

# How to Use Our Spa Products

For head to toe goodness!

## STEP 1



### SOOTHING SEA SOAK

Fill a warm bath and add 1/2 - 1 cup of Soothing Sea Soak to the water. Lay back and relax as the aromas fill the air. Soak for 15 minutes or longer to promote detoxification and enjoy other enriching benefits. Enjoy soft, supple, healthy skin!



## STEP 2



### WHIPPED RICE & COCONUT SCRUB

Scoop up a small amount of whipped scrub, add water and massage onto skin until a gentle lather forms. Proceed to gently scrub for 30 seconds to a minute. Our scrub will both exfoliate and gently cleanse the skin. Rinse with warm water.



## STEP 3



### SEABOOST CREAM

If you have not already tried our SeaBoost Cream, we highly recommend it as a nourishing moisturizer. You can apply it on its own to clean, dry skin; or add it as a fourth step in your spa process. This can be perfect for a luxurious overnight treatment!



## CONTACT US

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My Healthy Harbor is a new brand under Max-Well



# Soothing Sea Soak

## 6 NEW Varieties!



# Each Sampler Box Contains Six 4oz. Varieties

## Breathe Deeply

Help fight congestion by opening and draining air passageways.

### Ingredients:

**Dendritic Salt** (Sodium Chloride), **Epsom Salt** (Magnesium Sulfate), **Dead Sea Salt** (Sodium Chloride), **Sorbitan Oleate Decylglucoside Crosspolymer**, **Bentonite**, **Salix Nigra** (Willow) Bark Extract, **Glycerin**, **Schisandra Chinese Fruit Extract**, **Glycyrrhiza Glabra** (Licorice) Root Extract, **Ionic Sea Minerals**, **Lecithin**, **Helianthus Annuus** (Sunflower) Seed Oil, **Eucalyptus Globulus Leaf Oil**, **Verbascum Thapsus Leaf Powder**, **Fragrance** (Parfum), **Archillea Millefolium Flower Powder**, **Plantago Major Leaf Powder**, **Abies Sibirica Oil**, **Lavandula Angustifolia** (Lavender) Oil, **Commiphora Myrrha Oil**, **Mentha Piperita** (Peppermint) Oil, **Cupressus Sempervirens** (Cypress) Oil, **Myrtus Communis** (Myrtle) Oil, **Eucalyptus Citriodora Oil**, **Origanum Majorana Leaf Oil**, **Picea Glauca Branch/Leaf Oil**, **Eucalyptus Radiata Leaf/Stem Oil**, **Blue 1 Lake** (CI 42090), **Yellow 6 Lake** (CI 15985)

## Hawaiian Detox

Draw out dirt & toxins while replenishing vital minerals to skin.

### Ingredients:

**Dendritic Salt** (Sodium Chloride), **Black Hawaiian Sea Salt** (Sodium Chloride, Activated Charcoal), **Dead Sea Salt** (Sodium Chloride), **Epsom Salt** (Magnesium Sulfate), **Sorbitan Oleate Decylglucoside Crosspolymer**, **Bentonite**, **Ionic Sea Minerals**, **Lecithin**, **Salix Nigra** (Willow) Bark Extract, **Helianthus Annuus** (Sunflower) Seed Oil, **Burdock Root Powder** (Arctium Lappa Root Extract, Maltodextrin), **Silybum Marianum Seed Extract**, **Cnicus Benedictus Extract**, **Stinging Nettle Extract Powder** (Urtica Dioica Leaf Extract, Dextrin), **Calendula Officinalis Flower Extract**, **Schisandra Extract Powder** (Schisandra Chinensis Fruit Extract, Dextrin), **Fragrance** (Parfum)

## Soft & Sensitive

Comfort skin without fragrances or dyes.

### Ingredients:

**Epsom Salt** (Magnesium Sulfate), **Dead Sea Salt** (Sodium Chloride), **Dendritic Salt** (Sodium Chloride), **Sorbitan Oleate Decylglucoside Crosspolymer**, **Bentonite**, **Salix Nigra** (Willow) Bark Extract, **Ionic Sea Minerals Helianthus Annuus** (Sunflower) Seed Oil, **Dandelion Root Extract Powder** (Taraxacum Officinale [Dandelion] Root Extract, Dextrin), **Red Clover Extract Powder** (Trifolium Pratense [Clover] Flower Extract, Dextrin), **Kava Kava Extract** (Piper Methysticum Root Extract, Glycerin, Ethyl Alcohol), **Borage Officinalis Seed Oil**, **Valerian Extract** (Valeriana Officinalis Root Extract, Glycerin, Aqua, Potassium Sorbate), **Rosemary Extract Powder** (Rosmarinus Officinalis [Rosemary] Leaf Extract, Dextrin), **Chamomilla Recutita** (Matricaria) Flower Extract

## Stress Relief

Assist in relieving an anxious mind.

### Ingredients:

**Dendritic Salt** (Sodium Chloride), **Epsom Salt** (Magnesium Sulfate), **Dead Sea Salt** (Sodium Chloride), **Sorbitan Oleate Decylglucoside Crosspolymer**, **Bentonite**, **Salix Nigra** (Willow) Bark Extract, **Glycerin**, **Schisandra Chinensis Fruit Extract**, **Glycyrrhiza Glabra** (Licorice) Root Extract, **Ionic Sea Minerals**, **Lecithin**, **Helianthus Annuus** (Sunflower) Seed Oil, **Eucalyptus Globulus Leaf Oil**, **Verbascum Thapsus Leaf Powder**, **Fragrance** (Parfum), **Achillea Millefolium Flower Powder**, **Plantago Major Leaf Powder**, **Abies Sibirica Oil**, **Lavandula Angustifolia** (Lavender) Oil, **Commiphora Myrrha Oil**, **Mentha Piperita** (Peppermint) Oil, **Cupressus Sempervirens** (Cypress) Oil, **Myrtus Communis** (Myrtle) Oil, **Eucalyptus Citriodora Oil**, **Origanum Majorana Leaf Oil**, **Picea Glauca Branch/Leaf Oil**, **Eucalyptus Radiata Leaf/Stem Oil**, **Blue 1 Lake** (CI 42090), **Yellow 6 Lake** (CI 15985)

## Sweet Dreams

Calm the mind and relax the body for much needed deep and restful sleep.

### Ingredients:

**Epsom Salt** (Magnesium Sulfate), **Dead Sea Salt** (Sodium Chloride), **Dendritic Salt** (Sodium Chloride), **Glycerin**, **Sorbitan Oleate Decylglucoside Crosspolymer**, **Bentonite**, **Salix Nigra** (Willow) Bark Extract, **Helianthus Annuus** (Sunflower) Seed Oil, **Ionic Sea Minerals**, **Lecithin**, **Humulus Lupulus** (Hops) Extract, **Valeriana Officinalis Root Extract**, **Passiflora Incarnata Flower Extract**, **Cimicifuga Racemosa Root Extract**, **Ashwagandha Extract Powder** (Withania Somnifera Root Extract, Maltodextrin), **Hibiscus Sabdaraiffa Flower Extract**, **Sambucus Nigra Fruit Extract**, **Chamomilla Recutita** (Matricaria) Flower Extract, **Lemon Balm Extract Powder** (Melissa Officinalis Leaf Extract, Dextrin), **Red 27** (CI 45410), **Blue 1 Lake** (CI 42090), **Fragrance** (Parfum)

## Total Comfort

Soothe aches and pains, properly relaxing muscles.

### Ingredients:

**Epsom Salt** (Magnesium Sulfate), **Dead Sea Salt** (Sodium Chloride), **Dendritic Salt** (Sodium Chloride), **Sorbitan Oleate Decylglucoside Crosspolymer**, **Bentonite**, **Salix Nigra** (Willow) Bark Extract, **Uncaria Tomentosa Extract**, **Lecithin**, **Ionic Sea Minerals**, **Glycerin**, **Helianthus Annuus** (Sunflower) Seed Oil, **Tripterygium Wilfordii Root Extract**, **Boswellia Serrata Extract**, **Salix Alba** (Willow) Bark Extract, **Ginger Root Extract Powder** (Zingiber Officinale [Ginger] Root Extract, Maltodextrin), **Fragrance** (Parfum), **Blue 1 Lake** (CI 42090)



Purchase our sampler box which contains 1 of each 4oz. variety.

Or purchase a 10 pack of any one of the 6 varieties.

**X 10**



**Shipping included in price ON ALL MAX-WELL PRODUCTS!**

**Warning:** For external use only. Avoid contact with eyes. Discontinue use if irritation occurs. Keep out of reach of children.