

Frankincense Essential Oil

eBook



A PRACTICAL GUIDE TO USING FRANKINCENSE
ESSENTIAL OIL

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Welcome!

I'm surprised it's taken me so long to write an eBook on Frankincense - considering it's my FAVOURITE essential oil!

And that's a big statement - I know! It's not one I make lightly, considering I call all my dōTERRA essential oils my friends.

But Frankincense, or "*Frankie Boy*" as I call him, and known as King of the aromatherapy kingdom, is my favourite for many very good reasons that I'll go into in this eBook.

I hope you enjoy my musings, my recipes, and my blends, and come to love Frankincense as much as I do.

Enjoy!



Frankincense

ENLIGHTENMENT ☯ DIVINITY ☯ MAGNIFICENCE

Frankincense trees are found in the scarce, desolate lands of Oman, Yemen and countries in the Horn of Africa. This deciduous tree with white and pale pink flowers can grow on rocky outcrops without the presence of soil. When his resin or 'tears' are steam-distilled, you are gifted an oil that has been used for magical and religious purposes for around 3,000 years.

Known as the king of the oils, Frankincense connects with the Divine Masculine and his many facets including the protector, provider, wisdom bearer, magician, initiator and creator. Frankincense removes the destructive aspects of today's patriarchal energy such as aggressive, war-like, bossy and dominating behaviours. Frankincense resin is gifted when the tree is wounded, showing that when we are willing to be vulnerable, we bear our greatest assets for the world. Whether it be acceptance of your own masculine traits, embracing or healing relationships with men or forming a relationship with God, Frankincense heals your relationships with the Divine Masculine.

MY GIFT TO YOU IS Divine Masculine

Frankincense is like a golden beam of light, coming down from the cosmos. His vibration enters through the crown chakra and courses through every cell in your body, through to the earth below. This beautiful transmission of energy from the heavens and summoned from the Earth herself allows you to stay open to divine intervention, miracles and manifestation. Frankincense is like entering an elevator and going straight to the penthouse suite, a direct line to the Divine. He clears density, toxicity and evil energies, in turn consecrating, blessing and raising your vibration.



Frankincense brings you back to the truth of who you are. He shines a bright light into your depths, beyond the layers and façade, illuminating your divinity. Frankincense reminds you of your magnificence, awakening your ability to recalibrate, and return to your highest and natural state. He rebuilds your confidence in your ability to manifest and make a dynamic and beneficial difference in the world. Frankincense is both regal and down to Earth, allowing you to connect and dance through life. When fear or contraction arise in your life, he whispers reassuringly that “this too shall pass”, reminding you of the transient and ever-changing nature of the world. Frankincense escorts you beautifully through every stage of life. When it is time to transition from life into death, he offers comfort as you journey to the next dimension.

For this tree to thrive, it must be rested at times from extracting the resin. Frankincense reminds you that to give your best, you must also find time to rest and regenerate. He shows that by embracing times of stillness and silence, you can then move forward boldly and courageously in the future. Allow Frankincense to guide you in meditation and act as an opener of doorways in your life. An ally and friend, he magnifies your intentions in the same way he amplifies the potency of any essential oil he is combined with. Use Frankincense in your spiritual workings to ensure manifesting occurs for the higher good. Always know, Frankincense is an incredibly powerful, high vibration essential oil. Remember that when all else fails, Frankincense prevails.

Text from ***Gifts of the Essential Oils*** by
Adam Barralet & Vanessa Jean Boscarello Ovens

Did you know...



It takes approximately half
a pound /0.22kg of resin
to produce 15ml of
Frankincense essential oil!



My Signature Blend

I have been using and teaching this blend for over 20 years. Use this blend when you don't know what else to use! Call in courage, stillness, deep rest, self love or lasting sleep with this combination.

FRANKINCENSE

This magical oil is so versatile and a must to consider for blends.

I love this oil for so many reasons; for me, he helps me to return to my truth. I feel like he embraces me in his arms as he lovingly reminds me *"This too shall pass"* - a warm hug, *"It's going to be okay"*. I love him on my skin, and face, in aromatic dressings, as a purefume combined with Arborvitae + Siberian Fir + Wild Orange. I love him as an internal remedy in the form of DDR Prime, a synergistic combination of 8 essential oils created by dōTERRA, for all that I and my sacred temple (my body, mind, emotions and spirit) needs for the day... Frankincense is like a golden rod of strength going through us and a connection to source. Frankincense is also great for low energy and to elevate one's mood or soothe the emotions. Calmly restoring harmony to body, mind and emotions and the spirit.

Try adding a drop of Frankincense to maintain a sense of calm or restore balance and to any blends or single essential oils. It shines a light on the oils in a very profound way. Franki Boy is a magnifier, and thus a powerful addition to any blend.

LAVENDER

I consider her the duvet of the aromatherapy kingdom, soothing frayed emotions and calming us, especially when we fall into the trap of taking things personally. Try combining Lavender, Franki Boy and Bergamot for nurturing and stilling overstimulated butterflies in the belly or a troubled mind.

It combines beautifully with Vetiver to ground us, inviting mindfulness and tranquility to a mind overrun with worrisome thoughts. Lavender is a great general tonic to soothe, nurture and bring strength. Lavender will remind you to express your truth in an empowered way. She will guide you in both verbal and non-verbal communication and assist you with relating to the world at large. Those who feel overwhelmed in large groups, or with public speaking, or general expression, try a combination of Lavender (touch roller) and the Peace blend (touch roller), massaged over the throat, heart and wrists. Add a dab of each to the palms and breathe them in whilst reciting a powerful mantra or prayer to always express your truth, calmly, freely and lovingly to serve the higher good of all concerned. You may also like to consider a blend of Lavender, Spearmint and Hawaiian Sandalwood for clear and confident communication and self-expression. For a purefume or aromatic dressing, 2 drops of each in 10ml FCO, aromatically dress or add to a roller bottle.

WILD ORANGE

Wild Orange is pure joy bubbles in a bottle! It is the oil that connects us with childlike wonder and joy for life and living. It is an oil that can assist us with calling in abundance in its many forms - health, peace, vitality, clarity and financial. Wild Orange can be used to flavour water or food, added to a diffuser, aromatic dressings or add it to your purefume. Really, this oil is SO versatile! You can never have too much Wild Orange in your life!



Vanessa Jean's
Signature Blend
Lavender
Frankincense
Wild Orange

Diffuse, or aromatically dress (5 drops total in 10ml Fractionated Coconut Oil) to relax, sleep, regenerate, meditate and promote a sense of peace and joy.

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Fractionated Coconut Oil

I recommend topical application of essential oils to be diluted with a carrier oil, such as Fractionated Coconut Oil (FCO). FCO has a very long shelf life and greatly increased stability and great versatility as a carrier oil.

Fractionated Coconut Oil:

- Remains liquid
- Has a light texture, a silky and non-greasy feel; it is colourless and odourless
- Absorbs into the skin very easily, nourishing the skin, face and hair
- Is not recommended for ingestion

Benefits of a Carrier Oil

- Effectively transports the essential oils onto the skin and into the body
- Enables us to use essential oils safely on adults and children
- Saves money and your essential oils; up to 70-80% of an essential oil used neat will evaporate off (or flash off) if it is not rubbed into the skin immediately and vigorously
- Enhances the distribution of essential oils - it gives a slow and gentle release of essential oils into the body
- Deepens a sense of connection and self-love



Aromatic Dressing

Aromatic Dressing was born from my desire to reconnect with my truth and loving myself. This ritual has made a massive impact to my life and the lives of many others around the world. I now teach this as part of every training and gathering that I facilitate.

When I was 14, I began to become very self conscious and aware of my body over the coming year. I decided that I would buy into someone else's version of me and what they were saying. What they said was that I was fat. So, I moved out of fatville into skinnyville... I was a total mess. By 16, I was 35 kilograms and was completely miserable and wondering why I was alive and not believing that I was lovable anymore. Lucky for me I had parents who loved me dearly. My mum stopped in my bathroom and she said, *"Oh my God, Vanessa, what has happened?"* She came in and just held me and cried and cried then she spoke to my Daddy about it and he said, *"Princess, what's going on?"* Mum decided to take me to the doctor and he said to me, *"Vanessa, you need to make a choice right now. You need to choose to start taking care of yourself again or you will need to go to the hospital."* There was something that snapped in me, I chose joy and began to reinvent and help myself. Now I want to help the next generation teaching others to love themselves. This is a daily journey for me. Some days I remember my magnificence better than others. Every day I aromatically dress morning and night and choose to return to joy, gratitude and love. It's a huge help!

MORNING RITUAL

Each morning I think about my day and what I would like to bring forth into this world and choose a blend to suit. If I need a quiet day for contemplation, I might consider a blend suited to meditation. If I know I have a lot on and require all my creative juices to flow, I will aromatically dress in something to help inspire my creativity and productivity. I might also consider blends to help with focus.

EVENING RITUAL

I select essential oils and create a blend to ready me for sleep, to return to gratitude and peace, or of course, something succulent to get my sexy on and connect with myself (my inner Goddess/Sacred Feminine) or my beloved in an empowered way.

Aromatic Dressing

After a shower or bath, as you stand in your goddess, or god given gift of nakedness, begin massaging your aromatic dressing blend, from the bottom of your legs in big circular motions, working your way up the body towards the heart. Dip and rub, dip and rub, giving your body loving touch and loving words, while saying positive affirmations and giving love to yourself...

"I love you legs, thank you for carrying me day -to-day."

(giving some extra juice around your hips as we hold a lot of tension there)

"I love you back, thank you for all your support."

(the best way to reach your back is to bend over before applying the oils)

"I love you sexy toosh."

(as you massage your bottom)

"I love you mound of Venus."

(as you rub in clockwise circles over your belly)

"Thank you for bringing life into life and being the hub of all of my creativity."

(isn't that so much nicer than saying "Ooohh... look at my muffin top" or "I'm not the same since having children.")

Massage under your breasts/pecs - a good entry point for the oils. Over your chest:

"I love life and life loves me. I am so blessed by life.

I am so grateful for Her gifts."

...and on you go, all the way up and over your body - supporting the lymphatic system (which has no pump of its own), calming the mind and soothing the spirit.

Do your face, the ends of your hair, and soles of your feet. (I love the Salubelle/Immortelle blend for my face, complimented with the Veráge skin care system.)

Cup your hands, breathe in 3 times and say your affirmation.

Give thanks and breathe into your grateful heart, and now you are aromatically dressed!

It takes 2 minutes and it will change your life! Begin and end each day with gratitude and watch your life transform! Start the day as you mean to go, with powerful attention, loving messages with intention and end with love and peace as you drift off to sleep with the essential oils.

For my YouTube link on Aromatic Dressing, see the Resources section at the end of this eBook.

The Frankincense Co-Impact Sourcing Story

David Stirling (doTERRA Founder and CEO): I was amazed at the place. I wondered how anything could survive. It was so hot, maybe about 130 °F on the ground there, and almost no vegetation. It was just such a barren, hard place. It was different in Somalia. **It's a really hard part of the world, and the people live a very hard life.**

Matthew Reid (Strategic Sourcing Manager): The Sanaag region is where the Al Madow mountain range is, and all the resins come out of this area. A third of the population lives there, and it's their only source of employment and access to any sort of resources.

Emily Wright (doTERRA Founder): **They have no other industry that they can depend on other than the frankincense industry. We had to disrupt what existed there. We had to change things.**

Matthew Reid: Dave Sterling and Emily Wright went to Northern Somalia and Bosaso first, before anyone, before doTERRA really had any strong initiatives happening in that region. What they saw gave them the idea that we can really make a big change in this region. They gave us the direction to, **"You need to go there, and you need to fix some stuff and make it better, because there's a huge need."**

Emily Wright: **We had to give them that seed of hope**, and it's been amazing to see the change that has happened in just a few years.

Matthew Reid: What you have are individual harvesters, who live in villages, and will go collect from a region that they have access to by tribal right, and will then sell to shopkeepers in their village, who then sell down to middlemen, who eventually get all that resin to a port and sell it to the Europeans and the Arabs and to us and such.

This was all happening without any real organization, and, unfortunately, **it left the harvesters at a real disadvantage, because they had no idea of the value of their product.** They had no protection. They had no real bargaining power. The harvesters were really getting pennies for their resin.



David Stirling: We moved them out of the way and bypassed them and went **directly to the people, formed the cooperatives.** No one has ever done that before, to have these land owners and chiefs together, working together in a cooperative. It's never happened in their history in fact.



Matthew Reid: One of the **benefits of being on the ground** and getting to know the area and how the industry works, you can **immediately find ways to improve it.** We thought that there would be a great benefit to having some more organization, and so **we have built warehouses throughout the mountains and large collection sites, that function as kind of a co-op.** They're organizing harvesters, villagers, shopkeepers, and other traders throughout the industry into one network that is working together and collectively.



We're now employing thousands of women, who are cleaning the resins. We're making sure they have safe conditions and also are getting paid well. This organization has done a lot of things, not only to improve the supply chain, but to **provide much more security and employment and fairness** for more of the actors in the business.



Tim Valentin (Sr Director Strategic Sourcing): This has required a tremendous amount of building trust and relationships with the many clans that are involved, all the way to coordinating and collaborating with the government and sustainability initiatives, that they are working on, to ensure that the trees can be around for a very long time.

Dr. Anjanette DeCarlo (Frankincense Sustainability Consultant): If a tree is over-harvested, what we mean by that is that there's too many cuts on the tree, and that the way that the cuts are made are too deep. If there's too many cuts, if they're too deep, if they're too close to the roots, all of these things can lead to mortality and death for that tree.



doTERRA reached out to me, based on my work, and wanted to know how to collaborate and how to help. That's what we need more of. **We need more companies to follow this lead and to participate in coming up with solutions and strategies that support a robust frankincense economy and long-term sustainability and support for the communities who deliver this raw material to the world.**

David Stirling: **We feel very responsible to make sure that we can maintain the sustainability and do it in a way that is going to be long-term beneficial for the people and the trees.**

Emily Wright: It's been amazing to see the change that has happened in just a few years. To look at the women, who didn't think that anything was going to change in their life and to now be able to come in and **pay them a fair wage that they can depend on year after year after year.** To pay their husbands a fair wage, to go out and harvest these trees, that have been passed down from father to son, from generation to generation. And, **to educate their children,** to give them a chance to truly be able to change their circumstance. We are all the beneficiaries to continue to use this amazing, beautiful oil.

Matthew Reid: **Through schooling, through supply of medicine and food and fair wages and better work environments, I think the work that has been done there has been critical and will be long-lasting.**

The doTERRA Healing Hands Foundation has funded the Timirshe Puntland Health Services Centre. The centre was completed and inaugurated in 2017 and will provide primary health care in Timirshe, Puntland.

The doTERRA Healing Hands Foundation has funded the construction of two boarding schools for both boys and girls aged 7 to 12. These are the first schools of their kind in the harvesting areas of Cildibir and Oodweyne, Somaliland.

Construction has started on the Sanaag Regional Hospital. This 18,000 square foot facility will provide these harvesting communities with local primary and secondary health services for the first time ever.

See the Resources section for the YouTube link to this powerful video (which is where this text comes from).



Frankincense in doTERRA



Granola

INGREDIENTS

4 cups oats or gluten free alternatives
2 cups almonds, roughly chopped (soaked overnight)
1 cup pepitas
1 cup hulled sunflower seeds
1/2 cup sesame seeds
1/2 cup maple syrup
1/2 cup brown rice syrup
3 tsp ground cinnamon
2 tsp vanilla extract
2 drops Frankincense essential oil
2 drops Wild Orange essential oil
1 drop Cassia or Cinnamon Bark essential oil
2 drops Green Mandarin essential oil (or another favourite citrus essential oil)
If desired, your choice of dried fruits (to add only when cooled)

METHOD

Heat oven to 180°C.

Put the syrups into a heavy based saucepan and gently heat, remove from heat and leave to cool a little. Add the essential oils once cooled.

Put the oats and other dry ingredients into a large bowl and mix with hands. Then toss gently through the heated (and now cooled) syrups.

Lay out onto a lined baking tray and bake for 10 - 15 minutes or until golden; you may need to mix them a little depending on your oven. Do not overcook them and burn out the great fats within the seeds and nuts.

Remove from oven and once cooled add your choice of dried fruits, cinnamon and vanilla essence.

If you leave this in one piece to go cold, then it becomes a muesli bar! You just break it up and have it on the go, or with some lovely organic/biodynamic yoghurt or coconut yogurt.

My favourite vegan alternative is cashew nut cream and for those who ferment, a fermented nut cream over the top.

Store in an airtight glass jar or a container in the fridge or cool, dark place in the pantry.

This will keep for 4 - 6 weeks.



Raw Granola with Caramelized Nuts

INGREDIENTS

1 cup raw buckwheat
2 cups water
1 tbsp apple cider vinegar (or whey or lemon juice)
2 cups nuts (walnuts and pecans)
1/3 cup maple syrup
2 drops Frankincense essential oil
8 drops Wild Orange essential oil
Fresh strawberries, figs or fruits to serve

METHOD

Combine raw buckwheat, water and apple cider vinegar and soak in your refrigerator overnight. Then rinse.

Add nuts and maple syrup to buckwheat and mix.

Add Frankincense essential oil and Wild Orange essential oil and massage the blend with love and gratitude.

Pour and spread in the dehydrator tray at 40 degrees for 1-2 days.

(You can also use the oven on the lowest temperature overnight.)

Optional: cut fresh figs and dehydrate on a separate tray as they take longer.



Frankincense & Green Mandarin Raw Chocolate

INGREDIENTS

3/4 cup coconut oil, liquified
3/4 cup cacao powder
3/4 cup maple syrup (or to taste)
1/2 tsp Himalayan salt
Dash of vanilla powder
6 drops Frankincense essential oil
11 drops Green Mandarin essential oil

METHOD

Add all ingredients together and gently combine. Taste and adjust as need. This will make a beautiful chocolate sauce, as a dipping sauce or for a fondue, or you can put into moulds and set in the fridge or freezer.

If you whip up the mixture in your Thermomix further, the texture becomes more like a fudge that you can place into a lined baking tray. Whip even further and you get a fondant!

Suggested alternative wholefood liquid sweeteners: vegan honey, raw unprocessed honey, coconut syrup (also called coconut blossom or coconut nectar).

This recipe is so versatile. 1 cup, 1 cup, 1 cup (and variations thereof) of cacao, coconut oil and wholefood sweetener are the starting point of your cacao raw chocolate bliss. Add to this your food grade essential oils, nuts, seeds, berries and the options become endless!

Keep your raw chocolate creations in the fridge or freezer or you will end up with a divine chocolate sauce instead!



A woman with her hair in a bun, wearing a red sleeveless top and a patterned skirt, is sitting on the ground in a grassy field. She is looking towards the right, where the sun is setting, creating a warm, golden glow. The background shows a line of trees under a hazy sky.

Vanessa Jean's

Meditation Blend

Bergamot

H. Sandalwood

Frankincense

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A woman wearing a light-colored dress with a vibrant floral pattern in shades of purple, pink, and blue is standing in a lush green field. She is looking towards the left. The background is a soft-focus green field under a bright sky.

Vanessa Jean's

Meditation, Yoga and Restorative Blend

Frankincense

Cassia

Wild Orange

Calming Blend

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Vanessa Jean's
Beyond the Veil

Spikenard
Frankincense
Jasmine
Lemon

Add 5 drops total to 10ml carrier oil and aromatically dress or add up to 10 drops total and create a pure-fume.

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Vanessa Jean's
Clear Thoughts Blend
2 drops Lemon
1 drop Black Pepper
2 drops Frankincense
1 drop Ginger

Diffuse, or add to 10ml carrier oil and aromatically dress before your meditation.

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Vanessa Jean's
Return to Centre

2 drops Frankincense
1 drop Lime
1 drop Sandalwood
1 drop Clary Sage

Add to 10ml Fractionated Coconut Oil for aromatic dressing, or as a pure fume. Alternatively add drops to a diffuser.

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Vanessa Jean's
Soothe the Pain
Clary Sage
Frankincense
Wintergreen

Diffuse, or aromatically dress with maximum 5 drops to 10ml carrier oil and rub lovingly over your womb space.

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Vanessa Jean's
Women's Support

2 drops Cypress
1 drop Wild Orange
3 drops Frankincense
2 drops Geranium

Add to 15ml carrier oil and
aromatically dress.

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Vanessa Jean's
Sacred Womb Healing

Rose
Frankincense
Roman Chamomile
Myrrh

Add 5 drops total to 10ml carrier oil
and aromatically dress.

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Vanessa Jean's
Joyful & Uplifting
Invigorating Blend
Frankincense
Arborvitae

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Paul Owen's
Take the Pressure Down
Petitgrain
Frankincense
Hawaiian Sandalwood
Arborvitae

Diffuse, or aromatically dress with maximum 5 drops to 10ml Fractionated Coconut Oil or add to a roller bottle and use as your man-fume.

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Paul Owens'


Manfume

Arborvitae

Hawaiian Sandalwood

Frankincense

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Vanessa Jean's

Manfume for the Gods

EMBRACE YOUR INNER GOD

3 drops Jasmine

2 drops Frankincense

3 drops Hawaiian Sandalwood

1 drop Spikenard

Use with carrier oil (10ml) to a roller bottle to create your own manfume, or for aromatic dressing.

"My heart and mind are open to new experiences and connections. I allow divine to flow through me, guide me and inspire me."

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Vanessa Jean's

Children's Transition Blend

2 drops Frankincense

2 drops Wild Orange

2 drops Grounding Blend

1 drop Bergamot

Add to a roller bottle with carrier oil.

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Arielle's

Go to School Blend

Grounding Blend on feet

Frankincense

Lavender

Clear Blend

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Vanessa Jean's

Joyful Blend

Grapefruit
Wild Orange
Lime
Frankincense

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Vanessa Jean's

Embrace the Day

Wild Orange
Frankincense
Lime

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Vanessa Jean's


Solace Blend

1 drop Comforting Blend

2 drops Frankincense

Add to 10ml carrier oil and
aromatically dress.

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Vanessa Jean's

Sleep Calmly

Bergamot

Frankincense

Lavender

Diffuse for a calm sleep. Combine Vetiver
and/or Cedarwood with carrier oil and rub
on the big toes or massage entire feet.

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Vanessa Jean's
Creative Space

Manuka
Frankincense
Wild Orange

Diffuse to invite truth and awakening,
creative energy and pure joy!

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Vanessa Jean's
Study Blend

Rosemary
Lime
Lemon
Frankincense

Add to the diffuser whilst studying or when
you need to perform at your optimum.

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A woman with her arms raised in a circle of light, set against a background of a sunset or sunrise over a landscape.

Vanessa Jean's Invigorate Me!

Black Pepper
Invigorating Blend
Grounding Blend
Frankincense

Add a total of 5 drops to 10ml carrier oil.
Try this as an aromatic anchor to
call in the miracles!

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A woman with her arms raised in a circle of light, set against a background of a bright, sunny indoor space with large windows and greenery.

Vanessa Jean's It's a New Day!

Ginger
Joyful Blend
Frankincense
Grapefruit

Diffuse, aromatically dress, or create your own purefume
to begin fresh and manifest what you choose to call forth
into the new day!

*"I embrace the new ME with a whole and happy
heart!"*

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Vanessa Jean's

Expansion and Clear Vision

Spikenard

Grounding Blend

Frankincense

Bergamot

I embrace connection to my innate wisdom and to source. I allow God's grace to flow through me as I expand and grow and love what is.

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Vanessa Jean's

Coherence

1 drop Melissa (Optional but powerful)

1 drop Spikenard

2 drops Frankincense

3 drops Wild Orange

Add to 10ml carrier oil to aromatically dress, or in a roller bottle as a purefume. Also great to diffuse.

*"Clear intention + Elevated Emotions
= A New Energy."*

DR JOE DISPENZA

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Vanessa Jean's
Gratitude Blend

Myrrh
Siberian Fir
Ylang Ylang
Frankincense
Cassia

I give thanks for all the gifts life
brings me.

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Vanessa Jean's
Inhale Love, Exhale Gratitude

2 drops Bergamot
1 drop Frankincense
1 drop Wild Orange
2 drops Petitgrain

Aromatically dress in carrier oil and consciously feel
and say why you are so grateful for all your body
parts. Alternatively, create a purefume or diffuse and
meditate/pray on your sweet blessings.

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Vanessa Jean's
**Grounding Blend as you
Connect to Spirit**

Patchouli
Bergamot
H. Sandalwood
Frankincense

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Vanessa Jean's
Protection

2 drops Douglas Fir
2 drops Siberian Fir
1 drop Frankincense

Call in love and feel the protection of these beautiful trees around you... inhale love, exhale gratitude.

Add to 10ml Fractionated Coconut Oil for aromatic dressing, or as a pure fume.
Alternatively add drops to a diffuser.

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Vanessa Jean's

I Express my Truth

Litsea

Frankincense

Wild Orange

Manuka

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Vanessa Jean's

Truth Serum

Arborvitae

Wild Orange

Hawaiian Sandalwood

Frankincense

*"I live my truth. I follow the path of my heart.
I am grounded, earthed and strong. I stay true
to myself and listen to the calling of my soul.
I give thanks."*

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Vanessa Jean's

Take me to a Heavenly Place

Frankincense
Wild Orange
Clary Sage
Patchouli
Vetiver

Add to Fractionated Coconut Oil in a roller bottle or
aromatically dress in this succulent blend.

*"I embrace peace and tranquility.
I am soothed and in my joy.
I give thanks!"*

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Vanessa Jean's

Walk the Inner Spiral Home

Frankincense
Myrrh
Sandalwood

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Vanessa Jean's
Namaste Blend

Lemon
Jasmine
Frankincense
Hawaiian Sandalwood
Bergamot

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Vanessa Jean's
I am an Infinite Being of Joy
Douglas Fir
Encouraging Blend
Frankincense
Wild Orange

Diffuse, or add maximum 5 drops to 10ml carrier oil and aromatically dress or use as a purefume as you affirm:

"I am an infinite being of joy."

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Vanessa Jean's

Prayer, Transformation & Self-love

1 drop Myrrh
5 drops Wild Orange
1 drop Frankincense
1 drop Hawaiian Sandalwood
1 drop Petitgrain
1 drop Spikenard

Add to your favourite diffuser, and to a roller ball with carrier oil and use this as your anchor into a profound place of peace. Use as and when you need in the day to bring you back to clarity and truth.

"I am one in Spirit. I am one with Creator. My growth and expansion blesses all of creation. I choose my path mindfully. I choose love."

And here list all the things you choose to embrace in your life.

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Vanessa Jean's

Hope

Bergamot
Frankincense
Petitgrain

Diffuse. Alternatively, add a total of 5 drops to 10ml carrier oil and aromatically dress or use as your purefume.

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Vanessa Jean's
I am a Divine Creation

Melissa
Frankincense
Spikenard

*"My heart is open, my mind is clear, I am
connected to the Divine - I am a divine
creation."*

www.foodalchemy.com.au

Vanessa Jean's
**Gratitude, Self Love &
Self Care**

Arborvitae
Frankincense
Invigorating Blend
Siberian Fir

Diffuse, or aromatically dress (5 drops in 10ml
Fractionated Coconut Oil) to promote a feeling of
gratitude, self love and self care.

www.foodalchemy.com.au



Vanessa Jean's
Joy & Wonder Blend

Cypress
Frankincense
Wild Orange

*"I experience joy and wonder in my
daily life."*

www.foodalchemy.com.au



Vanessa Jean's
Happy Days

Lavender
Uplifting Blend
Frankincense
Wild Orange

www.foodalchemy.com.au

Vanessa Jean's

I Nourish Me

1 drop Lavender
2 drops Cedarwood
2 drops Frankincense
2 drops Lime

Add to 10ml carrier oil. This is a higher dose of essential oil to carrier oil to deeply nourish the skin.

As you massage this blend into your skin, say "*I nourish myself with love, joy and tenderness. I am so grateful for this body and my skin.*"

www.foodalchemy.com.au

Vanessa Jean's

I See Me

Spearmint
Yarrow|Pom
Ylang Ylang
Frankincense
Tangerine

"I see my strength, I see my beautiful inner child, I see my creativity, I express my inner voice, I see my truth."

www.foodalchemy.com.au

Vanessa Jean's
Divine Connection

Frankincense
Hawaiian Sandalwood
Roman Chamomile

I am joy.
I am inspired.
I am one with the creator.

www.foodalchemy.com.au

Vanessa Jean's
"Godspark" Blend

Spikenard
Frankincense
Wild Orange

Diffuse, or add maximum 5 drops to 10ml carrier oil and aromatically dress. Anoint your heart and ajna (third eye) with Spikenard and Frankincense and invite God/the Divine into your heart.

"With this blend I align with God. I open myself to miracles. I manifest in love, with love, and for love. God is pure unconditional love. I am pure unconditional love."

www.foodalchemy.com.au



Vanessa Jean's

Happy & Carefree Invigorating Blend Frankincense Ylang Ylang

Add to 10ml Fractionated Coconut
Oil for aromatic dressing, or add
drops to a diffuser.

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Arielle's

Family Fun Blend

Frankincense
Grounding Blend
Hawaiian Sandalwood
Ylang Ylang
Calming Blend

A beautiful mix of calming and uplifting oils.
Perfect for a day of family fun and
joyous laughter.

www.foodalchemy.com.au

A person with brown hair in a ponytail, wearing a light blue long-sleeved shirt and a grey backpack, is walking away from the camera on a path through a lush green forest. The scene is captured from a low angle, focusing on the person's back and the surrounding foliage.

Vanessa Jean's

Confidence & Trust in Self

Arborvitae
Joyful Blend
Frankincense
Geranium

Add to 10ml Fractionated Coconut Oil for aromatic dressing, or as a pure fume.
Alternatively add drops to a diffuser.

www.foodalchemistry.com.au

A couple is walking on a sandy beach at sunset. The woman is in the foreground, wearing a white dress, and the man is behind her, wearing orange pants. The background shows the ocean and a bright, hazy sky. The scene is captured from a low angle, focusing on the couple's legs and feet.

Vanessa Jean's

A Night of Deep Loving

Frankincense, Wild Orange
& Ylang Ylang in diffuser

Blend for Women on the Throat,
Heart Chakra &
Ajna (Third Eye)

www.foodalchemistry.com.au

Vanessa Jean's
Clear Unwanted Energy
Lime
Frankincense
Cardamom

Diffuse to clear any unwanted energy, to crank up your inner light and crack open your heart

www.foodalchemy.com.au

Vanessa Jean's
Claim the Light!
Melissa
Bergamot
Wild Orange
Frankincense
Hawaiian Sandalwood

A Prayer by Dr. Clarissa Pinkola Estes

"If everyone would light just one little candle, what a bright world this would be! Can you see the world, right now, with everyone carrying a little candle fully lit? Isn't it beautiful? Especially at night.

That candle is already with you... it is the true self that knows life on planet imperfect is also the learning planet, and that we are as we look across the world at all the lit hearts, together. And... that for those whose heart candle is a little wavery or temporarily gone dark, we can, if they wish, relight their flame from our flame.

And we can be. Just be. Together. Breathe easy. Rest. DON'T forget to breathe. Remember what I say to you often, "la chispa, the little ember on the end of a stick of burnt wood, glows and comes back to life when blown upon gently."

www.foodalchemy.com.au



Vanessa Jean's

Night

Lavender

Clear Blend

Calming Blend

Frankincense

Wild Orange

Bergamot

Diffuse before bedtime to support a
great night's sleep.

www.foodalchemy.com.au



Vanessa Jean's

Sleep Blend

Arborvitae

Frankincense

Marjoram

Add to diffuser or aromatically dress
for a beautiful night's sleep.

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A woman is lying in bed, partially visible in the background. In the foreground, a round, white, semi-transparent circle contains text. To the right of the circle, a vintage-style alarm clock is visible, showing the time as approximately 10:10. The background is softly blurred, showing white bedding and a wooden headboard.

Vanessa Jean's
Mind at Rest

Vetiver
Petitgrain
Wild Orange/Tangerine
Frankincense

Diffuse before bedtime to help relax
the mind for a restful sleep.

www.foodalchemy.com.au

A woman is lying in bed, her head resting on a wooden headboard. She has her eyes closed and a peaceful smile on her face. Her hands are clasped near her head. The background is softly blurred, showing white bedding and a wooden headboard. A round, white, semi-transparent circle is overlaid on the image, containing text.

Vanessa Jean's
Calm, Rest & Deep Sleep

Vetiver
Frankincense
Petitgrain

Diffuse, or add maximum 5 drops to 10ml
carrier oil and aromatically dress or use as a
purefume.

www.foodalchemy.com.au



Vanessa Jean's Clear Space & Sweet Dreams

DIFFUSER BLEND

2 drops Ylang Ylang
4 drops Frankincense
4 drops Wild Orange
3 drops Clary Sage

Diffuse for a beautiful deep sleep with sweet dreams. Clears the space and adds a softness. It's a great energetic blend and enhances emotional harmony.

For aromatic dressing, add to 10ml carrier oil and try 1 drop Ylang Ylang, 2 drops Clary Sage, 2 drops Frankincense and 1 drop Wild Orange.

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Vanessa Jean's Sweetest Dreams, Deepest Sleep

1 drop Blue Tansy
2 drops Roman Chamomile
4 drops Grounding Blend
3 drops Frankincense

Add to 15ml carrier oil and aromatically dress in this before sleep... ahhh sweetest dreams, deepest sleep.

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Vanessa Jean's

Aromatic Dressing

Festive Blend

In 10ml carrier oil (Fractionated Coconut Oil)

1 drop Cypress
2 drops Douglas Fir
1 drop Frankincense
1 drop Lemon

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Vanessa Jean's

Happy Holiday Blend

Clove
Frankincense
Cinnamon Bark
Wild Orange
Siberian Fir

www.foodalchemy.com.au

ESSENTIAL OIL SAFETY GUIDELINES

DILUTION

*To 10ml or 2 teaspoons
of carrier oil, add:*

Babies (0-12 months) - 1 drop

Children - 2-3 drops

Adults - 5 drops

CARRIER OILS

- dōTERRA's Fractionated Coconut Oil
- Sweet Almond Oil
- Jojoba Oil
- Grapeseed Oil
- Olive Oil

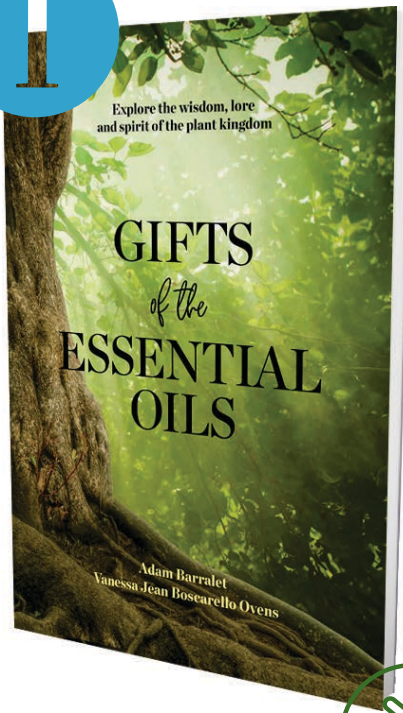
- Always seek professional medical advice if you are pregnant or have any health concerns before using essential oils
- Avoid contact with eyes, inside of nose, ears, thin membranes and genitals
- Dilute with Fractionated Coconut Oil (or other carrier oil) for sensitive skin and sustained absorption
- If you have a reaction, cease use and remove with a carrier oil NOT water
- Avoid sun exposure for several hours after topically applying Lemon, Wild Orange, Smart and Sassy, or other citrus oils - alternatively use under clothing when going out in the sun
- dōTERRA oils are very potent - use smaller amounts more frequently for best results
- Read labels and follow recommendations - see dōTERRA website for more details
- Keep essential oils out of reach of children. dōTERRA recommends their products are used under adult supervision.
- Use glass or stainless steel containers to store your oils as they can break down some plastics over time
- Consistent with Australian and New Zealand regulations, dōTERRA does not recommend its essential oils for internal medicinal use. Many of their essential oils can be used for food flavouring - they are highly concentrated, so a little goes a long way. It is recommended that 1-2 drops is ideal to flavour food (per serving). To help transport the essential oils around the body and for best bio-availability, pair them with a good fat such as virgin coconut oil from your kitchen (not Fractionated Coconut Oil).

For more safety guideline education, please refer to dōTERRA



Releases - Current & Upcoming

1



Dive deep into the spiritual aspects of the plant kingdom!

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2



**Recipe book with
Chef Sophie Budd &
Vanessa Jean Boscarello Ovens**

Register your interest in the upcoming recipe book.



REGISTER HERE

Resources

FROM dōTERRA



What is a dōTERRA Essential Oil?



Co-Impact Sourcing of dōTERRA Frankincense Essential Oil



dōTERRA Frankincense Sourcing Story



dōTERRA: Pursue What's Pure

FROM VANESSA JEAN



Aromatic Dressing with Vanessa Jean



Frankincense Essential Oil



Meditation with Frankincense and Balance Grounding Blend



Making Raw Chocolate



Acknowledgements

This eBook has been created by Vanessa Jean Boscarello Ovens and is for personal use only and should not be sold or shared by the recipient on a commercial basis.

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Essential oil photos purchased from www.essentialoilimages.com.

The information contained in this eBook is not intended to diagnose, prescribe or treat any emotional or physical condition and should not substitute medical advice.

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