

Mini-Retreat

eBook

With Vanessa Jean Boscarello Ovens &
Natasha McCrystal

Breathe.

Relax.

Connect to the truth of who you are.

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Welcome!

Thank you for joining myself and Natasha McCrystal on this treat-sized Mini Retreat in association with Chakra Angel.

Make yourself a cacao elixir or a cup of tea using your favourite tea cup, whip up some luscious and oh-so-good for you raw chocolate or bliss balls and then dive into the bounty of this little eBook.

Enjoy!



Cacao Elixir



This is a nourishing and nurturing elixir, perfect before meditation and sleep. It opens the heart center and expands the mind for creative flow.

1 litre coconut milk
1 litre coconut water
1 – 2 tbsp cacao powder
Cayenne – pinch
2 cinnamon quills
1 tsp ground cinnamon
6 cardamom pods
2 star anise
4 medjool dates or 2 dried figs

Essential oils you could infuse:

Cinnamon Bark
Cassia
Cardamom
Protective Blend
Black Pepper/Pink Pepper
Ginger
Wild Orange
Green Mandarin
Tangerine
Spearmint
Peppermint

Optional sweeteners: raw honey, coconut syrup, maple syrup, coconut sugar or rapadura sugar (add these after heating). I don't add sweetener as I find the dates and coconut milk are sweet enough.

Let this stand for 2 - 4 hours then gently heat. Take out the quills, pods and star anise then gently blend in a food processor so the dates are combined.

Note: I love to grind the cardamom seeds in a mortar and pestle and include in the elixir. Makes 2 litres.

ESSENTIAL OIL

Teas

... take 5



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Cinnamon Bark, Black Pepper, Wild Orange

Cinnamon Bark

Fennel, Cardamom, Cinnamon Bark

Cardamom

Peppermint & Protective Blend

Protective Blend

Peppermint, Lemon, Ginger

Ginger, Lemon, Cardamom

Ginger

Peppermint

Black Pepper, Lime, Lemon

Lemon, Lime, Wild Orange

Lemon & Ginger

Fennel & Lemon

Fennel

Petitgrain

Geranium

Green Mandarin & Pink Pepper

Green Mandarin, Ginger, Black Pepper

or Pink Pepper

Green Mandarin & Fennel

Geranium & Wild Orange

Lavender & Wild Orange

Lavender

Lavender, Lemon/Lime

Lemongrass & Ginger

Lemongrass

Bergamot

Bergamot & Ginger

Bergamot, Lemongrass, Ginger

Wild Orange, Lime, Cardamom

Cassia

Spearmint

Clove Bud & Bergamot

Lemon, Ginger, Black Pepper

Cassia, Cinnamon Bark, Wild Orange

DigestZen

DigestZen, Peppermint, Protective Blend

Boil kettle. Pour water into a mug or pot of tea. Add some cool water or allow to cool a touch, then add your chosen oil(s) or blend mixed with a little coconut oil. Remember, one drop goes a long way! Add one drop of each oil per cup of tea or to each pot.



Wild Orange Bliss Balls



8 - 10 medjool dates

1 tbsp coconut oil (or a little less)

4 - 6 drops Wild Orange essential oil

1/2 cup shredded coconut

1 cup cashew nuts (or any nuts or seeds)

Optional: 1/4 cup raw cacao powder

Blitz to desired consistency and roll into balls then refrigerate. Optional: roll in cacao powder or shredded coconut.

Raw Chocolates

A Return to Love BASE RECIPE

1 cup cacao powder

1 cup coconut oil, liquified

1/2 cup wholefood sweetener (e.g. maple syrup, honey) - or
to taste

Pinch Celtic sea salt or Himalayan salt

OPTIONS

12 drops Wild
Orange essential oil

See "Essential Oils
for Sweet Treats"
for other essential
oil options.

Seeds: sunflower,
hemp, pepitas.

Nuts: cashew,
Brazil, almond,
walnut.



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 Ver ge 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.

EMPOWERMENT BLENDS

"Uplift"

Spearmint
Geranium
Sandalwood
Lemon

"Abundance Blend #1"

Clove
Wild Orange
Cinnamon Bark
Sandalwood
Frankincense

"Abundance Blend #2"

Patchouli
Tangerine (optional)
Wild Orange
Siberian Fir
Lime

"Gentleness"

Jasmine
Cedarwood
Tangerine
Bergamot

"Vision #2"

Jasmine
Sandalwood
Siberian Fir
Lemon

"Self Acceptance"

Ylang Ylang
Geranium
Lavender
Bergamot
Grapefruit
Sandalwood

"Acceptance & Forgiveness"

Geranium
Black Pepper
Lime
Wild Orange
Sandalwood

"Forgive, Release, Live"

Helichrysum
Bergamot
Sandalwood
Rose

"Awakening"

Bergamot
Siberian Fir
Frankincense
Lavender

"Vision #1"

Rose
Lavender
Bergamot

"Heart Space"

Rose
Myrrh
Geranium
Bergamot/Tangerine

"I Live my Truth"

Frankincense
Lime
Cypress
Geranium
Myrrh

"Mind & Soul Connection"

Arborvitae
Lime
Sandalwood
Melissa (optional)

"Flow"

Cypress
Lime
Lemon
Ylang Ylang
Arborvitae
Wild Orange

"Freedom"

Peppermint
Siberian Fir
Cypress
Lemon

"Living My Dreams"

Tangerine / Wild Orange
Sandalwood
Lavender
Ylang Ylang



EMPOWERMENT BLENDS

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"I Live my Pure Potential"
Patchouli
Invigorating Blend
Sandalwood

"I Stand in my Power"
Myrrh
Arborvitae
Frankincense
Clary Sage
Cardamom

"Soothing Blend"
Myrrh
Bergamot
Sandalwood
Rose

"Womb Space & Sacred Woman"
Myrrh
Siberian Fir
Ylang Ylang
Wild Orange
Rose

"I Choose Joy"
Spearmint
Douglas Fir
Lemon
Lime

"My Dreams are Realised"
Cinnamon Bark
Cassia
Clove
Wild Orange

"I release all pain I embrace Joy"
Helichrysum
Lemon
Black Pepper
Cassia
Wild Orange

"I Release all Pain & Wounding, I Embrace Freedom"
Helichrysum, Clary Sage
Tangerine/Bergamot
Sandalwood
Wild Orange

"I Release and am Empowered"
Juniper Berry
Black Pepper
Lemon
Wild Orange
Lime

"Purity"
Black Pepper
Lemon
Grapefruit
Cypress

"I Believe"
Siberian Fir
Balance
Frankincense
Bergamot

"I Embrace Life"
Douglas Fir
Invigorating Blend
Sandalwood
Lime

"I Live my Soul Path"
Clary Sage
Lavender
Bergamot
Ylang Ylang
Sandalwood

"I Connect with the Sacred"
Arborvitae
Grapefruit
Sandalwood

"Oneness"
Cypress
Jasmine
Wild Orange
Sandalwood

"I Connect my Inner Child with Joy"
Lemongrass
Wild Orange
Douglas Fir
Sandalwood
Lavender

"I Empower, I Inspire"
Clary Sage
Sandalwood
Lemon

"I Breathe, I Live, I Celebrate Life"
Cardamom, Clove
Peppermint, Lavender
Tangerine (optional)
Wild Orange



Diffuse or aromatically dress in carrier oil.

I Am

Blends



"I am Real"
 Black Pepper
 Cilantro
 Wild Orange
 Lime
 Sandalwood

"I am Vital"
 Peppermint
 Siberian Fir
 Lemon

"I am Invigorated"
 Eucalyptus
 Lemon
 Lime
 Grapefruit

"I am on Purpose"
 Rose
 Geranium
 Sandalwood
 Lime

"I am Connected to Source"
 Cardamom
 Sandalwood
 Lemon
 Frankincense

"I am Serene"
 Sandalwood
 Lemon
 Wild Orange

"I am Whole"
 Rose
 Ylang Ylang
 Vetiver

"I am Energized"
 Spearmint
 Eucalyptus
 Lemon

"I am Motivated"
 Ylang Ylang
 Sandalwood
 Melissa (optional)
 Rosemary
 Lemon

"I am Balanced, I am Strong"
 (great for men too)

Fennel
 Cedarwood
 Lemon
 Bergamot
 Arborvitae
 Wild Orange

"I am Peaceful"
 Lavender
 Ylang Ylang
 Roman Chamomile
 Bergamot

"I am Hope"
 Myrrh
 Siberian Fir
 Wild Orange

"I am Fearless"
 Rosemary
 Lemon
 Lime
 Lavender
 Juniper Berry

"I am Grateful"
 Cinnamon Bark
 Grounding Blend
 Sandalwood
 Wild Orange

"I am Light"
 Spearmint
 Lemon
 Grapefruit
 Sandalwood

"I am Sensual"
 Ylang Ylang
 Arborvitae
 Jasmine
 Tangerine

"I am Grounded"
 Black Pepper
 Douglas Fir
 Lemon
 Arborvitae

"I am that I am"
 Sandalwood
 Frankincense
 Melissa / Bergamot
 Jasmine

"I am Hopeful"
 Rose
 Sandalwood
 Juniper Berry
 Cassia





Vanessa Jean's
Daily Ritual Synergy

2 drops Copaiba
1 drop Lemongrass
1 drop Frankincense
2 drops Yarrow|Pom
1 drop Pink Pepper

Aromatic Dressing and purefume creation
in 10ml Fractionated Coconut Oil.

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Vanessa Jean's

Daily Ritual Synergy

1 drop Rosemary

2 drops Black Pepper

1 drop Green Mandarin

3 drops Turmeric

Aromatic Dressing and purefume creation
in 10ml Fractionated Coconut Oil.

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Vanessa Jean's

Daily Ritual Synergy

2 drops Clove Bud

3 drops Frankincense

2 drops Grapefruit

Aromatic Dressing and purefume creation
in 10ml Fractionated Coconut Oil.

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Vanessa Jean's

I Release, I Let Go

3 drops Tea Tree

10 drops Lavender

6 drops Green Mandarin

5 drops Frankincense

2 drops Ginger

Add to 20ml carrier oil and massage/aromatically dress all over your body, concentrating on any parts that are holding onto discomfort and/or contraction.

Alternatively, add to a rollerball for targeted support.

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I am THAT I am

20 DROPS VETIVER
10 DROPS BERGAMOT
5 DROPS CYPRESS
15 DROPS WILD ORANGE

Add with 100ml carrier oil to a bottle.
You can decant into a roller bottle,
aromatically dress or add to a spritzer
bottle.

I let go.
I release what no longer serves me.
I stand in my truth.
I stand in my power.
I embrace joy.
I choose joy.

I let go of the story.
I release all guilt.
I release all untruths.

I rest.
I rest in my natural state.
I return to my natural state.
I am peace.
I embrace peace.
I am at rest.

I am present to what is real.
I embrace my truth.
I trust my inner knowing.
I follow my inner knowing.

**I AM THAT I AM.
AND WHAT I AM IS MAGNIFICENT.**

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





Resources

FROM dōTERRA



What is a dōTERRA Essential Oil?



dōTERRA: Pursue What's Pure

FROM VANESSA JEAN



Aromatic Dressing with Vanessa Jean



Making Raw Chocolate

Acknowledgements

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Some essential oil photos purchased from www.essentialoilimages.com

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