

Newsletter #1

BIRTH OF THE COMPANY ALCHEMIST RESILIENCE



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Alchemist Resilience
Coaching & Alchemy through Plants



EDITORIAL – A NEW ADVENTURE BEGINS

Hello and welcome!

It is with great joy (and a little nervousness!) that I send you this very first newsletter.

It marks the beginning of a project that is very close to our hearts: a space for inner transformation combining coaching and the wisdom of plants, inspired by alchemical traditions

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You are here because you too may feel the call for change. The desire for a more authentic connection to yourself, to nature, and to a way of moving forward in your life that is aligned, alive, and transformative.

If so... you've come to the right place.

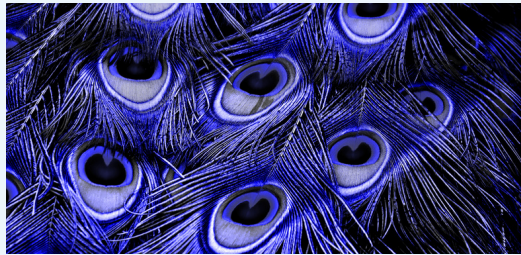




QUI SOMMES-NOUS ? NOTRE CHEMIN VERS L'ALCHIMIE VIVANTE

It is a human adventure that begins with an encounter: between a coach and an herbalist! It is a shared passion for offering the benefits of plants according to ancestral wisdom! It is a shared vocation at the crossroads of nature, science, and the sacred, with the aim of harmonizing body, soul, and spirit! Finally, it is a range of traditional and tailor-made solutions that offer a path to healing, growth, and awareness to address the challenges we encounter in our lives! Through attentive listening and the use of recognized and effective coaching tools, **Christian** responds to the needs of those seeking to transform themselves from “who they are” to “who they want to become.” **Kévin**, through his sensitivity to ancestral practices and his knowledge of plants, meets the needs of aligning thoughts and emotions through the use of methodologies and protocols derived from the secrets of herbalism. This is the professional story of a new brand, a benchmark in the holistic approach to a powerful yet simple consideration of “who we are”! It is a beacon for those in the dark, a new direction for those seeking to evolve, and new hope for those without solutions!





THE HEART OF THE PROJECT – COACHING, PLANTS, AND INNER TRANSFORMATION

We believe that lasting transformation does not come from mental effort, but from a path of reconnection with what is already alive within us.

The alchemical coaching we offer combines:

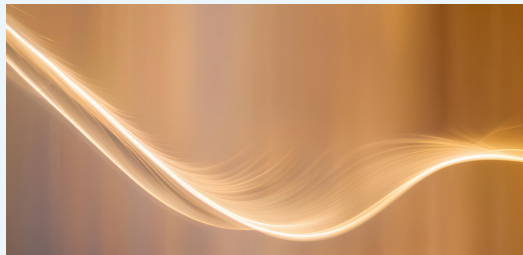
- Deep listening and inner guidance
- Mental clarity and intuitive guidance
- Customized plants chosen according to your needs (emotional, energetic, spiritual)
- Action plans and support to integrate change into your daily life

Each plant has a “symbolic signature” that corresponds to a part of us. It can accompany us during a transition, release a memory, or strengthen a talent.



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THE SERVICES AND PRODUCTS WE OFFER

Here are the first offers available:

- Individual coaching (1 hour or 3 months of support)
- In-depth work on achieving a personal goal
- Individual herbalism support (1 hour or 3 months of support)
- In-depth work (nutrition, emotional, plants)
- Handcrafted alchemical products (available soon)
 - Flower essences
 - Customized herbal teas
 - Energy balms
- Workshops & Transformation Circles (in 2026)

Online and in person

Themes: archetypes, inner seasons, specific companion plants, etc.

✨ A website and online store will soon be launching with sacred creations based on our plant knowledge and validated in laboratories!



THE HERBALIST'S CHRONICLE.

Lavender: a plant to help you relax and sleep better?

I) History:

The word “lavender” comes from the Latin “lavare,” meaning “to wash” (the plant was used in Roman times to scent laundry and baths). As early as the 18th century, lavender water was used in baths to calm and relax.

II) Science:

Inhaling lavender essential oil activates GABAergic neurons in the central amygdala, a key region for stress and sleep management. This activation promotes sleep, increases the duration of deep slow-wave sleep (NREM), and improves sleep quality.

Active compounds: The main components responsible are linalool, linalyl acetate, d-limonene, and terpinene-4-ol. These molecules work synergistically to induce a sedative and anxiolytic effect.

III) Practical use:

Apply a few drops of true lavender essential oil (*lavendula angustifolia*) to a tissue and place the tissue near your pillow to help you fall asleep and enjoy a peaceful night's sleep.

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COMING SOON – WHAT YOU WILL DISCOVER IN FUTURE NEWSLETTERS

Next newsletter:

- Launch of an extraordinary balm, “Essence immortelle”
- Inspiring testimonials and stories

Next steps:

- Website launch in summer 2025
- Online store launch planned for September 2025
- Community launch in summer 2025

LET'S STAY IN TOUCH

If this newsletter resonates with you, feel free to forward it to someone you know who might benefit from it.

Contact us: alchemistresilience@email.com
www.alchemistresilience.com

See you soon,
With kindness and clarity,
Alchemist Resilience