

# HERBAL WORKSHOPS FOR HOLISTIC WELL-BEING

*wild'n'glow*



I AM JOANNA AND I AM  
PASSIONATE HERBALIST,  
I INVITE YOU TO DISCOVER  
THE BENEFITS OF  
MEDICINAL PLANTS FOR  
LASTING WELL-BEING



# WHY PLANTS?

*wild 'n' glow*

Because our health is deeply connected to nature. Plants provide us with valuable tools to boost our immunity, improve digestion, and restore our vital energy.



herbal infusions



balms



medicinal herbs



natural remedies



# WHAT WE DO

We learn about the basics of herbalism: Identifying plants, their properties, and their uses.

Creating your own remedies:  
>Herbal Teas, balms, oils, and other natural preparations.

The connection between plants and health: Nutrition, sleep, stress management, and women's health.





# AWAKEN YOUR VITALITY WITH PLANTS!



This year, our workshops will immerse you in the world of epigenetics: the science that reveals how our environment, and especially our diet, can influence the expression of our genes.

By harnessing the latest scientific discoveries and the ancestral knowledge of herbalism, we will explore together the plants that activate longevity genes.





# UNLOCK YOUR LONGEVITY GENES WITH PLANTS

WORKSHOP  
PROGRAMM

Book your personalized workshop !  
Send email : [hello@wildnslow.com](mailto:hello@wildnslow.com)

Custom-made herbal teas to revitalize your body and promote cellular well-being.

Herbal macerates and essential oil synergies to nourish your skin deeply and protect your body from external aggressions.

Personalized advice to integrate plants into your daily life and optimize your lifestyle.



2024/2025