

HOLY MARY



# USER MANUAL

How to use your favorite  
CBD selfcare products.

# High

## What is CBD?

CBD a natural substance found in the cannabis plant, which 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 THC-free, cruelty-free, vegan, formulated without harsh chemicals and sent to you in thoughtful packaging.

# HH THERE



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.

We are so in love with our illustrations, made by the amazing Boshka Grygoriew Alvy @boshkattatooos

SHINTA LEMPEERS



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 female-sex 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 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 and heighten sensitivity in a solo session, and with your partner(s).

## WHAT'S INSIDE

### **The Base**

The base is a blend of peach oil (because, peach!), hemp seed oil and squalane from sugar beets. We've used the finest oils we could find and where possible also organically certified. Squalane from sugar beets is superior to other variants, and works in synergy with both your skin and CBD.

*To be honest:* synthetic silicone lubricates best, but that doesn't make your vagina very happy. We've added naturally-derived emollient for a softer, enhanced skin feel and more pleasure.

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



# A PEACHY POTION FOR YOUR SACRED PARTS

“IT CAN AGHE FOR US AND  
STRETCH FOR US, DIE FOR US  
AND BLESS US INTO THIS  
DIFFICULT, WONDEROUS WORLD.”

- V (Eve Ensler) The Vagina Monologues



# HOW TO USE

## 1. PLEASURE

Peach 'n Love might get you in the mood easier than you're used to, relieve friction and soften penetration. After sex, you're less likely to get inflamed or irritated down there. Apply at least 15 minutes before sex to allow Peach 'n Love to kick in. This product is safe for both vaginal and anal sex.

## 2. RELIEF

Peach 'n Love is just as suitable in and outside of the bedroom. She could be part of your morning routine and help lessen redness, ingrown hairs and dryness. Peach 'n Love could also help relieve symptoms caused by irritation, inflammation, vaginismus, endometriosis, vulvodynia, Interstitial cystitis, Ehlers-Danlos syndrome, arousal disorder and micro-tears.

## 3. CYCLE SUPPORT

On or almost on your period? Use Peach 'n Love as a massage oil on your tummy to relieve pain and to help reduce bloating. Your vagina can't get high off Peach 'n Love, as it doesn't contain the psychoactive substance THC. Use as much or little as you please.

Use with caution: Because Peach 'n Love is oil based, and might degrade latex and polyisoprene. We advise to use oil-safe condoms, from polyurethane or nitrile. Please consult your healthcare practitioner if you are pregnant, nursing or have a health implication. Not for consumption. Store closed at room temperature, outside of the reach of pets and children.

# 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!

# GBD OILS



# OILY TRINITY

# HOW TO USE

## 1. PICK YOUR RIBBY

- 5% CBD (whole-plant)
- 10% CBD

- 5% 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 this journal. Devote yourself to taking the drops 3 weeks in a row for the best results.

## 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.

# INGREDIENTS

## CBD 5% WHOLE-PLANT

Hemp Seed oil, hemp extract.  
Contains 500 mg CBD.

This 5% oil is whole-plant, meaning it contains the whole raw plant including chlorophyll; the natural stuff that makes plants green. Chlorophyll contains a lot of vitamins and minerals, so it's hella good for you. This variant is a perfect daily immune system booster, for people who don't mind the grassy, somewhat bitter hemp taste. Good for mild complaints and long-term health goals.



## CBD 5% (COMING IN 2022)

Hemp Seed oil, hemp extract. Contains 500 mg CBD.



We are introducing a new member to the CBD oils family. This 5% CBD oil is jam-packed with cannabinoids, antioxidants and terpenes that are also found in ylang-ylang and chamomile. We filtered out the chlorophyll, a very costly process, which results in a neutral taste. Perfect for cycle support, mild to stronger complaints like anxiety, headaches and pms.

## CBD 10%

Hemp Seed oil, hemp extract. Contains 1000 mg CBD.



Our most popular variant. This 10% CBD oil is made from the same sun-grown hemp as the new 5%. With a higher concentration of cannabinoids than the 5%, this neutral and clear full-spectrum oil effectively targets the specific parts where you experience complaints. Perfect for stronger, chronic or recurring complaints such as heavy menstrual cramps, sleeping problems, anxiety and during menopause.

## CBD 10% + CBG 10%

Hemp Seed oil, hemp extract. Contains 1000 mg CBD + 1000 mg CBG.

Formerly known as Dream Team, this is a CBD oil enriched with a very high concentration of CBG. Both cannabinoids naturally occur in the hemp plant, but a full-grown plant only contains 1% CBG. This cannabinoid has even stronger anti-inflammatory properties than CBD, making it an interesting ally for people with severe complaints, ranging from sleeping disorders to depression and irritable bowel syndrome.



# 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. **Five reasons why you should try our CBD subscriptions:**

- ✓ You always get a 20% discount, whether you choose a bi-weekly, monthly, or bi-monthly subscription.
- ✓ 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.
- ✓ If you live in the Netherlands, you enjoy free shipping after the first order.

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.



# 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.

For our oil, 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. Repurpose the bottles as (tiny) vases after use. They're cute enough!



Scan the code to read more about our bottles  
and the award-winning Dutch company that  
produces them.





# JOURNAL

Week    Date    Dose    Feels

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awful    meh    Super    a bit  
too chill

FEELING BLA, THE FEELS?  
Sit back and tune in to our wholesome  
Spotify playlists.



# CONTRIBUTOR

