



Springtime Blessings

A PRACTICAL GUIDE TO
USING THE doTERRA
SEPTEMBER PROMO
OILS

www.foodalchemy.com.au

Citrus Bloom

BRIGHT AND UPLIFTING

Citrus Bloom welcomes spring into your home with its combination of bright citruses and fragrant florals. This blend includes Wild Orange, Grapefruit, Lavender, Roman Chamomile, and Magnolia essential oils.

- Diffuse in the morning to support a calm and optimistic start to your day.
- Put a few drops onto your wrists and neck as a perfume that simultaneously uplifts your mood.
- Add to your body lotion for a sweet smelling and soothing massage.
- For an afternoon boost, rub one to two drops between your hands, cup your face, and inhale.

Try Citrus Bloom & Spearmint for an uplifting start to your day.



Aromatic Dressing with Citrus Bloom

In a beautiful wooden or ceramic bowl, add 10ml Fractionated Coconut Oil and your favourite Citrus Bloom aromatic dressing blend and wrap your body in love.

FEELING SEXY

2 drops Citrus Bloom
2 drops Whisper
1 drop Sandalwood

INHALE LOVE

3 drops Citrus Bloom
2 drops Laurel Leaf
1 drop Roman Chamomile

EMPOWERED ME

2 drops Citrus Bloom
1 drop Douglas Fir
1 drop Frankincense

CONNECTED & FLOWING WITH LIFE

2 drops Citrus Bloom
2 drops Cypress
1 drop Cedarwood

Diffusing with Citrus Bloom

FREEDOM

2 drops Citrus Bloom
1 drop Red Mandarin
2 drops Lemon Myrtle

SWEET DREAMS

2 drops Citrus Bloom
1 drop Marjoram
1 drop Vetiver

EXUBERANT & JOYOUS

2 drops Citrus Bloom
1 drop Wild Orange
2 drops Green Mandarin

CENTRED

2 drops Citrus Bloom
2 drops Siberian Fir
1 drop Frankincense





Red Mandarin

PLAYFUL, EXUBERANT, SPIRITED

Of the citrus oils, Mandarin is the child because of her playful, free spirit. As you reach the later stages of your life, you become more carefree. You realise what really matters and cease to take things so seriously or personally. You start to return to the carefree energy you had at the start of your life. The wise woman or Crone energy of Red Mandarin is a reminder that wisdom, joy and exuberant spirit are parts of you to embrace and exhibit.



The following blends can be added to a diffuser, or to aromatically dress (we suggest 5 drops total in 10ml fractionated coconut oil) or use as your purefume. Be aware of photosensitivity with citrus oils.



- Seeing sweetness in life
- Wonder in parenting
- Refreshed
- Joy in simple moments
- Cherishing childhood
- Innocent
- Positive perspective

I AM GROUNDED

Red Mandarin
H. Sandalwood
Patchouli

I AM SAFE

Red Mandarin
Frankincense
Siberian Fir

I AM LOVE

Red Mandarin
Geranium
Rose/Rose Touch
Arborvitae

I AM CONNECTED

Red Mandarin
Cedarwood
Douglas Fir
Myrrh

I AM PLAYFUL

Red Mandarin
Green Mandarin
Lime
Copaiba

I AM MAN

Red Mandarin
Litsea
Cedarwood
Bergamot



Red Mandarin Salad Dressing

1 tbsp hemp seed oil

1/4 cup extra virgin olive oil

1 ripe avocado

1 tbsp tahini

1 tbsp apple cider vinegar

Juice of half a lemon

Salt to taste

5 drops Red Mandarin essential oil

1 drop Pink Pepper essential oil

A drizzle of pure water to create a smoother consistency

Handful of fresh, seasonal herbs and extra to garnish

Combine by hand or with a blender until smooth.

Lemon Myrtle

EQUALISING, LEADERSHIP, CLARIFYING

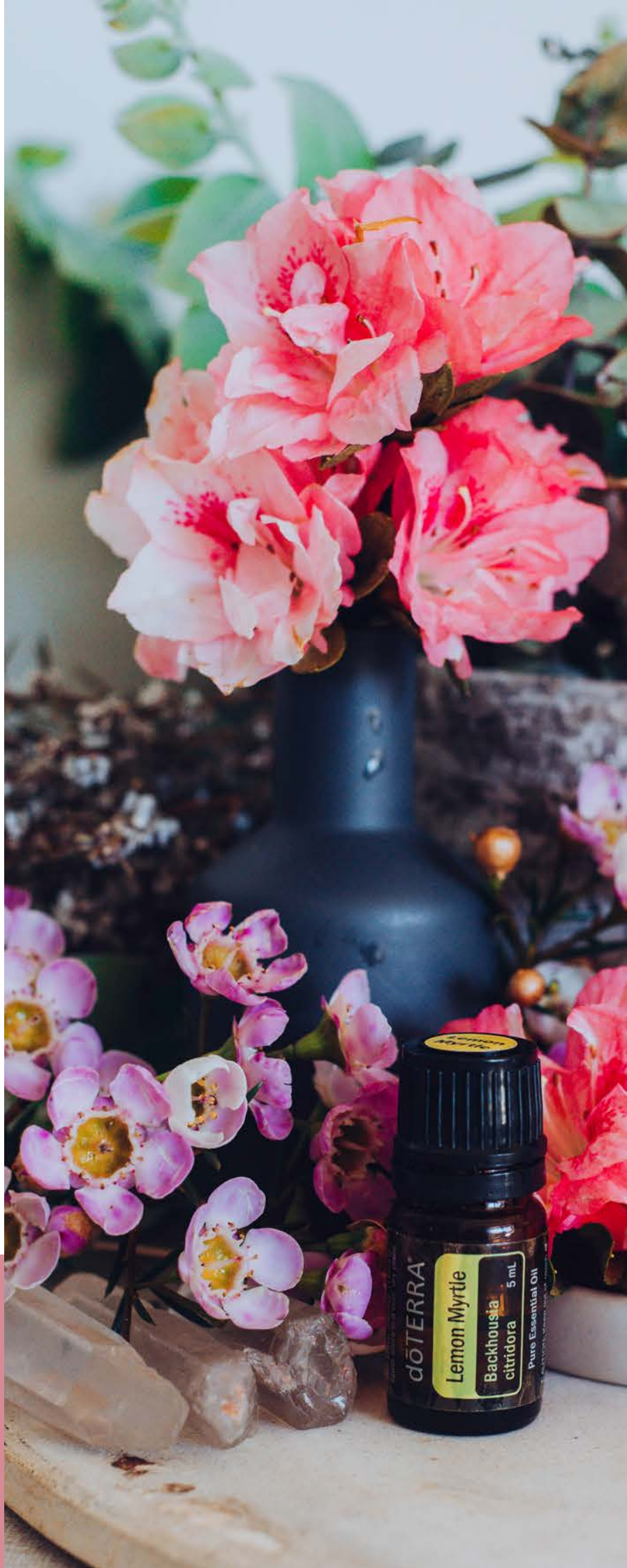
Found in the rainforests of Queensland, Australia, lemon myrtle has long been used by the local Indigenous people as both a food source and a healing plant. In summer, the butterflies dance around her blooming, cream-white flowers, but it is the lemon-scented leaves that have become so popular and offer us a beautiful essential oil.

Call on Lemon Myrtle when you feel like your body needs to detox.

She will also detox the mind, helping you feel calm and in control during the day and allowing you to fall peacefully asleep at night. Walk with Lemon Myrtle to overcome feelings of weakness, being used or lacking direction. She brings clarity to those who have lost their way, reminding them of their gifts and how to share them with the world.

She will open you, if you allow, to hear the melody of your heart that knows much can be achieved when you walk alone in the world, but as a community, cocreation happens, and miracles abound.

- Clarity
- Intentional
- Calm
- Rational
- Mentally invigorated
- Free and clear



Lemon Myrtle Blends

Use Lemon Myrtle in food with fellow foodie oils, or in aromatic dressings, purefumes, and diffuser blends.

BE TRUE, BE CLEAR

Lemon Myrtle
Rosemary
Black Pepper

INTENTION

Lemon Myrtle
Eucalyptus
Wild Orange

RECEIVE

Lemon Myrtle
Jasmine/Jasmine Touch
Siberian Fir

RELEASE

Lemon Myrtle
Bergamot
Geranium

HEART MELODY

Lemon Myrtle
Rose/Rose Touch
Roman Chamomile

WONDER

Lemon Myrtle
Basil
Tangerine

OPEN

Lemon Myrtle
Lemon
Douglas Fir

AWE

Lemon Myrtle
Blue Tansy
Siberian Fir

Lemon Myrtle Bliss Balls

1 cup macadamia nuts
1 cup dried apricots
6 medjool dates, pitted
1/4 cup desiccated coconut
1 tbsp hemp seeds
1/4 cup sunflower seeds
1 tbsp coconut oil, softened
1 drop Lemon Myrtle essential oil
2 drops Green Mandarin essential oil
2 drops Red Mandarin essential oil

Blend all ingredients together in a Thermomix or food processor until your desired texture is reached.

Take small amounts of the mixture and roll into small balls, then you can roll in more desiccated coconut or leave as is. Place in the fridge or freezer to set.



Lemon Myrtle Raw Chocolate

"Spring Blessings"

INGREDIENTS - RAW CHOCOLATE

- 1 cup raw cacao power
- 50g cacao butter
- 3/4 cup coconut oil, liquified
- 1/2 cup maple syrup
- 1/4 cup raw honey
- 1 tbsp bee pollen
- 2 tsp goji berries
- 1 drop Lemon Myrtle essential oil
- 1 cup roasted hazelnuts (see details below)

INGREDIENTS - ROASTED HAZELNUTS

- 1 cup hazelnuts
- 1 tsp coconut oil
- 1 drop Lemon Myrtle essential oil
- 2 tsp salt (Himalayan or Celtic (fine salt))

METHOD TO ROAST HAZELNUTS

Combine coconut oil, salt and Lemon Myrtle essential oil together. Massage over the hazelnuts. To a lined baking tray, add the coated hazelnuts to a warm oven - 150C fan forced. Roast for 5-10 minutes - do not allow to burn. Set aside to cool before making the raw chocolate.

METHOD FOR RAW CHOCOLATES

Gently liquify cacao butter and coconut oil together in a Thermomix (50C, speed 2, approximately 2 minutes or until melted), then add other ingredients (except roasted hazelnuts) and gently mix until well combined. Finally, stir in the roasted hazelnuts.

Pour into individual chocolate moulds or create a slab by lining a baking tray. Lightly sprinkle salt over the top of your chocolates or slab. Set in the fridge or freezer. Keep your raw chocolates in the fridge or freezer and eat when ready with relish!





Lemon Myrtle Roasted Carrots

A beautiful side dish to accompany your favourite dishes.

2 bunches seasonal baby carrots

INGREDIENTS - DRESSING

3 drops Lemon Myrtle essential oil

2 drops Black Pepper essential oil

1 drop Thyme essential oil

In 1 tbsp coconut oil

Pink salt to taste

METHOD

Heat fan-forced oven to 180C.

Massage dressing over raw carrots.

Add to a lined baking dish and roast until golden - approximately 20 - 30 minutes.

*Also try roasting
cauliflower with
this dressing!*

Pure-fumes

SPIRITED LOVER

3 drops Red Mandarin
1 drop Cardamom
2 drops Hawaiian Sandalwood
1 drop Ylang Ylang

DIVINE TOUCH

3 drops Lemon Myrtle
1 drop Hawaiian Sandalwood
1 drop Arborvitae
1 drop Litsea
1 drop Cedarwood

INSPIRED LIGHT

3 drops Citrus Bloom
1 drop Clary Sage
1 drop Frankincense
1 drop Douglas Fir
2 drops Siberian Fir

WONDER

2 drops Citrus Bloom
2 drops Red Mandarin
2 drops Lemon Myrtle

Add your pure-fume blend to a 10ml roller bottle topped up with Fractionated Coconut Oil.



Tea Tree Touch

HEALING, MOTHERING, TIMING

The indigenous Bundjalung people of eastern Australia have long used Tea Tree as a traditional medicine for many years in a variety of ways, including inhaling the oil from the crushed leaves, rubbing leaves on their skin and brewing an infusion of the leaves to make a tea. The latter use is why Captain Cook named the plant the tea tree. One of the areas where tea tree grows in abundance today is called Bungawalbyn, which translates to mean 'healing ground'. This captures the essence of this plant, which gifts you her essential oil when the leaves are steam-distilled. Today, Tea Tree, also known as Melaleuca, is an Australian favourite due to its cleansing and cleaning properties.

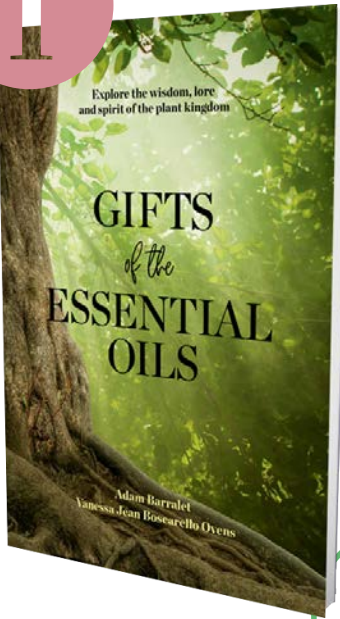
Tea Tree sets up a beautiful force field of energetic and psychic protection around you. Use her to repel unwanted or negative energies, entities, thoughts or emotions, and to fortify your energy field. If you find yourself dealing with an energetic vampire - someone who makes you feel drained each time you interact with them - use Tea Tree to both deter them from contacting you and to cleanse away their draining impact on you. She is also a great space clearer and a wise choice for people in the Southern Hemisphere when performing a space-clearing practice. Use Tea Tree around the New Moon to vanquish the undesirable aspects of your life and set intentions for a fresh start.

- Breaks ties to toxic relationships (may be with people, microorganisms in the physical body or spiritual beings)
- Clears negative energetic baggage
- Specifically releases co-dependent and parasitic relationships



Upcoming Releases

1



Dive deep into the spiritual aspects of the plant kingdom!

Click book image to register your interest in the upcoming book
"Gifts of the Essential Oils"
by Adam Barralet and
Vanessa Jean Boscarello Ovens

2



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

Register your interest
in the upcoming
recipe book.



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Acknowledgements

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All recipes and blends are original creations by Vanessa Jean.

Information is sourced from doTERRA web pages, the Emotions and Essential Oils book and the upcoming **Gifts of the Essential Oils** book by Adam Barralet and Vanessa Jean Boscarello Ovens.

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