

Newsletter #2 – September / October

Inspiring & Vibrant

BIG NEWS: OUR WEBSITE IS NOW LIVE !



**ALCHEMIST
RESILIENCE**

**Alchemist Resilience
Coaching & Advice**



BIG NEWS: OUR WEBSITE IS NOW LIVE!

We are pleased to announce the official launch of our website.

www.alchemistresilience.com

You can already discover our world, our products, our articles, and practical guides, and write to us directly via the contact form (we will be delighted to respond promptly and warmly).

The **online store** will be fully operational in early October, ready to welcome your pre-sales, purchases, and reservations. You can also make your reservations by writing to us.



THE FIRST STARS OF OUR RANGE

Exclusive pre-sale starting today:

- **Balm Essence Immortelle** – a regenerating treatment with floral notes, inspired by ancient rituals, to nourish, repair, soothe, and illuminate the skin.
- **Potion Golden Eyes** – a vibrant food preparation that increases stress resistance and improves the immune system and vitality, derived from the herbalist tradition.

These two products embody our company's philosophy: **nature, tradition, and ritual combined to take care of you.**

You will find more detailed information below.

Precious Balm with Immortelle & Lavender - Premium Regenerating Care

★ A rare concentrate of nature

Unlike many skincare products that use only a simple **macerate of immortelle flowers**, this balm is formulated with **genuine immortelle essential oil**. Recognized as one of the most precious active ingredients in aromatherapy, this choice makes it a **highly effective, rare, and premium skincare product**.

In synergy, a **second essential oil rare in cosmetics - true lavender** - reinforces its soothing and restorative action, offering an additional dimension unique on the market.

✿ Complex & effective formula

Each ingredient has been selected for its performance and complementary properties:

- **Immortelle essential oil:** powerful skin regenerator, reduces marks, supports the skin's natural repair process.
- **True lavender essential oil:** calming, soothing, ideal for relaxing tissues and providing relief after exercise.
- **Calendula:** soothes irritation and redness.
- **Propolis:** protects and purifies the skin.
- **Shea butter:** nourishes and strengthens the skin barrier.
- **Sunflower oil:** a gentle, protective carrier.

A rich, complex, multi-active formula that is much more sophisticated than traditional balms with just one or two main ingredients.

★ Unique benefits

- ✓ Accelerated skin regeneration thanks to true immortelle (undiluted in macerate).
- ✓ Double aromatic synergy of immortelle + lavender: rare, powerful, and soothing.
- ✓ Comprehensive action: repair, protection, soothing, nourishment.
- ✓ Premium, artisanal, 100% natural formula.
- ✓ Melting texture, warm and aromatic fragrance, symbol of well-being.

⌚ Who is it for?

- Fragile or irritated skin seeking **comfort and protection**.
- Skin marked by time or scars.
- Athletes looking for a **natural, high-performance recovery balm**.
- Those who want to treat their skin to a **precious, rare, and authentic skincare product**.

◆ Differentiating positioning

A high-end, artisanal skincare product, **unique in its concentration of genuine essential oils**, the **rarity of its complex formulation**, and its **desire to exceed the standards** of classic natural balms.



Golden Eyes Potion – Natural Balance Every Day

★ An innovative potion

In a world where stress, fatigue, and physical discomfort are on the rise, it is essential to support your body with natural, comprehensive solutions.

Golden Eyes potion has been designed to meet modern needs: **stress resistance, immune balance, joint comfort, and lasting energy.**



✿ A complex and effective formula

Our potion is based on a **synergy of powerful plant extracts**, carefully selected and blended into a sweet, pleasant-tasting glycerin-based drink:

- **Rhodiola**: promotes stress adaptation.
- **Ginseng**: energy, endurance, and overall resistance.
- **Ginger**: invigorating, stimulates vitality.
- **Turmeric**: joint support and natural anti-inflammatory.
- **Nettle**: re-mineralizing, strength and balance.
- **Rosemary**: cellular protection and digestive support.
- **Lemon verbena**: soothing and relaxing.

Each ingredient works in synergy, creating a **complete and unique** formula.

✿ Unique benefits

- ✓ Improves **stress resilience** and emotional balance
- ✓ Strengthens the **immune system**
- ✓ Promotes **better joint comfort**
- ✓ Restores **energy and vitality** daily

⌚ Who is it for?

- **Working people** under high daily pressure
- **Athletes** seeking recovery and endurance
- **Seniors** who want to maintain mobility and energy
- Anyone seeking **natural, overall balance**

⌚ Differentiating positioning

Unlike traditional single-ingredient supplements, **Golden Eyes** combines the richness of several adaptogenic and regenerative plants in a pleasant **glycerin-based drink** that is easy to incorporate into your daily routine.

It is a **holistic solution** that acts simultaneously on the body, mind, and vital energy.

- ⌚ An innovative potion that reconciles the **tradition of plants** with the **demands of modern life.**

FOCUS ON SERVICES : GROWING FROM WITHIN



Life & Spiritual Coaching

Our coaching is based on recognized tools:

- Frédéric Hudson's **cycles of change** to help you navigate professional transitions,
- **Creative visualization** to open new possibilities,
- Symbolic rituals to anchor your choices over time.

A space where each session becomes a **path to clarity, energy, and refocusing.**

FOCUS ON SERVICES : GROWING FROM WITHIN



Nutrition advice & herbalist rituals

Our herbalist guides you with:

- **Traditional herbal medicine,**
- **Seasonal dietary** advice,
- Simple rituals involving plants, herbal teas, and potions,
- The art of integrating nature into everyday life.

Each exchange becomes an **invitation to reharmonize body, mind, and environment.**

Inspiring Testimonials

Life & Spiritual Coaching



"I arrived at my first session feeling quite lost, with the sense that my life was going nowhere.

Thanks to the tools provided—particularly visualization and a concrete action plan that we created together—I was finally able to clarify what I really wanted.

Three months later, I dared to decide that I had been putting off for years: to change career paths. Today, I feel aligned and at peace. This coaching gave me much more than guidance: it gave me an inner rebirth."

— **Philippe, 42**



Nutrition & Herbalist Rituals



"For a long time, I suffered from digestive problems and chronic fatigue. During my sessions with Kevin, I discovered some simple rituals: drinking the right herbal tea after meals, incorporating more seasonal foods into my diet, and practicing conscious breathing. In just a few weeks, my energy returned, my sleep improved, and I regained a vitality I thought I had lost. It's not just nutritional advice; it's listening and a new way of taking care of myself."

— **Sophie, 45**





HERBALIST'S COLUMN: LEMON BALM (MELISSA OFFICINALIS)

A common plant in European gardens, lemon balm is known as "bee balm".

- **History:** used since ancient times by the Greeks and Arabs to calm the mind and aid digestion.
- **Scientific:** its leaves release essential oils rich in citrus and polyphenols, which have calming and digestive effects.
- **Practical use:** a cup of lemon balm tea before bedtime promotes relaxation and peaceful sleep.

Herbalist's advice: combine lemon balm tea with lavender essential oil diffusion for a comforting evening ritual.

Precaution: lemon balm tea should be limited for people suffering from hypothyroidism.



JOIN OUR COMMUNITY

We are opening our discussion forums on **Instagram** and **Facebook**:

<https://www.facebook.com/alchemist.resilience/>

<https://www.instagram.com/alchemist.resilience/>

Here you will find:

- Daily inspiration
- Simple rituals to try
- A place to share your experiences

Together, let's make this community a vibrant place where natural living and well-being come together.

AND YOU?

We would like to know: Which plant, ritual, or theme would you like to discover in our next newsletters?

Reply directly to this email: **alchemistresilience@gmail.com** or contact us via the website—your words fuel our adventure.

COMING SOON – WHAT YOU WILL DISCOVER IN THE NEXT NEWSLETTERS

Next newsletter:

- Our beginnings: introducing our offering
- New products in the store
- The launch of a book on "The Quantum Human"
- E-books to enrich our knowledge
- A special end-of-year offer for the holidays and your loved ones

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@gmail.com**

See you soon,

With kindness and clarity,

Alchemist Resilience