



CANNABLISSFUL

THE CBD SKINCARE GUIDE

What Is CBD?

CBD (cannabidiol) is one of over 100 plant compounds called cannabinoids that come from hemp and cannabis. Unlike THC, which is the cannabinoid which produces a high, CBD is non-psychoactive, and does not produce a high. CBD can be extracted from hemp and cannabis plants. This way, the benefits of hemp, cannabis and CBD can be enjoyed without the high from THC.

CBD For The Skin

CBD is usually taken orally, but can also be applied to the skin, as a massage oil. It doesn't have the same widespread effects as when its taken orally, since it doesn't enter the bloodstream.

The advantages

- CBD is more bioavailable when applied through the skin. (bypasses the liver)
- The effects are highly concentrated to the area it is applied.

The disadvantages

- The effects of CBD are localised to the area it is applied on the body.
- It may not pose the same benefits on the brain and psychological conditions. At least not directly.

How CBD Works on the Skin

Both the dermis and the epidermis are home to cannabinoid receptors (CB1 & CB2). Typically, the body's Endo Cannabinoid System naturally maintains skin health, inflammation, pain, sensitivity and blood flow through these receptors.

However, sometimes the ECS can become dysregulated and fail to arrest pain, inflammation and skin damage.

That's where CBD comes in; it helps support an ECS that's dysregulated, by modifying the activity of CB receptors.

Benefits of External CBD

When CBD was applied externally it reduced pain, reduced skin blistering and accelerated wound healing (Chelliah et al., 2018).

There is little clinical research in humans using CBD externally. However, in animals external CBD use has shown promise for:

- Arthritis (Hammell et al., 2016)
- Swelling (Lodzki et al., 2003)
- Psoriasis (Wilkinson and Williamson, 2007)
- Dermatitis (Eagleston et al., 2018)

A survey in the USA reported the most common use for CBD was for pain, joint pain & arthritis (Corroon and Phillips, 2018). Users also claim that CBD may also help with muscle pain and recovery.

Studies have also shown that CBD:

- Reduces inflammation (Pellati et al., 2018) and dilates blood vessels (Jadoon, Tan and O'Sullivan, 2017), which may aid muscle pain and recovery.
- Reducing inflammation also alleviates joint pain.
- Reduces pain originating from the nervous system (Whiting et al., 2015) (Chelliah et al., 2018).
- Is a powerful antioxidant (Hacke et al., 2019), which may help with the general maintenance of healthy, vibrant skin in general.
- Is an antibacterial (Andre, Hausman and Guerriero, 2016), which may help eliminate bad bacteria which underlie skin conditions.



Benefits of External CBD

The therapeutic effects of a massage may be compounded in the following ways by CBD:

- May enhance muscular relaxation.
- May increase the relief of pain.
- May soothe damaged skin.
- May speed muscle recovery and reduce soreness.

Cannablissful Massage Oils

Cannablissful massage oils combine broad spectrum CBD from hemp with a wide array of aromatic and therapeutic essential oils.

Together Cannablissful massage oils provide a powerful synergy in combination with massage to soothe, energise and relax.

Soothe: Bring your body into balance with laid back lavender, geranium, bergamot & broad spectrum hemp.

Energise: Naturally awaken your energy with lively lemon, peppermint, eucalyptus, lavender & broad spectrum hemp.

Relax: Restore and renew with kick back chamomile, lavender, jasmine & broad spectrum hemp.

Cannablissful products are tested to ensure they contain less than 0.2% THC. They are also tested to ensure they contain the CBD they claim to.

How to use Cannablissful Massage Oils

A massage oil can either be used for a specific bodily part, or the whole body. Whole body massages will require more oil, and may not provide the same degree of pain relief as the same dose applied to a specific area.

- Shake well before use, apply 5ml to clean palms to warm and activate the oil.
- Spread across the body, or to a specific area if desired.
- Apply more if needed.
- Wait 15-45 minutes for effects to sink in.



Cannablissful Massage Balm

Massage balms provide a stronger grip, and lower glide than massage oils. They are ideal for treating specific areas of the body, since they can be applied with more control and precision. Cannablissful massage balm has been designed to provide concentrated CBD and essential oils for targeted massages.

External CBD Caveats

We cannot make health claims to clients about CBD.

Some people have found that they can be allergic to the cannabis plant. It's worth remembering this when you use topical formulations, just in case. Although topical CBD may help with wound healing, there is a risk of infection if it is applied to open wounds. Avoid applying CBD until the wound has undergone some healing first.

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