

Newsletter #3 – November / December structuring & rejuvenating

**BIG NEWS: THE STORE IS OPEN
A DIGITAL BOOK HAS JUST FOUND ITS PLACE THERE**



ALCHEMIST
RESILIENCE

**Alchemist Resilience
Coaching & Alchemy through Plants**



ENTERING THE ERA OF INTEGRATION

Editorial

*As winter approaches,
nature invites us to slow down,
to integrate what has been sown,
and to prepare for renewal.*

November and December mark a special time:
a time for introspection, refocusing,
and structuring.

After an **inspiring and vibrant** second newsletter,
heralding birth and momentum,
this edition takes on a more subdued tone: one of
grounding, deep care, and coherence.

Alchemist Resilience is now establishing itself as
a vibrant and structured space,
at the crossroads of natural cosmetics,
plant-based nutrition,
and personal transformation.

THE ALCHEMIST RESILIENCE STORE IS NOW OPEN

Conscious and essential plant-based creations

Our website is now **fully operational**,
and the online store welcomes
its first creations, made exclusively from
100% natural and organic plants,
with respect for life and botanical knowledge.



✦ ✦ **Cosmetic balm**

Essence Immortelle

A regenerating and protective treatment, formulated with plants known to support the skin's natural balancing mechanisms.

A mindful skincare ritual to:

- Nourish, regenerate, and protect the skin long-term
- Reconnect with simple, sensory cosmetics
- Make skincare part of a holistic approach to well-being

• **A rare and powerful balm** with essential oils, to:

- Promote healing
- Relieve muscle and impact-related pain



✦ ✦ **Food Potion – NEW**

Golden Eyes

A **precious and complex plant synergy**, designed to support vitality, inner clarity, and presence.

With a unique and rare blend of seven plants, Golden Eyes has been specifically designed by our herbalist to gently and deeply support the body during periods of fatigue, mental overload, or transition.

A rare potion ideal for:

- People suffering from chronic stress or burnout
- Athletes or professionals exhausted by intense schedules
- Relieving muscle pain and pain caused by impact



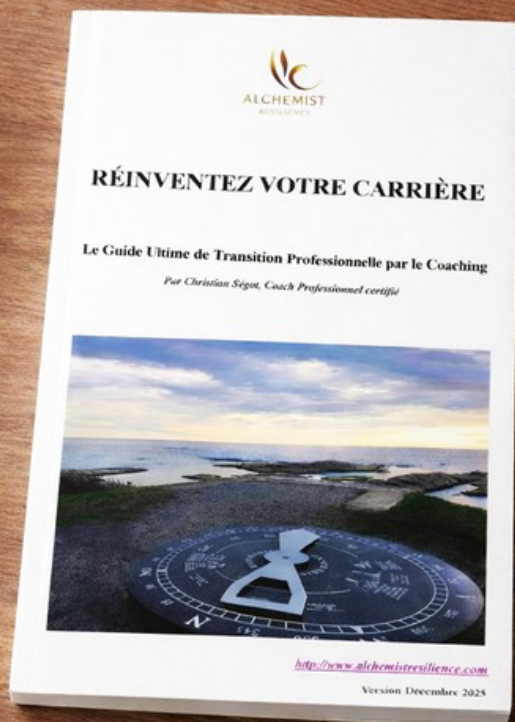
FOCUS EDITION

A structuring tool for an aligned transition

« Reinvent your career »

The ultimate guide to career transition through coaching

*Available for download in the store in French version - will be available in English version in first semester 2026. This e-book is designed as a **real book and companion for reflection and structuring**, intended for those who feel the need to give new meaning to their career path.*



Reading & Reflection

In this **unique e-book**, you will discover:

- **Over 200 structured and educational pages**
- Concrete feedback from the author's **four career transitions** and the many transitions made by his coachees
- **In-depth and structured exercises** as well as immediate and medium-term action plans
- Concrete keys to identifying motivations, obstacles, and deep aspirations
- An **exclusive over 100-page bonus** designed as a toolbox with resources, advice, and scenarios

This book is for anyone who:

- Is questioning their career path
- Feels persistently tired or has lost their sense of purpose
- Wants to prepare for a new start in line with their goals

An ideal read for the 2026 year, conducive to introspection, structuring, and preparing for renewal.



Nutrition advice & herbalist rituals

Our herbalist guides you with:

- **Traditional herbal medicine**
- Seasonal **eating 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.**



Life & Spiritual Coaching

Our coaching is based on recognized tools:

- Frédéric Hudson's **cycles of change** to help you navigate your 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.**

COMPREHENSIVE AND PERSONALIZED SUPPORT

Nutrition coaching & advice

At **Alchemist Resilience**, we consider the human being.

◆ Professional coaching

Provided by a certified coach specializing in career transition and personal alignment. The support offers a secure, structured framework geared towards autonomy and clear decision-making.

◆ Nutritional & botanical advice

Developed by an herbalist, they are based on a holistic approach that respects individual needs and the body's natural rhythms. Plants are seen as true allies in resilience.



HERBALIST'S CHRONICLE



Rhodiola – Plant of resilience and endurance

Rhodiola rosea is an adaptogenic plant that has been used for centuries in the cold, mountainous regions of the northern hemisphere.

It is found in Siberia, Scandinavia, the mountains of Central Asia, and certain Arctic regions, where it grows in extreme climatic conditions.

Historically, rhodiola was used in traditional Russian medicine and by peoples living in northern regions to strengthen physical and mental resistance, support adaptation to difficult conditions, and promote long-term vitality.

A survival plant par excellence, rhodiola is now recognized for its profound effects on the body: it helps to better manage stress, supports mental clarity, improves resistance to fatigue, and promotes more stable energy without excessive stimulation.

It is particularly recommended during periods of transition, when the body and mind must adapt to new balances, whether professional, emotional, or seasonal.



BRAND LIFE & COMMITMENTS

Natural Cosmetics Week – NATRUE

From November 17 to 23, **Alchemist Resilience** took part in Natural Cosmetics Week, organized by **NATRUE**, the international reference association for natural and organic cosmetics.

It was an opportunity to reaffirm our commitment to high-quality, transparent cosmetics that respect living organisms.

Articles & content

On this occasion, we published inspiring and informative articles every day on our powerful approach to the synergies between plants and cosmetics.

On our website blog **www.alchemistresilience.com**, we regularly publish **articles in French and English** on plants, well-being, nutrition, and personal transformation.



The International
Natural and Organic
Cosmetics Association





Join Our Community

We are opening our discussion forums on Instagram, Facebook, and LinkedIn:

Instagram: Alchemist Resilience

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

Facebook: Alchemist Resilience


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


LinkedIn: Alchemist Resilience

<https://www.linkedin.com/company/alchemistresilience/>

Our professional community is also growing on **LinkedIn**, with **now more than 230 followers**, demonstrating the growing interest in our comprehensive and committed approach.

Coming soon to Alchemist Resilience

 Immersive workshops in 2026 (plants, resilience, personal transformation)

 New cosmetics and food products

 An e-book dedicated to plants, their uses, and their wisdom

Final word

The end of the year is an invitation to slow down, organize, and take care of ourselves. May this newsletter serve as a space for breathing, clarity, and rejuvenation.

With gratitude,

The Alchemist Resilience team 