

How to use Topical CBD

Topical CBD comes in many shapes and sizes and is great for helping with localized concerns. Topical products can also be used alone or in combination with your daily CBD supplements. Plant Therapy's topical CBD products also include essential oils to maximize benefits

Body Oils

CBD Body Oils are ideal for full-body applications. You can use it as a massage oil or a moisturizer. They're applied directly after getting out of the shower or bath. All you have to do is add a generous amount to your palm and massage all over the body. The moisturizing blend of carrier oils will also help your skin glow.

Balms

Our CBD Balms are specifically designed to be used for localized discomfort. Available in tins and tubes, so you can choose what's easiest, apply the balm to the area of concern and massage gently. When using a moisturizer with a balm, apply the balm first and follow with a moisturizer to lock in the benefits.

Roll-Ons

CBD Roll-Ons are intended for a more targeted use. They combine moisturizing carrier oils with essential oils and CBD. Simply apply to the area of concern and massage gently. Some of the places you can use the Sleep, Stress, and Lavender Roll-Ons are your neck, chest, shoulders, wrists, tops of feet and just about anywhere else you'd like.

How Often to Use Topical CBD

You can use topical CBD 1-3 times a day as needed. As Plant Therapy's topical CBD products include essential oils, we don't recommend using on your face or other sensitive areas.

**These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.*

