

Summer Wellness

Vanessa Jean Boscarello Ovens

*"Live in the sunshine.
Swim in the sea.
Drink in the wild air."*

RALPH WALDO EMERSON

Hello summer wellness!

Don't you just love a great sale, and doTERRA have their Summer Wellness sale on now until 15 January 2021.

To help you get the most out of these great offerings, including the newly released Cuisine Blend Collection of essential oils, I've put together this little eBook to help you bring summer wellness into your life!

To find out more about these essential oils, please see link in Resources. Remember to download the free eBook from doTERRA too.

In joy & love, Vanessa Jean

SUMMER — wellness sale —

UP TO
30% OFF
SELECTED
OILS*

AVAILABLE UNTIL 11:59PM AEDT/1:59AM NZDT
FRIDAY 15TH JAN OR WHILE STOCKS LAST.



Cuisine Blend Collection

ITALIAN CUISINE BLEND

Olive oil with Thyme, Rosemary, Basil, Marjoram and Oregano essential oils.

MEXICAN CUISINE BLEND

Avocado oil with Lime, Cumin, Black Pepper, Cilantro and Marjoram essential oils.

TROPICAL CUISINE BLEND

Coconut oil with Orange, Lemon, Lime, Grapefruit, Green Mandarin, Bergamot, Yuzu and Ylang Ylang essential oils.



Veggie Soup

INGREDIENTS

- 2 brown onions, diced
- 2 shallots, sliced thinly
- 4 cloves garlic, chopped finely
- ¼ cup extra virgin olive oil
- 4 potatoes, cut into small cubes
- 2 carrots, cut into coins
- 1 red capsicum, diced
- 1 cup green beans
- 1/2 cup peas
- 1 corn cob, kernels sliced
- 2 tsp salt or Herbamare
- 1 L veggie stock
- 2 tbsp tomato paste
- 1/3 cup passata

- 1 cup cooked white beans (cannellini, butter or chickpeas), or 1 tin, drained and rinsed
- 2 drops **Italian Blend** mixed into 1 tbsp extra virgin olive oil

METHOD

Sauté onions, shallots and garlic in 1 tbsp extra virgin olive oil until transparent.

Add potatoes, stir and sauté.

After a few minutes, add remaining vegetables, combine well in the extra virgin olive oil, adding 2 tsp salt/Herbamare.

Add stock/water, tomato paste and passata. Stir well, cook for 20 minutes.

Then add the cooked beans and the essential oil/olive oil mix, cooking for another 15 - 20 minutes.

Serve hot, with fresh herb garnish, crispy roasted kale or toasted sourdough bread.



Mexican Beans

This dish is delicious and doubles up as a breakfast if there are leftovers and freezes perfectly. Add chilli to your discretion and enjoy for breakfast on toast and with eggs if you choose or on nachos for lunch or dinner, or any which way, even on rice or quinoa.

You can use borlotti, cannellini, pinto and/or black beans for this dish. If you want to make a quickie version you can use organic tinned beans of your choice.

¾ cup borlotti or pinto beans

¾ cup black beans

1 tsp dulse flakes/powder or a 2cm strip of wakame sea vegetable

1 large carrot

1 - 2 corn cobs

1 sweet potato

1 red capsicum

1 large red onion

1 small brown onion

4 - 6 garlic cloves

2 tsp dried cumin powder

1 tbsp sweet curry powder or your own mix of turmeric, dried ginger, dried coriander, sweet paprika, touch of cayenne (leave out for sensitive children/adults)

Chilli/cayenne to taste, optional (some children/adults may not like this)

2 handfuls or so of fresh coriander (use parsley or other fresh herb if your family/children do not like coriander)

2 tins tomatoes, diced

1 - 2 tbsp tomato paste (more tomato paste deepens the flavour)

2 drops **Mexican Blend** in 2 tbsp extra virgin olive oil into a small bowl



Soak the beans then discard the soaking water and use fresh water to rinse beans well.

Cover the beans in approximately 8 cups water (so they are very well covered), add Kombu or Wakame Sea vegetable and simmer for one hour on gentle heat.

Meanwhile chop all the veggies, scraping the corn off the cob and add them, and the tin tomatoes, to the pot after the beans have cooked one hour. At this stage add more liquid if it is drying out. It needs to be a loose moving mixture. The sweet potato is an important addition to this recipe as it helps to balance the acidity in the tomatoes rather than using sugar as so many tinned beans do. The beans are earthy and astringent and the sweet potato counterbalances this.

Whilst this simmers away, finely chop the onions and garlic and sauté in olive oil with 1/2 the Mexican Blend/olive oil mix.

Once sautéed, add to the bean mix and cook slowly for roughly another 1/2 - 3/4 hour, stirring as needed.

Remove the lid and continue to stir frequently, cooking for roughly 30 – 45 minutes until you have a thick mixture. You can add tomato paste if you want to deepen the flavour. At the last 5 minutes, add in the balance of the Mexican Blend/olive oil mix. We like it to be a little runny to go over our organic corn chips; we love the blue maize or three colours corn chips.

Serve on corn chips/nachos with chopped avocado and some natural/coconut yoghurt on top, for adults, fresh chilli and coriander... and tuck in!

For breakfast, you can serve on toast with or without the egg addition.

If you want to do a quick salsa, simply chop tomatoes add a pinch of salt and fresh herbs and toss it on top of this great mix.

Berry Superfood Blitz Smoothie

INGREDIENTS

2 cups coconut milk or homemade nut milk

1 cup raw cashew nuts – use nuts/seeds or your preference

1 cup mixed berries – organic and frozen when not available fresh

1 ripe banana

½ tsp ground vanilla powder

½ tsp vanilla extract

1 tsp ground cinnamon

1 tsp maca powder

Optional: sweetener if you need it e.g. raw jarrah honey, maple syrup, coconut syrup

Optional: 1-2 drops Tropical Blend

Optional: 1 tbsp chia seeds

METHOD

Blend the cashew nuts first until ground fine in a food processor or Thermomix, next add the berries and do the same.

Add all remaining ingredients, checking for taste and drink immediately!

*Note: you can add fermented drinks to this too, so if you have milk or water kefir you can use either of these as a great smoothie base. These are fermented drinks that help restore gut health and overall well-being.



Strawberry Sorbet

INGREDIENTS

75g rapadura sugar

1/3 cup freshly squeezed lemon juice

1 cup alkaline filtered water

2 ½ cups strawberries

Optional: add 2-3 drops essential oils.

Try the doTERRA Tropical Blend.

METHOD

Blitz sugar in a Thermomix speed 10 for 9 seconds, then add everything else and blitz speed 5 for 10 seconds, then speed 8 for 10 seconds. Alternatively use a food processor.

Place in freezer until set.



Vanessa Jean's Birthday Cake

INGREDIENTS – BASE

2 cups activated almonds
2 tbsp coconut oil
15 Medjool dates, pitted
1 tsp vanilla powder
Pinch Himalayan salt

INGREDIENTS - FILLING

1 large ripe avocado
3 ripe bananas
1 cup cacao powder
1 ¼ tbsp cacao butter, melted
1 tbsp coconut oil, melted
500 g coconut vanilla yoghurt
¼ cup maple syrup
Pinch of salt
1 tsp vanilla extract
3 drops Cardamom essential oil
4 drops Kumquat essential oil
13 drops **Tropical Blend**
3 drops Wild Orange essential oil

INGREDIENTS – TOP

100g cacao nibs (or nuts/seeds)
½ tbsp maple syrup
8 drops Wild Orange essential oil

METHOD

Place all base ingredients into a Thermomix/food process and blitz until combined. Spread across base of a well-oiled cake tin. Place in fridge/freezer to set.

Combine in a Thermomix/food processor and layer onto base. Place back into fridge/freezer to set.

Combine ingredients for top together. Remove cake from fridge/freezer (base and filling) and place on top. Drizzle with maple syrup (optional). Set again in the fridge/freezer. If setting in the freezer, allow time to soften before serving.

Serves 12.

Fermented Turmeric and Ginger Healing Elixir

2 cups nut milk or coconut milk

1 drop Ginger essential oil

1 drop Turmeric essential oil

1 drop Black Pepper essential oil

3 Medjool dates

1 tsp grated fresh turmeric or ground (powder)

½ tsp grated fresh ginger or ground (powder)

1 tsp cinnamon

½ tbsp lucuma powder

½ tsp camu camu powder

Pinch of cayenne pepper

Pinch of grated nutmeg

Raw honey or other whole sweetener, to taste

1 cup water kefir or kombucha
(homemade or organic store bought)

Soak all the ingredients overnight or for the day whilst you are working/running around.

Blitz in a food processor/Thermomix or blender and enjoy warm or at room temperature.

Rosemary & Garlic Roasted Potatoes

INGREDIENTS

2-3 cloves garlic

1/4 cup extra virgin olive oil

2 tsp salt (Celtic or Himalayan)

Essential oils of your choice - e.g. Black Pepper, Rosemary, Basil, Marjoram, Thyme, Juniper Berry (choose one essence oil or a combination of 2-3) using up to 2 drops of each e.g. 2 drops Rosemary + 2 drops Black Pepper + 1 drop Juniper Berry into a bowl or pouring dish with the extra virgin olive oil

Potatoes

METHOD

Heat oven to 200 C.

Blitz garlic cloves, salt and essential oils/extra virgin olive oil mix in a food processor or Thermomix until well blended and creamy.

Wash and scrub potatoes. Dry then cut into quarts.

In a large mixing bowl, massage the potatoes with the extra virgin olive oil mix adding extra virgin olive oil if needed.

Lay coated potatoes on a lined baking tray, sprinkling extra salt over the top.

Place in a hot oven and bake until cooked and golden (45-60 minutes, depending on your oven.)



Yoga Collection

Check out my YouTube video on the Yoga Collection.

Note, the names of the collection in Australia/New Zealand changed:

Ascend = Arise

Anchor = Anchor

Affirm = Align



<https://youtu.be/UrLmBAKaeDQ>





Spikenard

Spikenard is like Frankincense, Myrrh and Hawaiian Sandalwood – a holy oil. It was traditionally used to anoint the ajna (third eye) for deeper connection to God. Use in prayer, meditation and manifesting, Spikenard has been found to have similar properties to Frankincense so use this wonder oil liberally for emotional, mental and physical wellbeing. I love the deep nourishment this earth essential oil brings to my spirit and soul, freeing me from unseen shackles and old stories.

TRANQUILITY & CALM CONTENTMENT

Spikenard
Petitgrain
Calming Blend

A beautiful blend for sleep or calming.

DEEP & TRANQUIL SLEEP

Spikenard
Anoint on wrists and heart for a deeper sleep and a tranquil state.

MANIFESTING WITH SPIKENARD

Spikenard
Ginger
Lime
Wild Orange

LIBERATION FROM OLD STORIES

Spikenard
Hawaiian Sandalwood
Siberian Fir
Bergamot

EXPANSION & 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."

CONNECTION TO SOURCE

Spikenard
Frankincense
Lime
Rose (or Blend for Women/
Comforting Blend)



[Inner Musings Spikenard](#)
[10 November 2016](#)

Clary Sage

INTUITION | BIRTHING | EUPHORIA

MY GIFT TO YOU IS Perspective

Clary Sage has been used through the ages by woman to bring children safely into the world. She is calming and euphoric, lending her magic beautifully to the birthing arena. She can also be used by you to birth your embryonic ideas.

Firstly, Clary Sage allows you to see the vision in fullness and gives you the space for the full gestation period, before it is birthed. Then once the vision is clear, she helps you manifest your desires in a manner that brings you boundless joy. Do you ever feel stuck in life? If so, let Clary Sage help you get it out. When you need a lift, allow the euphoric gift of Clary Sage to help you to rise in joy once more.

Excerpt from "Gifts of the Essential Oils" by Adam Barralet & Vanessa Jean Boscarello Owens

RETURN TO CENTRE

Clary Sage
Frankincense
Sandalwood
Lime

CALM & BALANCED

Clary Sage
Bergamot**
Lavender
Patchouli

FREEDOM

Clary Sage
Wild Orange
Spearmint
Sandalwood

CELEBRATE WOMANHOOD

Clary Sage
Bergamot**
Myrrh

HONOUR THE FEMININE

Clary Sage
Cassia*
Grapefruit

UPLIFT & SUPPORT

Clary Sage
Cinnamon Bark*
Clove*
Wild Orange
Siberian Fir

*These are hot oils, use minimally for aromatic dressing or for sensitive skin, use only for diffusing.

**This is highly photosensitive, do not use when going out in the sun.

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

Alternatively, place in the diffuser.

Caution: do not aromatically dress with blends containing citrus essential oils
(exception: Green Mandarin essential oil)

Rosemary

MENTAL PROWESS | EXPANSION | PROTECTION

MY GIFT TO YOU IS Rememberance

Rosemary is an activator, helping to engage you, to bring focus, to bring clarity, to enhance memory and your mental aptitude. She improves your ability to access and awaken otherwise dormant areas of your brain. A popular term is “Rosemary for remembrance.” As such, this plant is often incorporated into funeral ceremonies or rituals. She will keep the memory of the departed alive or remind you of the timeless, loving bond that keeps you connected.

Rosemary is fantastic for cleansing and clearing a space. Rosemary offers protection, warding off negativity of people, thoughts, words, and deeds. A sweet saying that is common to many of us is that every good witch has Rosemary by her front door, right near her letterbox, by her front entrance, because this plant’s magic acts as such a powerful ward against anything destructive or untoward – anything that would bring pain, contraction or loss to your life.

Excerpts from "Gifts of the Essential Oils" by Adam Barralet & Vanessa Jean Boscarello Ovens

STUDY

Rosemary
Lime
Lemon
Frankincense

CLEAR THE MIND

Rosemary
Litsea
Lemon
Basil

OPTIMAL PATHWAYS

Rosemary
Tangerine
Sandalwood
Cistus

FOCUS

Rosemary
Peppermint
Wild Orange

SPACE CLEARING

Rosemary
Eucalyptus
Lemon Myrtle

CLEANSING

Rosemary
Lemon Eucalyptus
Hyssop

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

Alternatively, place in the diffuser.

Caution: do not aromatically dress with blends containing citrus essential oils
(exception: Green Mandarin essential oil)

Vanessa Jean's
Muscle Support Blend

Turmeric
Ylang Ylang
Frankincense
Roman Chamomile
Pink Pepper
Basil

Add 3 drops of each to 15 ml carrier oil
and aromatically dress or add to a rollerball
for targeted support.

www.foodalchemy.com.au

Vanessa Jean's
Soothe My Muscles

Basil

Marjoram

Lemongrass

Black Pepper

Rosemary

Add 2 drops of each to 10 ml carrier oil
and aromatically dress or add to a rollerball
for targeted support.

www.foodalchemy.com.au



Vanessa Jean's
Muscle Relaxation

1/4 cup Himalayan salt crystals

1/3 cup Epsom salts

1 Tbsp coconut oil

2 drops Frankincense essential oil

1 drop Clary Sage essential oil

2 drops Marjoram essential oil

2 drops Lavender essential oil

Add all ingredients to a bowl, gently mix by hand.

Pour into a full bath and bliss out as you soak - releasing with each breath what no longer serves you in your day and your life.

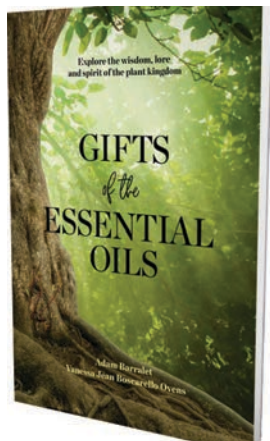
My body is supple. I am relaxed.

My muscles release all tension as I allow myself to release and exhale.

www.foodalchemy.com.au

Buy - Gifts of the Essential Oils book

**Dive deep into the spiritual aspects of the
plant kingdom!**



Available worldwide
<http://bit.ly/geoall>

Resources



[Summer Wellness Zoom replay](#)



Voice of the Goddess 6-month journey - register interest [here](#)



[doTERRA Summer Wellness Sale](#)



[Aromatic Dressing with Vanessa Jean](#)



[Diffusional \(essential oil supplies\)](#)

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