



Namaste beautiful souls

The month of March signifies the change of seasons, with the equinox on the 20th March. In the northern hemisphere we have the spring equinox, and in the southern hemisphere the autumn equinox. See below for succulent blends. I have been loving the stillness and refreshing energies of these beautiful Perth rains. I can hear the earth sigh in gratitude for the life-giving water after a long and hot summer.

What's New?

I have **two new Gaia's Gifts workshops** available and Paul and I will be doing a Zoom on **The Science of Abundance**. Links below.

Exciting News!

I have **opened the doors to Voice of the Goddess** after much prompting by the sisterhood. It is only a short window in time so we can get our Goddess gifts to you. **Enrolments close 5/3/21, 10am AWST.**

Enrol in Voice of the Goddess

I'll be doing one final Zoom on Thursday at 4pm Perth, Western Australia time (4/3/21) while the cart is open for any of you who would like to connect, ask questions, or introduce a friend that you think this journey would be perfect for.

Customised and flexible payment plans have been made available to suit individual circumstances so don't be afraid to ask about your options.

Let's meet on Zoom

AUTUMN EQUINOX

Cassia
Wild Orange
Ginger

SPRING EQUINOX

Tangerine
Lime
Ylang Ylang
Cypress

White Grapefruit - limited edition AU/NZ Product of the Month from doTERRA

White Grapefruit is the product of the month for the AU and NZ markets. I have one precious drop left from my last bottle, and am eagerly awaiting delivery of this free product* - it really is a gorgeous oil. Don't let anyone ever tell you a citrus is a citrus. So not true! And, we can never have too many citrus essential oils in our lives! Citrus oils add such joy and uplift - something we all need at some time or another.

The White Grapefruit is actually the same species as the grapefruit in our book ([Gifts of the Essential Oils](#)) and the photo we have (pages 182-83) is white grapefruit. So, they are both the same species *citrus x paradisi*. This fruit has the white, rather than pink flesh. You can use them in similar ways - for cleansing, detoxing, releasing weight, cellulite in carrier oils, body lotions, and dry brushing.

Here's How You Can Use White Grapefruit

Helps with digestive system - massaged over the belly clockwise, or add a drop with some coconut oil in warm water and drink for digestive support - it is yummy with the juice of half a lemon.

This is a great one for working with the full moon (on 29th March in Libra) and moon bathing. This is about harmonising our relationships with others and with ourselves.

She has the energy of the moon within her (white flesh) and the sun around her (yellow skin). Thus when wanting to harmonise the sacred feminine and sacred masculine this is a beautiful essential oil to align with.

Try this blend in the diffuser, aromatic dressing, or create a beautiful purefume for yourself.

FULL MOON IN LIBRA

White Grapefruit
Ylang Ylang
Marjoram
Jasmine

You can align this blend and aromatically anchor it to an open-hearted intention of harmonising and deepening in your relationship with yourself and loved ones.

Body dysmorphia - increasing self esteem, loving yourself, nurturing yourself, increasing confidence in self. Try combining White Grapefruit, Rose and Geranium.

Honouring your sacred temple as it is - use her in aromatic dressing to support this.

The colour white is poignant: invites the white light of our divinity. She is protective like white light and helps you to work with the gifts your soul brought in for this life. In this way, she can help you become clearer with choices to make and directions to take to help you stay true to your purpose here on earth.

You can also use White Grapefruit to enhance your connections with the divine and the realms you may like to dance in... angelic, Ascended Masters, connecting deeply with your higher self.

White Grapefruit says *"My gift to you is seeing your divinity"*.



10 ml grapeseed oil (*Vitis Vinifera*)
10 ml jojoba (*Simmondsia Chinensis*)
10 ml rose hip oil (*Rosa Rubignosa*)
10 ml sea buckthorn berry oil (*Hippophae Rhamnoides*)
10 ml avocado oil (*Persea Gratissima*, *Persea Americana*)
10 ml Fractionated Coconut Oil (*Cocos Nucifera*)
5 ml carrot seed oil (*Daucus Carota*)

Essential Oils

10 drops White Grapefruit
8 drops Cypress
10 drops Juniper Berry
7 drops Lemon
3 drops Fennel
5 drops Cedarwood

Store in dark, glass bottle or jar and use daily after shower, bath and exercise.

A sweet affirmation you may like to use or recreate as your own:

*"I honour this sacred temple, my body.
I give thanks for your strength.
I give thanks for your mobility.
I honour your beauty.
I bow to your divinity.
I love you."*



You may like to try dry brushing with White Grapefruit essential oil. Dry brushing has many virtues, not the least of which is that it is a beautiful practice, one that clears dead skin and increases circulation and helps prevent the accumulation of fat deposits (cellulite) by keeping it all moving and circulating, while White Grapefruit is powerful in assisting with clearing out the toxins.



White Grapefruit

RADIANCE - MOON MAGIC - WHITE LIGHT

Full Moon

**White Grapefruit
Neroli
Sandalwood**

**Diffuse or create an aromatic dressing by adding a total of 5 - 6 drops
into a roller bottle and topping with carrier oil of choice.**

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Grapefruit
**MY GIFT TO YOU IS
SEEING YOUR OWN
DIVINITY**

Self-love

Radiance

**White Grapefruit
Patchouli
Ylang Ylang**

**White Grapefruit
Melissa
Neroli**

Waning Moon Magic

**White Grapefruit
Juniper Berry
Roman Chamomile**

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FREE 1 hour Zoom with Paul & Vanessa Jean - 5pm AWST 4.3.21



The Science of Abundance

Join us for an hour of fun and inspiration as we dive into the science behind increasing your attraction action. Including an abundance meditation with Vanessa Jean.

- This invite is for all -

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Register for Zoom



I am still receiving enquires for the Voice of the Goddess 6-month mentorship program so I have opened the doors until Friday 5th March at 10am AWST. Beyond then I cannot guarantee timely arrival of your Goddess Packages that are required for the course content to be fully experienced.

Book into Voice of the Goddess

I'll be doing one final Zoom on Thursday at 4pm Perth, Western Australia time while the cart is open for any of you who would like to connect, ask questions, or introduce a friend that you think this journey would be perfect for.

Let's meet on Zoom

Namaste,
Vanessa Jean xx



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



EMBRACE
IMMERSE
RISE
with

Vanessa Jean

Author

Meditation

Essential oils

DNA regeneration

Creating rituals

Akashic Records

Sacred sound

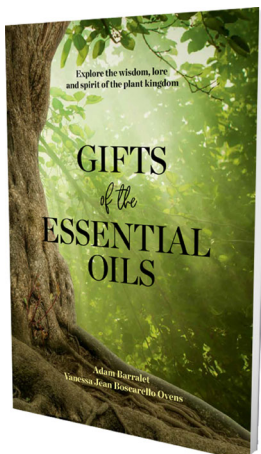
Retreats

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Connect with Me

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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Food Alchemy Pty Ltd
East Fremantle WA 6158
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