



Vanessa Jean's  
**WELLNESS BOX**  
Ebook

**DIY RECIPES &**

*Oil Infused Treats*

*Self Care Rituals*  
**+NEW AROMATIC BLENDS**



## Excitement awaits this month!

What a treat I had pulling together my most favourite doTERRA products just for you in this month's Presidential Diamond Wellness Box!



First, I chose a magic trio of oils, Frankincense, Lavender and Wild Orange, that has played a melody in my heart for over 20 years. I paired it with Fractionated Coconut Oil (FCO) so you can blend and anoint yourself with these oils every day. I've also included a special practice and affirmation for you to combine with the oils that you are sure to enjoy.

Then I selected two of my most used skincare products. The Verage Moisturiser is infused with a blend of CPTG essential oils and natural ingredients. It nurtures and keeps my face feeling hydrated with a natural glow. You will love it! Pair that with the Tropical Lip Balm and you will be ready for a fresh-faced day.

My last selection is a gift for anyone that is passionate about low-tox living. On Guard Cleaner Concentrate combines natural plant cleansers with the power of our beloved On Guard Protective Blend for a powerful, cleaner that is safe for the whole family. I love it's free from preservatives as well and makes cleaning a joy - not a chore.

I hope you enjoy my Presidential Diamond Wellness Box as well as this eBook and infuse your body, mind and spirit with all the goodies and ideas they both contain.

*In joy and love! Vanessa Jean* ♥





# Frankincense — My Beloved

Without a doubt Frankincense is my absolute go to essential oil! Use him with everything as he amplifies all your favourite oils. Frankincense represents the sacred masculine as the 'king of oils' and reminds us 'this too shall pass' whenever we are faced with challenges.

From adding him to my pure-fumes and diffuser, to weaving him into my raw cacao creations, I use Frankincense each and every day!

Enjoy my Signature Blend and recipes below for this most amazing treasure Mumma Earth gifts us.

## Autumn Love Body Scrub

Ingredients:

- 1/4 cup brown sugar
- 2 tbsp coconut oil
- 1 tbsp olive oil
- 2 drops Frankincense essential oil
- 2 drops Lavender essential oil

Method:

Combine all the ingredients well in a bowl. Massage over your feet and legs and the entire body.

Rinse off with warm water, then follow with a succulent aromatic dressing blend!



## My Signature Blend

**2 drops Frankincense**  
**2 drops Lavender**  
**1 drop Wild Orange**

After showering, apply this blend diluted in 10ml FCO in big circular motions working your way up from your feet to your heart. Dip and rub, dip and rub, giving your body loving touch and loving words, while saying positive affirmations.

*Affirmation:*

*I love myself unconditionally!*

## Joy and Delight Raw Chocolates

Ingredients:

- 1/2 cup coconut oil, liquified
- 1/2 cup raw cacao powder
- 1-2 tbsp maple syrup
- 1/4 tsp pure vanilla extract
- Pinch of salt
- 1 drop Frankincense essential oil
- 4 drops Wild Orange essential oil

Method:

In a bowl add the coconut oil, cacao powder, maple syrup, vanilla and salt, mixing well until smooth and glossy. Last, add the essential oils mixing well to incorporate.

Pour into your favourite moulds then refrigerate until hardened. Serve cold as raw chocolate will melt quickly.







# Lavender — The Duvet

I often refer to Lavender as 'The Duvet of the Aromatherapy Kingdom'. Why you ask? She wraps you up in her love, reminding you to turn inward for stillness and solace.

Divine on the skin with Frankincense in the Verage Moisturiser for youthful glowing skin.

She is great for both children and adults as an all-rounder in your oily first-aid kit!

## Sweet Dreaming Pillow Mist

Ingredients:

30ml spritzer bottle

½ tsp witch hazel

8 drops Lavender essential oil

2 drops Frankincense essential oil

Distilled water

Method:

In the 30ml spritzer bottle add the witch hazel and essential oils swirling to combine.

Fill the bottle with water until almost full, leaving room for the lid. Cap the spray bottle and shake well to combine.

To use, lightly mist your pillow a few minutes before bedtime. Be sure to shake spritzer well before each use.



## Tender Embrace

**1 drop Lavender**  
**1 drop Ylang Ylang**  
**1 drop Clary Sage**  
**1 drop Patchouli**

When you apply oils to your body you are 'aromatically dressing'. Add these oils to 10ml FCO and tenderly anoint yourself with this soothing and uplifting embrace.

## Calm the Soul Breathing Practice

In the palms of your hands add a drop of Lavender and Wild Orange. Gently rub your hands together, close your eyes, bring your hands up to your face and inhale.

Take three deep breaths and as you exhale feel your tension slipping away. Inhale love, exhale gratitude.

Go back to this practice anytime you feel distracted or bombarded by life to bring back the tranquility and joy this melody brings.







## Wild Orange Joy Bubbles

Wild Orange would be the essential oil that would take your hand and go skipping with you. It's a challenge to stay grumpy when his joyous aroma encircles you.

He invites you to open all the facets of abundance - love, money, luck, friendships and opportunities. I love to diffuse him for this purpose!

I love to flavour my water with a drop of Wild Orange to imbue my day with joy bubbles.



### Abundant Life

**6 drops Wild Orange**  
**3 drops Bergamot**  
**2 drops Frankincense**  
**3 drops Ginger**

Diffuse this blend to become clear and intentional on what you want to attract and manifest.

Call abundance in every day!

## Citrus Magic Multi-Purpose Spray

Ingredients:  
Makes 500ml

500ml distilled water  
1 tbsp Epsom salts  
20 drops Wild Orange essential oil  
15 drops Siberian Fir essential oil  
5 drops Lemongrass essential oil

Method:  
Pour the water into the bottle, add epsom salts to disperse the essential oils.

Add your essential oils and shake well.

Use in kitchens and bathrooms to keep them sparkly clean and fresh smelling.



## Orange and Black Pepper Hummus

Ingredients:

1 cup cooked chickpeas or 1 tin chickpeas (drained and rinsed)  
Juice of ½ a lime  
Juice of ½ a lemon  
2 drops Wild Orange essential oil  
1 drop Black Pepper essential oil  
1 tbsp coconut water  
2-3 tbsp extra virgin olive oil (or avocado oil)  
Celtic or Himalayan salt to taste

Method:

Combine all the ingredients in a food processor and puree until smooth. Drizzle olive oil on top and serve with raw crudité's.





# Verage Moisturiser Replenish

My favourite moisturiser to nourish and hydrate my skin, I use Verage morning and night to feel goddessy and delicious.

It is great for after you wash and tone, and I love it for when I travel on an airplane to keep my face moisturised on long flights.

Verage Moisturiser is a saviour as we come into autumn and winter to keep your skin hydrated. If you love the moisturiser, make sure to try the entire Verage Skincare Kit next time on your monthly order!



## For an extra dollop of Goodness

Each day I add 1-2 drops of of extra nourishment to my Verage Moisturiser. Here are my favourites to add in:

*Frankincense:* The essential oil 'fountain of youth'.

*Blue Tansy:* For extra hydration and the WOW factor.

*Lavender:* An all-rounder, especially great after summer sun or the harsh winds of winter.



## Verage Skincare Kit

A great gift of gratitude for Mother's Day

# Tropical Lip Balm Hydrate

Everyone in my family has their own lip balm. We have them in our bathrooms, on our nightstands and carry them in our bags to have them in reach.

I love all the scents and the doTERRA Tropical Lip Balm is perfect as we happily dance into autumn with a scent of the tropics upon our lips.

Ylang Ylang, Clementine and Lime essential oils are so joyous and infusing them into this all natural mixture of avocado oil, shea butter and beeswax feels so good!



## On Guard Cleaner Concentrate

As autumn comes in, I love to clean and clear my home. Reorganising the larder and putting on the winter duvets keeps my home and mind clear. When accomplishing all these tasks I love incorporating On Guard Cleaner Concentrate.

Diluting it down in a spray bottle makes a toxic free, essential oil infused spray that I can clean any surface in my home with. It's safe for little ones to be around and furbabies too. Enjoy refreshing your home for the cooler months and pure-fume the house with this natural cleanser infused with the On Guard blend.

### All-Natural Cream Cleanser

Ingredients:

½ cup bicarbonate of soda (bicarb)

6 drops Wild Orange essential oil

1-2 tbsp On Guard Cleaner Concentrate

Method:

In a glass or metal bowl, combine bicarb, essential oil and On Guard Cleaner Concentrate to create a thick paste.

Use to scrub sinks, tubs, tile and glass cooktops. Follow up by cleaning any residue off with the Citrus Magic Multi-purpose Spray recipe using Wild Orange too! Enjoy cleaning naturally and enjoying the beautiful scents while you do so.



### Make Multi-Purpose Spray for 75cents!

Make (24) 500ml bottles of multi-purpose spray!

Combine 15ml of OnGuard Cleaner Concentrate with 500ml of purified water in a glass spray bottle for an easy, natural multi-purpose spray.

## Fractionated Coconut Oil

Without a doubt this my favourite carrier oil. It's like liquid silk on the body and absorbs super quickly so you won't have to worry about it staining your clothes.

It's scent free and mixes beautifully with any of your favourite essential oils. It is important to use a carrier oil when applying essential oils to the skin to ensure these potent gifts of nature are diluted and dispersed evenly across the skin to avoid skin sensitivities.

Furthermore, essential oils placed directly on the skin will flash or evaporate off, whereas when mixed with a carrier oil, will be carried into the skin to maximise absorption.





# How to order this Wellness Box

**Product Name: Vanessa Jean Presidential Diamond Wellness Box SKU: #60208668**

**Member's Price: \$187.00AUD | PV: 125 | Savings received: \$26.00AUD**

**Member's Price: \$200.00NZD | PV: 125 | Savings received: \$45.00NZD**



To order my curated wellness box, simply add this Limited Time Offer item to your April 2019 Loyalty Rewards Order.

Order before the 15th April, 2019 and receive a 5ml DigestZen for free!

This wellness box is only available until 30th April, 2019 so don't miss out!

Wellness box photo courtesy of Cherie Birks. Follow Cherie on Instagram [@attheaomaco](https://www.instagram.com/attheaomaco)

## Wanna Dive Deeper into Oils?



Excerpts in this eBook were taken from the forthcoming book "Gifts of the Essential Oils" by Adam Barralet and Vanessa Jean.

To pre-register your interest and access a special introductory price go to:  
<http://bit.ly/GiftsBook>