

2020 Festive Season

from Vanessa Jean Boscarello Ovens



*"Let gratitude be the
pillow upon which you
kneel to say your
nightly prayer."*

MAYA ANGELOU

Hello!

2020 - it's almost over!

The challenges of this year have been many and varied. And so too have the blessings.

I've spent a lot less time travelling which has been both a blessing mixed with sadness since I have not been able to cuddle new babies, hold my dear nonna's hand, or visit loved ones.

It's also meant a time of much retreating, discovering what really matters and what makes my heart sing, and diving into the revelations that have blessed me.

I love writing and creating, and this year has allowed me to indulge. Stay tuned for a magnificent offering in 2021 - a six-month journey with me.

Sending you brightest blessings for this festive season. I am so grateful for our connection and am excited for a deepening in 2021. May you feel peace, connection and love wherever you go.

In Joy & Love, Vanessa Jean



Watermelon Popsicles

Watermelon

1 -2 drops Lemon essential oil
(to taste)

Blitz watermelon until it's a
juice.

Stir in the Lemon essential oil.

Pour juice into popsicle
moulds and freeze until set.

This is summer bliss and a
perfect treat for children and
adults alike.

Alternatively drink in your
favourite glass. It's a refreshing
way to start the day.

**Other essential oils you
might like to try include:**

Lime
Green Mandarin
Pink Pepper
Bergamot



Banana Strawberry Smoothie

Unsweetened almond milk

2 ripe bananas

Strawberries

Medjool dates, pitted and soaked

Soaked figs

1/2 tsp vanilla essence

2 drops Cinnamon Bark essential oil

3 drops Wild Orange essential oil

Blitz together and serve in chilled glasses.

You can freeze this to make a soft ice cream whip.

To make this into a sorbet, add ice first and crush in the Thermomix, then add the other ingredients – with less date soaking water. You might also like to add fresh coconut flesh for a delicious extra.



Yummy Green Smoothie

½ tsp spirulina

(Hawaiian Pacifica brand)

2 pears

1 green apple

2 bananas

½ punnet blueberries

½ punnet raspberries

Coconut water, or coconut milk or any nut milk

Suggested essential oils:

citrus oils, Cinnamon

Bark, Peppermint or

Spearmint



1 tbsp raw cacao
1 tbsp maca
1/2 tsp spirulina (Hawaiian Pacifica)
1 mango
1/2 punnet strawberries
1 banana
1 tbsp goji berries
2 Medjool dates, pitted
Coconut water

Suggested essential oil combinations:

Cardamom

*Cinnamon Bark (or Protective Blend) + Wild Orange
(1 drop of each)*



Cacao Delight Smoothie

Coconutty Rough

2 cups almonds (activated or roasted) - set aside some roasted almonds for topping
1/4 cup hazelnuts
3/4 cup coconut flakes
50g cacao butter
3/4 cup coconut oil
1 cup cacao powder
1 tbsp maca powder
3/4 cup honey
4 drops Cinnamon essential oil
1/2 tsp vanilla powder
1/2tsp Himalayan salt

Other tasty essential oils in this recipe, choose one of these for a little difference:

1 drop Cassia essential oil (a little Christmas spirit)
3 drops Peppermint essential oil (great for summer, cooling)
4 drops Wild Orange or Tangerine essential oil
2 drops Lemon + 2 drops Lime essential oils
2 drops Wild Orange + 1 drop Cardamom essential oils

Add nuts and coconut and roughly chop in the Thermomix or food processor. Set aside.

Liquify coconut oil and cacao butter, 50C, speed 2, 2 minutes in a Thermomix or use the double boiler method.

Add remaining ingredients including roughly chopped nuts and coconut and ensure it is well combined, then lay out on parchment paper in a baking tray.

Place one almond evenly along fudge (into desired bite sizes), rough squares. This way, when you cut into squares, everyone has an almond on top. Set in fridge for 2 hours or until set. Note: this recipe will last in the fridge, or you can freeze in pre-cut portion sizes and freeze indefinitely.





Vanessa Jean's
Aussie Christmas

Eucalyptus
Lemon Myrtle
Green Mandarin
Pink Pepper

Add to your diffuser to create a
joyous and uplifting ambience.

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Aussie Christmas Blends

Diffuser and aromatic dressing blends.

(Brackets denote drops for aromatically dressing with 10 ml carrier oil in a roller bottle.)

Tea Tree 2 (1)
Eucalyptus 3 (2)
Lemon Myrtle 4 (2)

Lemon* 6 (2)
Douglas Fir 4 (2)
H. Sandalwood 3 (2)

Lemon* 6 (1)
Tea Tree 2 (2)
Eucalyptus 4 (2)
Peppermint 3 (1)

Manuka 2 (1)
Lemon* 6 (1-2)
Eucalyptus 4 (2)

Grapefruit* 6 (1-2)
H. Sandalwood (4 2)

Arborvitae 4 (2)
Peppermint 4 (1)
Black Pepper 2 (1)
Wild Orange* 6 (2)

Spearmint 6 (2)
Douglas Fir 5 (2)
Wild Orange* 8 (1)

Arborvitae 2 (1)
Eucalyptus 3 (2)
Siberian Fir 2 (2)
Lemon Myrtle 2 (1)

Spearmint 6 (1)
Clary Sage 2 (1)
Siberian Fir 6 (2)
Ylang Ylang 4 (2)

Spearmint 4 (1)
Tangerine* 6 (2)
Eucalyptus 1 (1)
Cedarwood (so good for sleep too!) 2 (2)



**Citrus oils are photosensitive – leave out if you are going out into the sun, alternatively consider using Green Mandarin instead which is not photosensitive.*

Holiday Blend

goes well with...



Spice oils

Cassia
Ginger
Black Pepper
Cardamom
Cinnamon
Clove Bud

Tree oils

Cypress
Arborvitae
Black Spruce
Cedarwood
Douglas Fir
Siberian Fir

Citrus oils

Lemon
Bergamot
Grapefruit
Green Mandarin
Wild Orange
Tangerine

..and of course

Frankincense
& Myrrh

Vanessa Jean's

**Community & Belonging
During the Festive Season**

Geranium
Holiday Peace
Cedarwood

Add to your diffuser to create an expansive
space of joy and social celebration during
the festive season.

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Essential Oils for *Emotional Support*

Rose - place on heart chakra, wrists, inside arms

Neroli - heart chakra, back of neck, up spine

Magnolia - heart chakra, back of neck, up spine, inside arms,
around eyes and under nose

Jasmine - heart chakra, throat, solar plexus

Manuka - throat, chest, feet

Reassuring Blend - everywhere! Life saver!

Comforting Blend - heart chakra

Renewing Blend - heart chakra, up spine, wrists

Uplifting Blend - behind neck, chest, wrists

Encouraging Blend- solar plexus, behind ears and neck

Protective Blend - diffuse or add to soles of the feet to
repel bugs and negative energies and conflicts

Inspiring Blend - heart chakra, belly, behind ears, inner thighs, inner arms

Tea Tree - put a drop in your hands and rub all over your energy field outside of your
body, clothing and head area.

Add **Lemon** to smell even nicer and to detox negative energies.

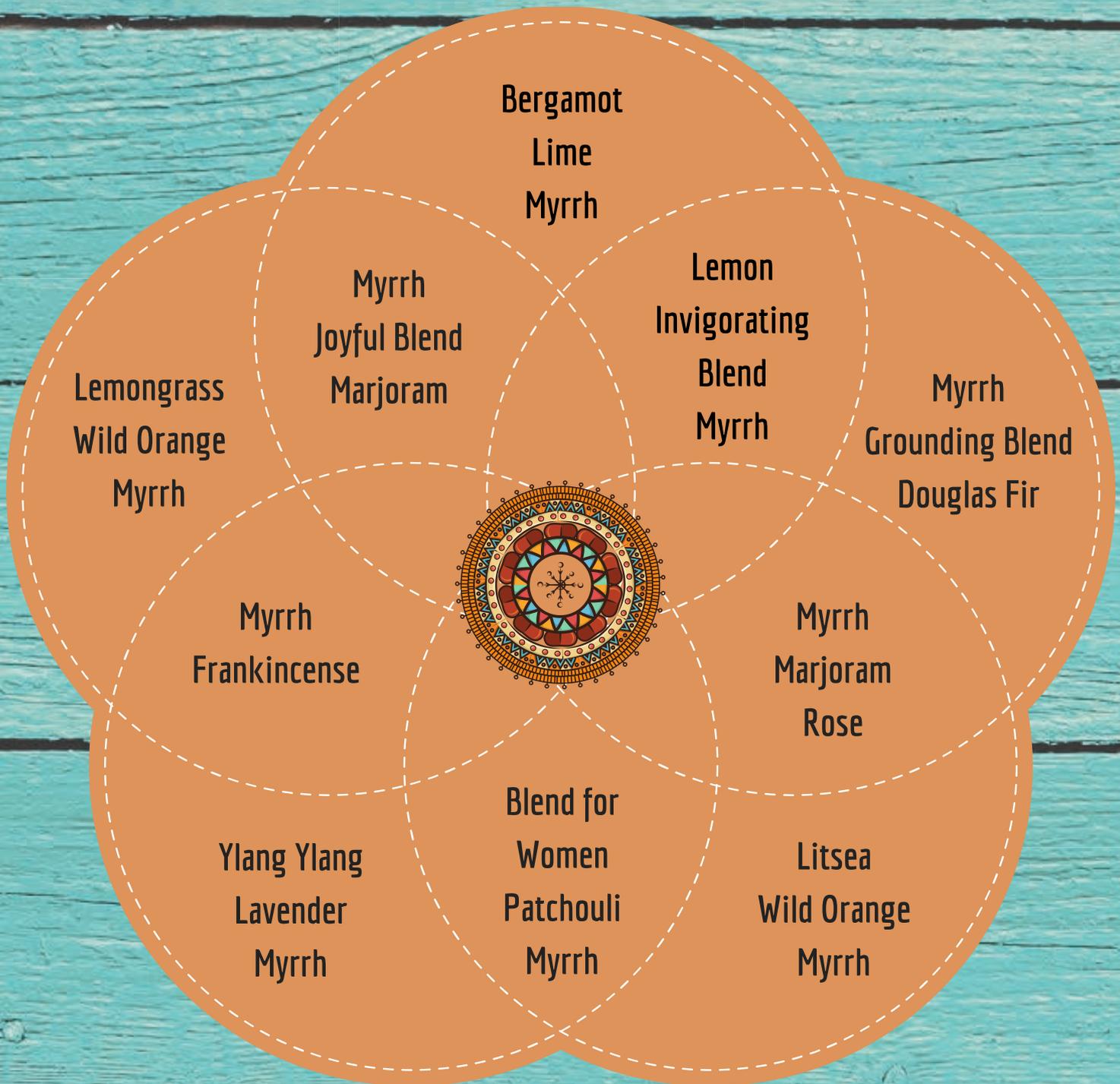
Frankincense - anywhere and EVERYWHERE! Another life saver!

Grounding Blend (by the truck load!), layer this onto soles of the feet
with **Frankincense** (on wrists and behind ears) daily

Outdoor Blend - to repel insects and bugs, repel negative energy, soothe emotional
density, family and friend challenges, place all over you and diffuse; a great protective
blend (like a shield)

Myrrh

ESSENTIAL OIL





Myrrh

ESSENTIAL OIL

She'll take you deep. Hunker in.
Dive deep into that sacred womb space sister.

Trust. Feel. Come alive. Awaken to your inner wisdom. You know it.
You are all you need. Become all you want to be.
Choose it. Sing it. Love it. Be it.

It's your time and she's here waiting for you.

Myrrh
Blend for Women
Rose

Myrrh
Copaiba
Lime

Myrrh
Cilantro
Wild Orange
Lemon
Basil

Myrrh
Marjoram
Frankincense
Roman Chamomile
Ylang Ylang

Myrrh

Dance with her.

Myrrh
Jasmine
Cedarwood
Bergamot

Repel ze Bugs



Diffuse or aromatic dressing blends.

(Brackets refer to aromatic dressing blends - dilute in 10 ml Fractionated Coconut Oil (FCO) and apply to the body for your pleasure and sanity over the summer season.)

Bug Off!

10 - 20 drops Outdoor Blend (TerraArmour/TerraShield) – is the perfect repellent. This is already suspended in FCO so it can go straight on your body (either the 15 ml bottle or the 30 ml spritzer bottle).

Optional: add Pink Pepper

No more mozzies and flies; great to dissolve emotional bugs and summer pests!

Night Time Sleep & Repel ze Bugs!

Lavender 3 (2)
Cedarwood 2 (2)
Arborvitae 1 (1)
Eucalyptus 3 (2)

Ticks

If a tick enters the skin, try dropping 1 - 2 drops of Peppermint essential oil directly on the tick; they back out and you can pick them off and discard.

Massage Protective Blend, Lavender and Arborvitae in a tsp of FCO onto the affected area. For a child or adult with sensitive skin try Lavender, Frankincense, Lemon, Tea Tree or Rose (or the kids “Stronger” blend).

Pink Pepper is an excellent insect repellent. Add 1-3 drops to any of your blends to repel ze bugs!

Recharge & Repel

Great for insects and bugs and emotional density or challenges.

Geranium 4 (2)
Lemongrass 2 (2)
Eucalyptus 3 (3)
Tea Tree 2 (2)
Wild Orange 6 (0)

Ticks Be Gone!

Grapefruit 8
(2 - although leave out if you are going into the sun)

Peppermint 6 (2)
Eucalyptus 6 (2)
Geranium 4 (1)
Arborvitae 1 (1)

BONUS

Frankincense eBook

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Seasons Greetings



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