



Namaste beautiful soul

There's still time to receive your free doTERRA White Grapefruit essential oil as the Product of the Month here in Australia/New Zealand.

My March monthly order has arrived including this most sumptuous of citrus oils and I've had fun playing with it again. It's a limited time oil, and well worth receiving.

Here's a new bliss ball recipe featuring White Grapefruit and Bergamot. Super simple and very moreish!

Finally, there's still time to register for my first Gaia's Gifts class for March (it's today - 10th March at 1.30pm AWST), details below.

Namaste,

Vanessa Jean xx



White Grapefruit Bliss Balls

I use all organic ingredients, and the organic dry fruits are not sulphur dried, (no numbers, preservatives etc.) and dōTERRA food grade essential oils. Feel free to substitute to meet dietary requirements.

Ingredients

1 cup activated walnuts

1 cup almonds (I roasted them in a sprinkle of extra virgin olive oil and Himalayan salt for 8 minutes)

1 tbsp coconut oil

4 Medjool dates, pitted

1.5 cups dried apricots
5 drops White Grapefruit essential oil
4 drops Bergamot essential oil

Method

Sprinkle the almonds with the extra virgin olive oil and Himalayan salt and roast for 8 minutes in medium temperature oven, being careful not to burn the almonds. Allow the almonds to cool.

To a food processor or Thermomix, add the walnuts and almonds and process until milled (not too fine, you want some texture).

Add the rest of the ingredients and process until combined.

Roll into balls and refrigerate. Then enjoy!!



Rediscover simple, daily practices that will have you embracing the sweetness of 'ritual'.

Rituals need not be complicated. In this free online masterclass, we will explore new moon and equinox rituals for the northern and southern hemisphere with White Grapefruit and other citrus essential oils, the recent BOGO box oils for AU/NZ and the EU/UK markets.

Date: Wednesday, 10 March 2021

Time: 1.30pm AWST

Investment: free

Book with Eventbrite



Essential Oil blends and meditation for this beautiful time.

March sees us with a full moon in Libra. In this masterclass, we focus on relationships – how to create greater harmony, more flow, and deeper joy for lasting love.

Date: Thursday, 25 March 2021

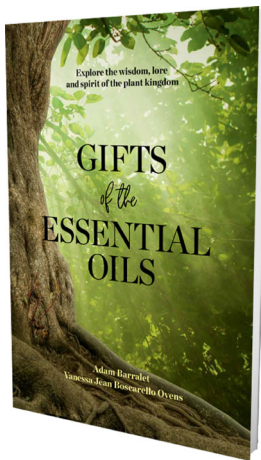
Time: 7pm AWST

Investment: free

Book with Eventbrite

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

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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