Price: \$79  
Me plus three: \$280

Don't delay! **It all begins Monday 22nd June, 2020**

**Book now**

---

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

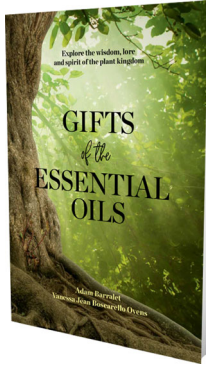
If you are new to essential oils and would like to find out more, please go to my [oils page](#). I explain why I love these oils so much, and show you ways to use them, including delectable food recipes and blends. I also explain how easy it is to open your wholesale account, saving you 25%. I would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

---

## New Products now Available in AU & NZ

doTERRA has been busy this month with the release of lots of new oils. They have created an eBook so you can enjoy exploring these new offerings.



[Download eBook](#)

---

## June AU and NZ Specials

Learn more about this month's promotions here:

### June Promotions

## 200PV Special: Hinoki & Beautiful Touch





---

## Product of the Month: Palmarosa



---

## 10% Off AU/NZ Essential Skincare Daily Usage Kit





## 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](#)  
[Events](#)  
[Raw Foods DVD](#)

## Connect



## Share

