



Hi <<First Name>>

December was a month of tears, releasing, gratitude, joy, deep love and remembrance gatherings. I was wrapped in loving tenderness by my besties as we said farewell to my beloved Nonna and dear friend Jodie.

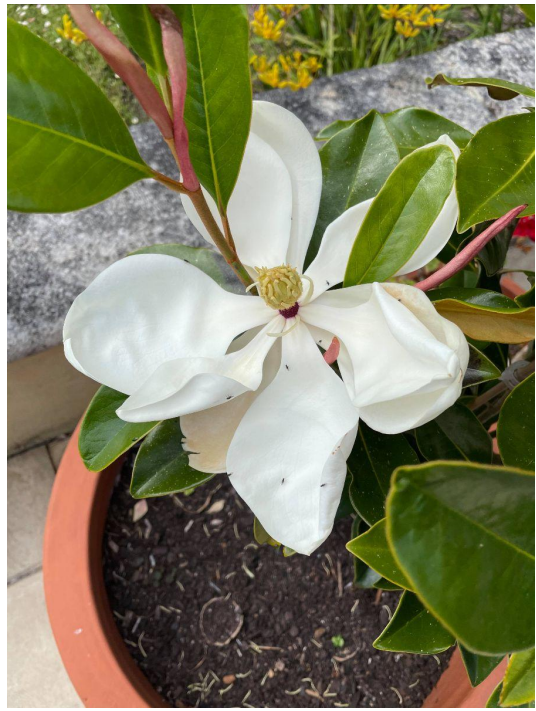
My Nonna was like a mother to me all my life and has played a huge role in my relationship with home, hearth, cooking and the love and connection I have with my family. She lived to the magical age of 98.5 years and left the earth in a peaceful slumber. I am forever blessed by a most wonderful life with this amazing, loving woman.

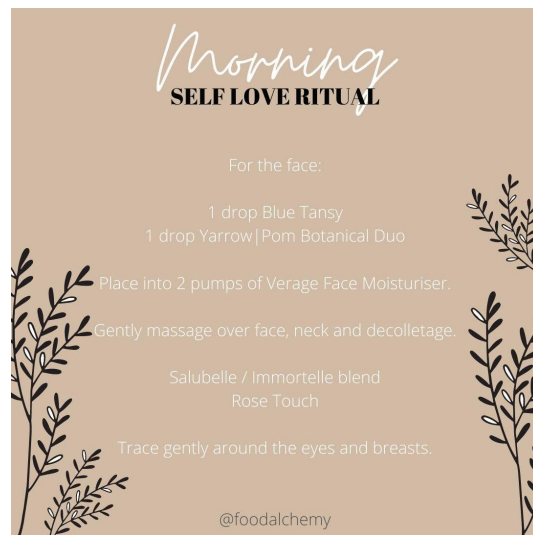
I am very grateful we could give her the funeral and burial she always wanted.

I feel so blessed by the love I have been cocooned in, I thank you all.

After the loss of my dear Nonna and friend in December, I have been allowing myself to really immerse in self-care with the support of my family and friends while down on the farm.

Cooking, reading, and time in nature have also been amazing balms to soothe my soul.





January also saw me celebrate another cycle around the sun and I created a delicious raw cake using the Tropical Blend from doTERRA's newly released Cuisine Collection.

I've added this birthday cake recipe to the Summer Wellness eBook so you can try it out too! See below for the download link.




The Cuisine Collection includes three new essential oil blends - Italian, Mexican and Tropical. They are available as part of the doTERRA Summer Wellness sale which is available until 15 January 2021. To help you get the most out of these specials, I did a 1-hour Zoom. You can check out the Zoom replay - click on the image below.



Summer Wellness Zoom 8/1/21

I also created this little eBook to help you get the most out of the summer wellness sale. I hope you enjoy this little offering.

Download your Summer Wellness eBook by [clicking on the cover image.](#)

 my birthday cake recipe is included!



I am very close to opening up the registration to my Voice of the Goddess 6-month journey. To register your interest, just fill out the super quick form and I will email you when it's all finalised and ready to go.



I'm interested in knowing more

Until next time, much love to you all.

In Joy & Love

Vanessa Jean

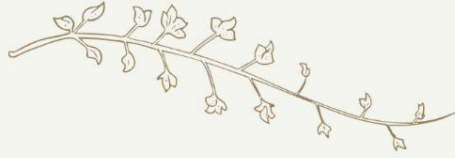


NEW *Beginning*

Bergamot
Frankincense
Clary Sage

Add 5-6 drops total in 10 ml roller bottle
and top with carrier oil or diffuse

@foodalchemy



CLEANSE, *Nourish, Regenerate*

Frankincense

Arborvitae

Lemon

Add 2 drops of each oil in 10 ml roller bottle and top with carrier oil. Massage clockwise over belly and lower back. Then massage gently over entire body including soles of feet.

@foodalchemy



Grapefruit
Arborvitae
Citrus Bliss

Add 5-6 drops total in 10 ml roller bottle
and top with carrier oil or diffuse

@foodalchemy

My Davana article in Aromatika Magazine

It is a great honour to be invited to write an article for such a wonderful magazine as Aromatika. I highly recommend you check this magazine out. It's incredible value and jam-packed with great articles from many different contributing authors.

Enjoy learning more about the amazing Davana essential oil.

ESSENTIAL OILS – HERBS – TRADITIONS – APPLICATIONS



Here is the link to purchase this packed full 132-page

eMagazine: <https://en.aromatika.hu/product-page/aromatika-magazine-7-4-1-2020-winter>

Sacred Cacao and her Medicine 6/2/21



John Croft and Vanessa Jean invite you to this special and sacred class.

Together they will weave the magic of cacao and her medicine into your being. It will be a time for connection, ceremony, and the return to love.

Ticket includes:

- Cacao ceremony
- Sacred sound
- Meditation
- A purefume creation infused with botanicals, crystals, and sacred sound to take home
- Flowers and super herbs to take home to make your own sacred tea infusions
- Beautiful recipes for ritual, connection, and deep nurturing

Date: Saturday 6 February 2021

Time: 3pm – 5pm

Please arrive at 2.45pm for a prompt start at 3pm.

Address: Padbury, Perth (Full address supplied upon booking.)

Investment: \$65 per person or bring a friend \$55 per person.

Tickets close Friday 5 February at midday to allow for food purchase and preparation.

Book for Sacred Cacao Class

doTERRA's PURE AUNZ Virtual Connection

- Tickets will go on sale 15 February 2021
- Event runs 16 to 17 April 2021

Keep up to date with this event [here](#).



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

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

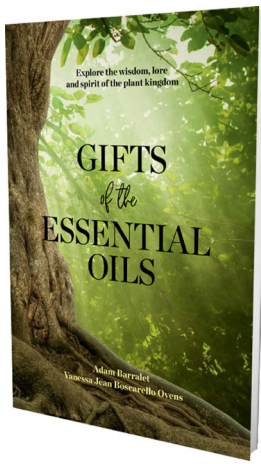
This is a small sample of ways to use the oils. Visit my [website](#) for more inspiration!

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 - 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](#)

January Promotions

Learn more about this month's promotions here:

[AU NZ Promotions](#)

[US Promotions](#)

[Europe 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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