# CBD Skin Care: How to Use CBD to Combat Wrinkles

### Everybody gets wrinkles at some point. Here’s a guide to CBD skin care so that you can combat wrinkles and other skin blemishes.

The market for cannabidiol, also known as CBD, has been growing. Some estimates predict the value of consumer sales in the US will exceed [$1 billion by 2020](https://www.statista.com/statistics/760498/total-us-cbd-sales/).

Research reporting the benefits of CBD have driven the surge. Those interested in health and wellness claim CBD has some amazing [benefits](https://floydsofleadville.com/cbd-skin-care-how-to-use-cbd-to-combat-wrinkles/). One of those uses is skin care.

You may have many questions about CBD skin care. How does it work? Which products are worth your money?

Our guide will help you answer these common questions and more. Keep reading.

## How Does CBD Work for Skin Care?

Cannabidiol, or CBD, is a substance known as a cannabinoid. It occurs naturally in the cannabis plant. Ongoing research has shown CBD to have some amazing potential for human health.

Medical uses of CBD include reducing inflammation and alleviating pain. It also seems to help with mental health conditions such as anxiety [and depression](https://floydsofleadville.com/cbd-oil-and-depression-everything-you-need-to-know/).

What can it do for your skin?

As it turns out, CBD has several different benefits for your skin. As an anti-inflammatory, it can help soothe and relax your skin. As a result, the appearance of blemishes like acne or red spots can be diminished.

Relaxation also reduces the appearance of [wrinkles](https://floydsofleadville.com/cbd-skin-care-how-to-use-cbd-to-combat-wrinkles/) and fine lines. CBD also appears to be able to stimulate oil production. Dry skin shows wrinkles more, so increased oil production can reduce their appearance.

This effect also means CBD can assist with dry skin conditions, such as eczema.

CBD also acts as an antioxidant. This slows the breakdown of collagen in aging skin. In turn, this slows the formation of lines and wrinkles.

## How to Apply CBD Skin Care Products

You might be surprised to learn there’s more than one way to use CBD for skin care. The most common type of product is applied topically. You can apply products such as CBD face cream right to the skin.

You can also take CBD orally. Edible CBD products and tinctures put under the tongue are as effective as other products.

CBD oil for skin is another popular choice. You can use oil as a topical treatment or use it orally.

Even hemp products, such as hemp meal and hemp seeds, contain some CBD. You may see some benefits from adding hemp to your diet, but they may not be as pronounced.

### The Kinds of CBD Products for Skin

Just as there are a few different ways to apply CBD for skin, there are also many different types of products. You might decide to use one targeted treatment, or you could test several different kinds. Some popular options include:

* CBD skin cream, lotion, face cream, and balm
* CBD oils
* CBD edibles, such as gummies, cookies, and more
* Edible hemp products

There are even CBD bath bombs, so you can enjoy a relaxing soak with your anti-aging skin treatment.

## Are There Adverse Effects?

Now that we’ve talked about the benefits of CBD beauty products for your skin, you might wonder if there are downsides.

The good news is that from a scientific standpoint, there appear to be few side effects. Unlike its more famous cousin THC, CBD isn’t psychoactive. Unless you use products with a medley of cannabinoids, you won’t get high using CBD products.

Some people suggest the science around CBD and anti-aging is still a little shaky. There’s actually a good consensus on the fact CBD has anti-inflammatory properties. [The evidence](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC20965/) about its powers as an antioxidant has been accumulating for 20 years.

All this means there’s a good chance CBD can help you combat wrinkles. It may not be able to reverse aging as some people claim, but using CBD is unlikely to cause problems.

### The Legal Issue

Good science backing the benefits of CBD doesn’t mean there are no consequences. In some states, CBD products may not be available, because [they’re illegal](https://floydsofleadville.com/pursuit-legal-cbd-products/). In other states, you may only be able to access CBD products if you’re prescribed them for a medical condition.

If this is the case, you may still have options. Although they have lower doses of CBD, hemp products are available in most states.

## Creating a CBD Skin Care Routine

We’ve talked about the benefits CBD has for your skin. We’ve looked at the many different types of products you can choose from. How do you go about building a CBD-infused skincare routine?

Selecting CBD skin care products is much like choosing any other skin care regimen. You’ll assess your skin’s needs and your concerns. Then you’ll look for the products that will help you address your concerns.

An oil or moisturizing face cream might be the best choice if you’re concerned about the signs of aging. These intensive treatments can be used at any time of the day. They might be more effective at night.

You can incorporate CBD beauty products into your everyday skincare routine. You might prefer to use these treatments less often. For example, you might choose an intensive, once-a-week option.

### The Best CBD Products for Skin

Now you’re wondering how you can be sure you’re choosing the right CBD products for your skin. A general rule of thumb is to look for a high concentration of CBD.

Since it’s the active ingredient, the higher the CBD content, the more noticeable the effects. That’s why a face cream with a high CBD content will be better than products with lower concentrations.

## Discover What CBD Can do for You

If you want to slow the signs of aging on your skin, CBD skin care might be the solution you’re looking for.

Wondering what other benefits CBD could have for you?

[ask@liliRx.com](mailto:ask@liliRx.com)

call 917-621-6739

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