



USER MANUAL

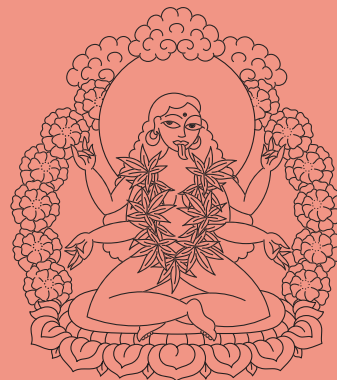
How to use your favorite
CBD selfcare products.

HIGHHHHHHHHHH THERE

What is CBD?

CBD is a natural substance found in the cannabis plant. Unlike THC, this component doesn't get you high. Our bodies are dotted with receptors (yes, also down there), that interact with both CBD and cannabis. These cannabinoids regulate our mood, sleep and other bodily functions. CBD could be just what you need in case of PMS, sleeping problems, stress, anxiety, pain during sex or other complaints.

Female-sex bodies go through a lot in one lifetime. Hemp can bring relief and pleasure or spark creativity. Heal Mary was founded with the aim to normalize cannabis for women and femmes, and to reintroduce the plant wisdom of our ancestors. Our products are produced organically under the strictest regulations (GMP). They are 100% natural, vegan, cruelty-free, free from crap and sent to you in biodegradable, thoughtful packaging.



Meet Mary-Jane, the hemp goddess. To us, she calls to mind what cannabis feels like, when consumed wisely. She's soft and wavy, energizing and calming at once. She is spontaneous and fierce. She opens us up and leaves us compassionate. She is a mirror, a magnifying glass for emotions, a friend who always listens.



Questions? Maybe you'll find the answer here.

SHINTA LEMBERS



FOUNDER HEAL MARY

Dear plantlover,

For as long as I can remember, I have witnessed my loved ones struggle with their mental health. At one point in my life, I started to explore some of the healing modalities folks around the world use for their physical, emotional and spiritual wellbeing. Through the stories of the Rastafarians and the encounters with sadhus in India, I was reintroduced to cannabis. Cannabis personally helped me deal with back pain and chronic tension headaches, and sparked my creativity like nothing else. When I found out about the unique synergy between women's bodies and cannabis, I decided y'all should know what this plant has to offer. At the start of 2020, I finally started Heal Mary.



Heal Mary CBD oils are organically produced, rich in all kinds of terpenes and anti-oxidants, and always obtained from the first pressing. This means that all cannabinoids (the good stuff) have been preserved.

PEACH 'N LOVE



WHY PEACHES NEED LOVE

Stress, heavy menstruations, body-shaming, catcalling, sexual trauma, pregnancies, births and the menopause: it all impacts our pelvic area and vagina. Feeling well shouldn't stop down there. That is why we formulated Peach 'n Love together with a female-owned lab and herbalist.

Peach 'n Love was made to massage the belly and vulva with, and to continue touching parts you usually might skip. You can use Peach 'n love to ease you in gently in a solo masturbation session and sex with your bed partner(s). Using latex condoms? Use Peach 'n Love as a pre lube and switch to water-based lube for penetration. Or use latex-free condoms from polyurethane, since oil-based lube can damage the latex.

WHAT'S INSIDE

Broad-spectrum CBD

The essence of Peach 'n Love is CBD, duh. This cannabinoid can bring pain relief and reduce anxiety, both before and during sex. CBD also helps muscles relax and promotes blood flow to the genitals, which intensifies sensations and promotes your body's own lubricant. CBD is also known and loved as the ultimate PMS herb.

Peach kernel oil

Peach kernel oil, derived from the pit of peaches, has a long history in Chinese medicine for treating uterine issues. Cold-pressed and rich in omega-3 fatty acids, it possesses anti-inflammatory properties. This oil restores skin moisture, soothes, and alleviates symptoms like heavy bleeding, irregular periods, fatigue, and uterine fibroids.

Organic jojoba oil

This all-rounder helps protect your skin from free radicals and skin disorders, but is also a wonderful massage oil.

Squalane

Squalane from sugar beet is higher quality than other varieties, syncs better with your skin and works in synergy with CBD.

Triheptonine

To be honest: synthetic silicone gives by far the most glide, but it doesn't make your vagina happy. We've added natural emollient for softer skin feel and more pleasure.

Perfume (100% natural)

Let's address the elephant in the room. Why does Peach 'n Love contain perfume? Our scent is 100% natural and carefully developed with a Harvard microbiologist. Unlike synthetic scents, our perfume is safe for the vaginal microbiome. Previous samples lacked a pleasing scent and had a strong weed smell. We aimed to create a sensual product, hence the choice of this natural fragrance.

Organic cold-pressed hemp-seed oil

Hemp-seed oil can be very helpful in case of pelvic pain, muscle spasms and vaginal dryness. The oil can help with inflammation, ease tension and expedite healing.

Organic sunflower seed oil

Over time vaginal skin can become dry and tear easily, especially after menopause. Sunflower seed oil is great at keeping moisture in the skin.

Rosemary

No junk in our vagina also means no preservatives. Rosemary antioxidant extends Peach 'n Love shelf life.

HOW TO USE

1. PERIOD RELIEF

Peach 'n Love can help take the edge of period pain. Use as many pumps as needed and massage Peach 'n Love onto your belly. Once your skin absorbs the warming CBD and peach kernel pit oil, inflammation and pain reduces and your tummy calms down.

2. PLEASURE

Say bye to cold lubes that dry out faster than weed in the desert. You're in for a warming, soft and playful sesh in between the sheets (or in the laundry room). CBD makes sex magical: it promotes blood flow to your erectile tissues, relaxes pelvic muscles and heightens sensations. The result: you're naturally wet, wet, wet, penetration feels soft and micro-tears are dealt with. After penetration you'll feel wholesome. Soft Life in a bottle babe. Safe for vaginal and anal sex.

3. ROUTINE

Peach 'n Love is your bestie in both bedroom and bathroom. Ingrown hairs and redness in the bikini area? Struggling with a dry vagina after birth or in menopause? Just add a few pumps of your fave new vulva oil to your morning routine and your clam will thank you later. Peach 'n Love can also be helpful for those coping with irritation, inflammation, vaginismus, endometriosis, interstitial cystitis, Ehlers-Danlos syndrome, arousal disorder and micro-tears. Not suitable for ppl who are sensitive to oil-based products.

SOAK BREAK



A RITUAL TO KEEP

Our Soak Break bath bombs help you through your off-days. With 150 mg CBD and nourishing, natural ingredients, Soak Break is like a retreat for your mind and a massage for your muscles.

- **Soak Break - Ylang-Ylang**
With Indonesian ylang-ylang, avocado oil, grapeseed oil, omega fatty acids and squalane.
- **Soak Break - Lavender**
With lavender, avocado oil, grapeseed oil, coconut and kaolin clay.

HOW TO USE

STEP 1

First, be kind to yourself. No sorry, no excuses. This is your sacred self-care time. Make it cozy. Oh, do check to see if the bath stopper is in...

STEP 2

Drop a whole or half a bath bomb into a warm bath and lie back. Use half a bath bubble (75 mg CBD) if you feel meh, and use a whole bath bubble (150 mg CBD) if you had an off-day and the cat peed on the couch. By the time you have wrinkly fingers, you'll be completely relaxed and your skin will be softer than baby alpaca.

STEP 3

Step out of bath. This is what it feels like to walk on clouds. Sleep well!

CBD OILS



ONLY TRINITY

HOW TO USE

1. PICK YOUR ALLY

- 5% CBD
- 10% CBD
- 10% CBD + 10% CBG

2. START LOW

CBD can easily be absorbed under the tongue through the mucous membranes there. Holding CBD oil drops under your tongue for at least 60 seconds before swallowing allows it to bypass digestion and become quickly absorbed directly into the bloodstream.

3. GO SLOW

Start with 3 drops and increase or lower your dose drop by drop, every 3 days. Remember that your body needs about 6 days to adjust to CBD. CBG on the other hand, doesn't need time to build up.

4. TRACK YOUR PROGRESS

Track how you react to the CBD by using the schedule in this manual: flip it upside down and use the Journal guidelines (it's the orange part of this booklet).

5. SHARE ALL THE FEELS

We want to know how you feel. Share your progress on your socials and reach out if you have any doubts, concerns or questions. @therealhealmayr

DROPS

As imperfect as our lives may be, our CBD must be perfect. Concessions are a no no. Our CBD oil is made from the Finola strain, a hemp variety with a high content of CBD and a rich cannabinoid profile.

The plants grow under the Italian sun, in the best natural conditions. We do not use any pesticides, biocides or plant protection products. During the growing process, the plants are monitored, subjected to strict tests and cultivation and harvesting techniques are continuously optimized.

Our CBD is produced under GMP-standards for sustainable farming, third-party lab tested, free from toxins, herbicides, mold, heavy metals and other BS.

Best for beginners or mild complaints



CBD 5%

Organic, cold-pressed hemp seed oil, full-spectrum hemp extract. Contains 500 mg CBD and all other cannabinoids. Less than 0,02% THC.

Heal Mary 5% Drops is ideal for beginners and for everyday use. One drop contains no less than 2.5mg of pure CBD and comes in a 10ml bottle.

Soft, clear and neutral taste. Obtained with supercritical Co2 method. Vegan, cruelty-free, 100% natural.

CBD 10%

Organic, cold-pressed hemp seed oil, full-spectrum hemp extract. Contains 1000 mg CBD and all other cannabinoids. Less than 0,02% THC.

Heal Mary 10% contains twice as many cannabinoids as Heal Mary 5% Drops. One drop equals 5mg of pure CBD and comes in a 10ml bottle.

If you're looking for a powerful CBD oil, this one is perfect for you. Great for a multitude of complaints. This variant is our customers' fave.

CBD 10% + CBG 10%

Organic, cold-pressed hemp seed oil, full-spectrum hemp extract. Contains 1000 mg CBD, 1000 mg CBG and all other cannabinoids. One drop equals 5 mg CBD and 5 mg CBG. Less than 0,02% THC.

CBG is a cannabinoid from the cannabis plant that is increasingly known about, and can contribute to a better sleep cycle, mood and appetite and has extra strong anti-inflammatory, antidepressant and analgesic properties.

This variant contains 10x as much CBG as present in full-spectrum CBD oil. On top of that, it contains 10% CBD as well. This plant-ally has strong anti-inflammatory, natural anti-depressant and analgesic characteristics and is great for severe chronic complaints, from sleeping problems to PMDD.



Best for chronic and severe complaints



Scan to see video instructions.

SUBSCRIBE & SAVE

Gone are the days of anxiously waiting for your new CBD stash to fall on your doormat. Subscribe to your favorite CBD oil and receive a new bottle before the next melt-down.

Four reasons why you should try our CBD subscriptions:

- ✓ You always get a 10% discount, regardless if you choose an interval of 4, 5, 6 or 8 weeks.
- ✓ You can pause, switch or cancel any time. We won't claim you.
- ✓ We don't do minimum membership terms, there's no catch.
- ✓ You will receive the CBD automatically, as soon as your bank has processed the recurring payment.

Use with caution: This product is not intended to diagnose, treat, cure, or prevent any disease. Keep out of reach of children. Please consult your healthcare practitioner if you want to use CBD during pregnancy or nursing period. Doesn't contain allergens. Store closed at room temperature. Don't place in heat or sunlight. Shake before use.



No clue which product fits your needs best?
Take our quiz and find out!

PLANET LOVING PACKAGING.

Heal Mary is a small business, but serious about packaging. We're always striving for less waste. Our mailer boxes are compostable and made from freshly mowed grass. Peach 'n Love comes in a box made from agricultural waste and we made it big enough to fit more than one product. Our mailer bags are also compostable.

We use bottles made of premium violet glass. This glass material has the unique property to filter out harmful sunlight, while it lets the beneficial violet and infrared waves through. The result is a product with longer shelf-life, without the need for synthetic preservatives.



HERBAL MOOD MIXES



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FOR SELF-CEREMONY

PUFF, POUR, PRAY

Our ancestors discovered hundreds of non-psychoactive medicinal herbs to relax, soothe, connect and transform. In Ayurveda, it is even part of the daily routine. Use with weed, CBD flower, in a vape, as loose incense or as tea infusions.

This product is a collaboration with Like Rose herbs. Our herbal mood mixes are made of food-grade organically certified ingredients, hand-grinded to fluffy perfection and free of pesticides, nicotine, THC and CBD.

HERB MARY
&
LIKE ROSE

MYSTICAL

This mix quiets down the mind, and softly lifts you up to echelons where you probably never met yourself before. 10 grams, enough for 33 spliffs mixed with cannabis or 17 herbal joints.

Calendula

Enhances vivid dreams. Delivers a happy, upbeat energy. Usage dates back to the Mayan era.

Marshmallow Leaf

Velvety smooth. Soothes the lungs, stomach and intestines.

Mullein

A relaxing, calming smoke that opens up air passageways. Popular herbal substitute for tobacco.

Clove

In ancient Java people used clove to strengthen spiritual vibrations and to ward off negative forces. Clove contains eugenol, a powerful substance that neutralises free radicals.

Holy Basil

According to ayurvedic wisdom, Holy Basil helps to connect with spirit, and to release deep-seated emotions.

SOFT LIFE

This mix is the hug you need before the first week of your cycle starts, and can be used any other day in the month to soften. 10 grams, enough for 33 spliffs mixed with cannabis or 17 herbal joints.

Mugwort

Can ease menstrual cramps and other womb complaints. Calms the nervous system. Not recommended to use during pregnancy.

Raspberry leaf

The ultimate women's health herb. Regulates menstruation, stimulates fertility, helps with inflammation.

Chamomile

Releases tension, helps lower anxiety and eases stomach ache.

Rose

Strengthens inner peace, lifts depressive feelings and functions as an aphrodisiac.

Blue Lotus

Mild sedative plant made famous by Cleopatra who used to smoke it with her girl gang to reach higher levels of consciousness.

Share the love, tag us! @therealhealmary @likeroseherbs



Scan for Herbal Mood Mix tutorials

PAX 3 VAPORIZER

Cannabis is a flower and the vaporizer reminds you of that. Taste the sweet notes of the plant and experience and enjoy a cleaner cannabis experience.

You can use this vape with weed (try CBD weed!), The herbal mood mix and even with oils and hash.



HOLY SMOKS?

Your own stylish rolling papers and tips, in a beautiful pack with magnetic closure. Purple rolling paper and tips. Produced in Europe, with gum arabic and unbleached paper, without nasty dust. For ultimate high times.

Share the love,
@therealhealmary



JOURNAL

Week	Date	Dose	Feels
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JOURNAL

Week	Date	Dose	Feels
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FEELING ALL THE FEELS?

Sit back and tune in to our wholesome
Spotify playlists.