



Namaste

Need more oils? (or should that be a statement 😊)

There's still time to take up the 20% off doTERRA starter packs (AU & NZ markets). For new enrolments and doTERRA account holders - you can all partake in this very generous opportunity. If you started your essential oil journey with, for example, the Home Essentials Kit, you can purchase another kit such as the Bedtime Bliss Wellness Box for 20% off - valid until 30 April 2021. Perhaps you might like to try out the more recently released Emotional Wellness Starter Pack (with Adaptiv). There are lots of starter packs to choose from. It's a great way to add to your essential oil collection at reduced prices.

doTERRA have offered this only twice in 10+ years!

Check out the savings



Beltane Meditation

We are now experiencing the next turn of the wheel. For those living in the northern hemisphere, Beltane or Beltain is the Gaelic May Day festival. It is most commonly held on 1 May, or about halfway between the spring equinox and summer solstice.

Elsa Field and Jerome Zoran, highly talented musicians, created this beautiful meditation with sacred sound to celebrate Beltane.

You can watch this meditation [here](#).

Every Wednesday you can join them for healing sacred sounds, live from Avalon.

Elsa's Facebook page: <https://www.facebook.com/elsafiellduk>

Jerome's Facebook page: <https://www.facebook.com/jrokkamusicuk/>

Litsea is a wonderful essential oil to work with for Beltane. **Litsea's gift to you is Laughter.**

Use Litsea to honour the time of renewal, fresh starts and breathing new life into projects.

Let Litsea take you back to what is important, love, joy, ease... and of course, laughter! He enhances connection between people, replacing feelings of aloofness or loneliness.

(extract from Gifts of the Essential Oils book)

RENEWAL

Litsea
Cassia
Douglas Fir
Eucalyptus

*Citrus, spice and tree - energies that will awaken the spirit, fuel enthusiasm and renew you. Embrace the energy of Litsea, choosing laughter and joy as your medium to shift and transcend challenge. This blend will connect you with Spirit, lending you strength and reminding you to engage in all you do with a light and carefree heart.
Feel renewed with this blend in your diffuser.*

- from Gifts of the Essential Oils book

***In joy and love,
Vanessa Jean xx***

What's New?

Chakra Angel Psychic Fair 15 & 16 May 2021

I am so excited to be sharing these free events with you all. I will have the Akashic Records open and be channelling live from this space. It is a place of unconditional love, deep joy, all wrapped up in welcomed scents of homecoming.

I would love to see you there for those that are here in Perth. Please share with your friends and invite them along.

In a time and space where so much has moved online, I am delighted to bring this to you live and be presenting alongside so many beautiful wayshowers in the world.

Please follow the links. The event itself is free with a very small charge for the workshop and classes to contribute to costs.

- ***Uncovering your Intuition***, Saturday, 15 May 2021 11:00 AM - 11:45 AM
- ***AlignMe - Chakra Visualisation for Personal balance & Harmony***, 15 May 2021 2.00 PM - 2.45 PM
- ***The Spirit of the Plant Kingdom***, Sunday, 16 May 2021 11:00 AM - 11:45 AM



UNCOVERING YOUR INTUITION

with

Vanessa Jean

Join Vanessa Jean for an intimate gathering as she opens her heart in connection with the Akashic Masters as they commune with YOU in this live talk. Lift the veils that prevent you from truly seeing and connect with the messages from the Masters. From the space of the Akashic Records she will share a transmission and meditation of deep peace and the journey home to Love.

15th of May 2021

11am - \$15 per ticket - Essential oil blend for all

Psychic & Wellness Fair, Crown, Perth

@foodalchemy

Book Now



Vanessa Jean
with
ALIGN ME
CHAKRA VISUALISATION

When chakras are out of balance, we may experience feeling unwell in certain areas of our body, feel blocked or emotionally unstable. Join Vanessa Jean as she takes you on a journey to navigate your own personal energy centres to bring balance and harmony.

Discover your Priority Chakra that needs additional support and healing plus experience essential oil blends as remedies.

15th of May 2021 - 2pm
\$15 per ticket - Chakra essential oil blend included
Psychic & Wellness Fair, Crown, Perth
[@foodalchemy](#)

Book Now



Join Author, Spiritual Mentor and Essential Oil Master Blender, Vanessa Jean as she takes you on a journey through scent to magnify your inner senses as you reclaim your ability to connect with and commune with the Plant Kingdom and the devas that tend them. In this gathering Vanessa Jean will share succulent aromatic creations to help you harness your inner light and share your gifts with the world.

16th of May 2021 - 11am

\$15 per ticket - Channelled essential oil blend available during Q&A

Psychic & Wellness Fair, Crown, Perth

@foodalchemy

[Book Now](#)

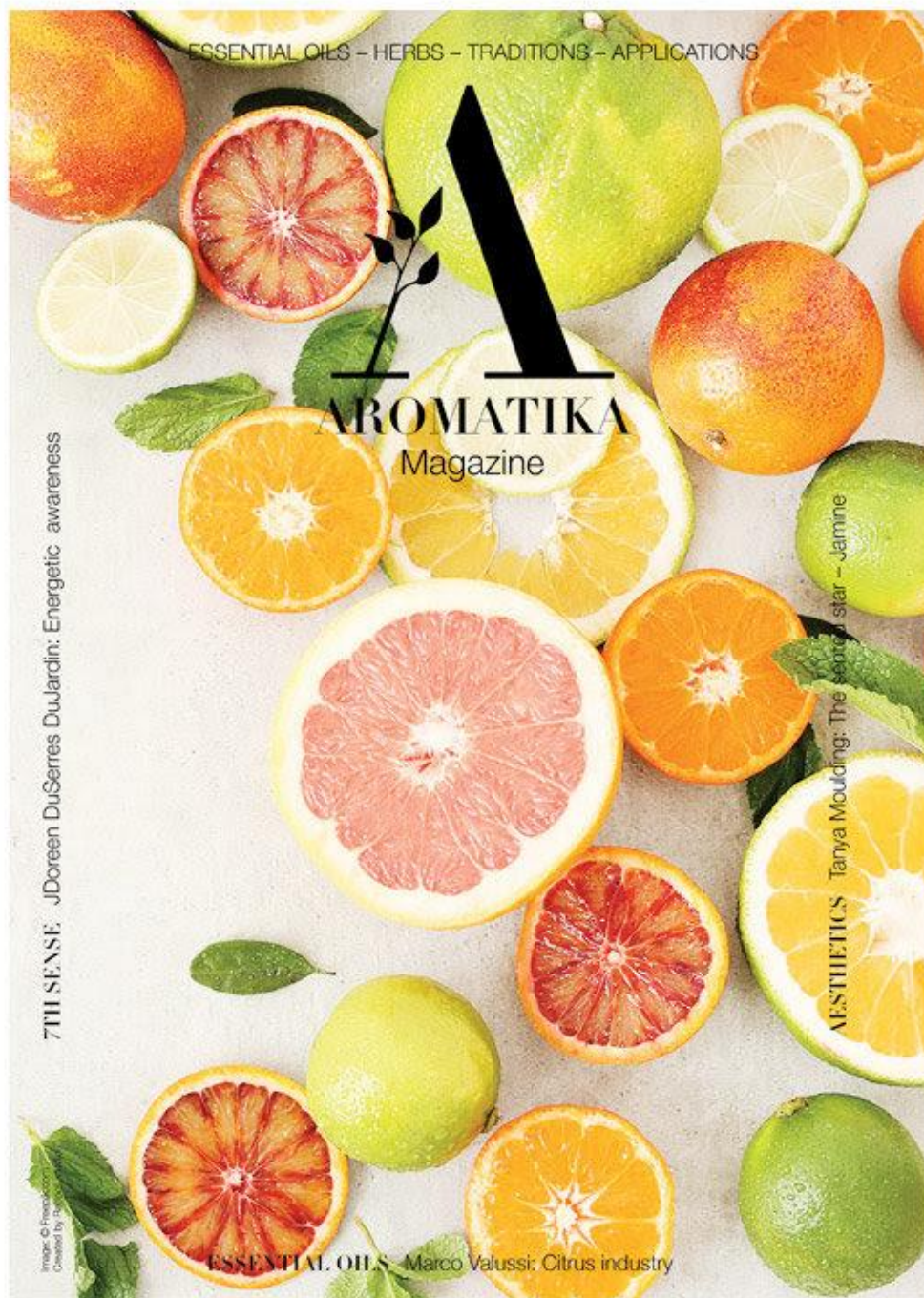


Pregnancy, Babies and Children's Expo Melbourne
1-2 May 2021

Are you in Melbourne 1-2 May 2021 and looking for things pregnancy, babies and child related?

Join me and many other store holders at this free event. It's going to be a lot of fun. I'm grateful to have the opportunity to be doing more in-person events.

Register for PBC Expo



Aromatika Magazine

As I get ready to submit my new article for Aromatika Magazine I thought I'd remind you about my last article in the spring edition called ***"Where food and essential oils combine to create alchemical creations"***.

Gergely Hollodi, Hungarian Aromatherapist, is the creator of this amazing magazine. It's 130 pages full of a wide range of aromatically related juiciness. Please check it out. It's amazing value.

Note: for payment, you can choose either PayPal or the 'offline' payment method. If you choose the second option please read the info when checking out with the bank details. Once the amount arrives on the account you will receive an email with the download link. Please check your spam folder for notifications.

You can purchase your copy here:

[Purchase 130-page Magazine](#)

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
Perth, Australia

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