



The Alchemist's Way
to Herbal Essences

From the beginnings of mankind

until modern times, alchemy has always been a subject of great curiosity, the origin of which lies in the obscurity of history.

Many ancient cultures were already familiar with the use of alchemical methods to produce medicinal herbal essences. Written traditions can already be found in China, India, and Ancient Egypt.

Theoretical and practical alchemy migrated from the Arab region to Europe, where it merged with the Christian tradition and found its way into the writings of Paracelsus.

The Alchemist's Way

is a journey into the world of herbal alchemy. Traditional knowledge is combined with modern working methods in the production of alchemical herbal essences.

This product range reflects the European tradition of herbal preparations and their holistic approach on a physical, mental, and spiritual level.

Join us and be inspired by the traditional herbal alchemy of different cultures.

You feel emotionally tense and mentally exhausted; You lack motivation and drive, you feel fear and self-doubt?

The medicinal herb essences and accompanying mental exercises from „The Alchemist's Way“ offer you a holistic therapeutic approach for body, mind and soul.

Actively regain YOUR zest for life in order to confidently pursue YOUR goals and live YOUR visions.



elnian

Confidence / lack of prospects

Mental-spiritual transformation goal:

elnian gives your personality stability and supports you in building a harmonious environment out of inner strength and calm. Losses are processed well and you develop new confidence in the circumstances of life.

Ingredients:

Bitter orange (*Citrus aurantium*)

White bryony (*Bryonia alba*)

Ceylon cinnamon tree (*Cinnamomum zeylanicum*)

Sarsaparilla (*Smilax aristolochiifolia*)



idnes

Lightness / with emotional tension

Mental-spiritual transformation goal:

idnes gives you maternal protection in case of tension and stress. This will give you the ability to organize your own energies better in order to develop psychological stability. With aggressive impulses you experience inner relaxation.

Ingredients:

Chamomile (*Matricaria chamomilla*)

Horsetail (*Equisetum arvense*)

Hops (*Humulus lupulus*)

The Alchemist's Way



idnes

Leichtigkeit

Alchemistisches Kräuterdessillat zum
Wohlbefinden von Seele und Geist



arisan

Mental strength / when the mood is low and for the winter blues

Mental-spiritual transformation goal:

arisan gives you new access to your sexual, emotional and spiritual energies. You develop hope and initiative, your concentration is in the here and now. You gain new confidence to actively shape your life.

Ingredients:

Cardamom (*Elettaria cardamomum*)

Chaste tree (*Vitex agnus castus*)

Anise (*Pimpinella anisum*)



wacan

Emotional strength / when mentally-spiritually exhausted

Mental-spiritual transformation goal:

wacan gives you courage and strength to actively deal with daily challenges. With an optimistic attitude towards life, you open yourself to new solutions. You develop a healthy self-confidence and use your strength consciously.

Ingredients:

Oats (*Avena sativa*)

Horse chestnut (*Aesculus hippocastanum*)

Angelica (*Angelica archangelica*)



elen

Inner strength / with self-doubt

Mental-spiritual transformation goal:

elen gives you the necessary support and security to develop a relaxed attitude to life. You act from inner strength and calm to accept and overcome conflicts. You give no room to existential fears and develop trust and optimism.

Ingredients:

Periwinkle (*Vinca minor*)

White bryony (*Bryonia alba*)

Hyssop (*Hyssopus officinalis*)



geniwian

Vision / at weakness of will

Mental-spiritual transformation goal:

geniwian gives you an optimistic attitude towards life to actively and purposefully implement new solutions. You formulate your personal goals, stand by your own needs and ideas and work actively on their implementation. With an alert mind and strengthened will, you face stressful situations and strive for change.

Ingredients:

Rosemary (*Rosmarinus officinalis*)
 Angelica (*Angelica archangelica*)
 Fennel (*Foeniculum vulgare*)
 Thyme (*Thymus vulgaris*)



nopian

Trust / fear of failure

Mental-spiritual transformation goal:

nopian gives you the lightness and momentum to break out of old patterns. You develop security and trust in dealing with your environment and perceive your own potential. You realize that you have to face the stresses of everyday life so that you can subsequently free yourself from them.

Ingredients:

Lemon (*Citrus limon*)

Club moss (*Lycopodium clavatum*)

Yarrow (*Achillea millefolium*)



fean

Zest for life / in the case of lack of motivation

Mental-spiritual transformation goal:

fean releases inner blockages and lets you overcome a negative attitude towards life. You manage to break out of old patterns, feel new joie de vivre and recognize new perspectives.

Ingredients:

Milk thistle (*Silybum marianum*)

Hawthorn (*Crataegus monogyna*)

Clary sage (*Salvia sclarea*)



on-ginan

Liveliness / for the morning grouch

Mental-spiritual transformation goal:

On-ginan gives you momentum to start the day with joy and strength. You actively prepare yourself for the upcoming challenges.

Ingredients:

Dandelion (*Taraxacum officinale*)

Oats (*Avena sativa*)

Blackthorn (*Prunus spinosa*)



macian

Activity / in shock experiences

Mental-spiritual transformation goal:

macian helps you to process and overcome psychological injuries and shock experiences. You find unconventional solutions when you lose your footing and lack security. You can react calmly and with emotional distance to mental traumatization or shock situations.

Ingredients:

Herb Robert (*Geranium robertianum*)
St. John's Wort (*Hypericum perforatum*)
Bitter Orange (*Citrus aurantium*)



stilnes

Serenity / during outbursts of anger

Mental-spiritual transformation goal:

stilnes helps you to come to yourself and to control your own aggressive impulses well. You can show anger openly without hurting others. You can also face criticism calmly and react to the environment from an inner calm.

Ingredients:

Artichoke (*Cynara scolymus*)

Chamomile (*Matricaria chamomilla*)

Colocynth (*Citrullus colocynthis*)



amor & psyche

Sensuality / with unlived sexuality

Mental-spiritual transformation goal:

amor & psyche gives you a new access to your sexual energies. You learn to open yourself up to the world of emotions and feelings in order to enjoy sensual experiences. You can let go and surrender without fear.

Ingredients:

Damask Rose (*Rosa damascena*)
Saw palmetto (*Sabal serrulatum*)
Damiana (*Turnera diffusa*)
Chaste tree (*Vitex agnus-castus*)

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amor & psyche
Sinnlichkeit

Alchemistisches Kräuterdessillat zum
Wohlbefinden von Seele und Geist

Alchemy

is the art of transformation. It is a scientific and natural philosophy discipline that allows anyone to transform into a better, higher version of themselves.

*„Heal the spirit and the body will heal
- everything is initially of a spiritual nature. ”
- Paracelsus -*



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*„The definition of insanity is doing the same
thing over and over again and expecting
different results.“*

- Albert Einstein -