



Fig.1

Yarrow *ACHILLEA MILLEFOLIUM*

In Europe, yarrow reveals its history steeped in medicinal virtues. Prized for its hemostatic and anti-inflammatory properties, it is an ally in managing bleeding and inflammation. Furthermore, it is also recognized for its ability to soothe gastrointestinal disorders, reinforcing its valuable role in health.



Fig.2

western pearly everlasting *ANAPHALIS MARGARITACEA*

These pearly everlasting, with their brilliant white petals, have a Mediterranean origin. Their name comes from their unique appearance as they maintain their beauty even after being dried. The plant is widely used by Native Americans as a medicinal herb, although it is less utilized in modern herbalism. Nevertheless, it is believed to have antiseptic, astringent, expectorant, and sedative properties.



Fig.3

Common Wormwood *ARTEMISIA ABSINTHIUM*

Common wormwood, with its silvered leaves and enchanting aroma, stands out with its elegant history. Once celebrated for its medicinal properties, particularly its digestive and stimulant qualities, it fell into neglect in the 20th century due to the abuse of absinthe liqueur. Fortunately, it is regaining its place in aromatherapy, offering a range of benefits.



Fig.4

Great Masterwort *ASTRANTIA MAJOR*

The great masterwort, originating from European meadows, gracefully displays its umbels. However, its treasure lies in its roots, which are rich in medicinal virtues. It proves to be a versatile remedy for various digestive disorders, stimulating appetite, combating constipation, and encouraging gastric secretion. Additionally, a complete infusion of this plant is recommended to soothe recurrent cystitis. A precious ally for your well-being.



Fig.5

Common Heather *CALLUNA VULGARIS*

Amid the heathlands of Europe, common heather blooms. In the past, it was seen as a mystical plant with protective powers. Nowadays, its reputation is based on its diuretic properties, its antiseptic action in the urinary tract, and its purifying power. It also finds utility in the treatment of rheumatism and chilblains.



Fig.6

China Aster *CALLISTEPHUS CHINENSIS*

The China aster, native to China, presents an abundance of daisy-like petals. Its delicate appearance evokes grace and simplicity. Used in traditional Chinese medicine to treat inflammation and pain, it is also known for its soothing properties for the skin.



Fig.7

Forking Larkspur *DELPHINIUM CONSOLIDA*

In the meadows and gardens of Europe and Asia, the forking larkspur unfolds its majestic spires. Medically, it should be used with caution due to its toxicity. However, its beauty is undeniable, evoking fairy tales where each petal holds a floral mystery.



Fig.8

Blue Eryngo *ERYNGIUM PLANUM*

Also known as the "sea holly," this plant adorns Europe with its vibrant shades. It is appreciated for its diuretic and anti-inflammatory properties, promoting the elimination of toxins and providing relief for various inflammations. A wonder for both nature lovers and medicine.



Fig.9

Globe Amaranth *GOMPHRENA GLOBOSA*

Originating from South America, globe amaranth graces our French gardens with its vivacity. Its petals capture light and curiosity. In phytotherapy, Gomphrena is classified among "adaptogenic plants." This means it can support the body against various stress factors, thus offering several advantages in daily life.



Fig.10

Immortelle *HELICHRYSUM ITALICUM*

Hailing from the Var region in the Mediterranean, immortelle withstands the test of time, symbolizing perseverance. Its essential oil, often referred to as the "boxer's oil," is renowned for its anti-inflammatory and healing properties, used in the treatment of bruises and circulatory disorders. It is also employed in infusions for poultices, lotions, creams, and ointments. A plant with numerous benefits.



Fig.11

St john Wort *HYPERICUM PERFORATUM*

St. John's wort, with its bright flowers, illuminates the meadows and hills of sunny regions. Medically, it is renowned for its antidepressant and soothing properties, offering an inner light. A true "plant bandage," it is traditionally used topically to relieve burns, irritations, and skin wounds.



Fig.12

True Lavender *LAVANDULA OFFICINALIS*

In Provence, lavender adorns the fields with its enchanting fragrance. Its sweet-smelling flowers medically calm stress and anxiety, creating inner harmony. Lavender essential oil is a staple in wellness rituals and relaxation treatments, providing a breath of serenity.



Fig.13

Musk Mallow *MALVA MOSCHATA*

Musk mallow, blooming in the French countryside, has a rich history in folk medicine. It soothes skin irritations, restoring the skin's balance. Its virtues are harnessed to alleviate skin discomforts such as itching and inflammation. It embodies a natural remedy to maintain skin health.



Fig.14

German chamomile *MATRICARIA CHAMOMILLA*

Amidst fields and meadows, German chamomile unfurls its delicate petals. Traditionally, it is recognized for its soothing and anti-inflammatory properties, evoking a gentlemelody of relaxation. Its soft fragrance and gentleness make it a preferred companion for moments of relaxation, inviting tranquillity.



Fig.15

Wild Mint *MENTHA ARVENSIS*

Widespread across the world, wild mint is characterised by its fresh and aromatic leaves. Its hardy appearance emits an invigorating scent. Traditionally, it is known for its digestive and refreshing properties, making it a cherished ally for both cuisine and health, adding a touch of freshness to nature.



Fig.16

Lemon Beebalm *MONARDA CITRIODORA*

Lemon beebalm, native to the Eastern United States, stands out with its vibrant-colored flowers and diverse medicinal uses. It is appreciated in infusion for its lemony fragrance and stimulating, antiseptic, and sudorific properties. Its essential oil possesses antibacterial and soothing properties. It whets your appetite and its febrifuge properties help reduce fever.



Fig.17

Love in a Mist *NIGELLA DAMASCENA*

Love in a mist or "devil in the bush" native to the Mediterranean region, displays its delicate blue flowers. However, it is in its seeds that a true treasure of benefits resides. Used since antiquity and nicknamed the "seeds of blessing," these seeds are valued for their anti-inflammatory, analgesic, and antibacterial properties, offering natural remedies. A precious source of well-being for health.



Fig.18

Canada Goldenrod *SOLIDAGO CANADENSIS*

Canada goldenrod brightens the fields in North America. Its scientific name, "Solidago," meaning "I make whole" or "I consolidate," was attributed to its reputation for promoting wound healing. Medically, it is also famous for its diuretic properties, beneficial for renal health. A gem for both medicine and nature enthusiasts.



Fig.19

Golden everlasting *XEROCHRYSUM BRACTEATUM*

Hailing from Australia, golden everlasting captivates with its shiny petals that persist throughout the seasons. Its resemblance to an eternal corolla places it at the peak of floral beauty. In phytotherapy, this variety of everlasting is valued for its soothing and healing properties. Its virtues make it a precious asset for the skin, an unwavering partner in the battle against irritations and abrasions.

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