**Cannabis Vapes And How To Use Them Effectively**

There are many different ways in which you can introduce cannabis into your body system: smoking, drinking, eating, and inhalation. It is only human of us to look for the most effective way of inducing marijuana into our system. Consumers refer to cannabis by many names: dope, marijuana, pot, weed, herb, among others. But what is the best way of inducing or introducing marijuana into your system? According to many people vaping does the trick.

**What You Need to Know About Using a Vape Pen**

While it seems pretty straightforward to use a vape pen, those new to using the device need to know a couple of techniques that will improve their intake for maximum benefits. It is ridiculous to offer a tutorial on inhalation and exhalation of vapor, but a great experience requires that you know exactly what you are doing. If you have never done it before, it might take a little bit of adapting, but the results are worth the struggle.

For starters, you will need to have a couple of things before you can get started on vaping. You need to have good-quality e-juice or dry herb before you begin experiencing what the vape pen has to offer. Secondly, you will need a vaporizer, a grinder, and certain accessories. For good quality weed, you can buy high-quality cannabis from a dispensary or online.

You may also consider buying a good portable vaporizer so you can vape at your convenience. For an awesome vaping experience, it is advisable to have access to a grinder, which is conventional for both conduction and convection vapes.

An ideal vape pen should have other accessories such as cleaning tools, from brushes, stirring tools, pipe cleaners, and a cotton swab. These items will help you keep your vape pen clean at all times and delivering the best of your product.

**What Happens When You Vape**

As cannabis contains a plethora of cannabinoids, a vape pen is essential in making sure that you experience every potent effect of your product for the highest benefits. Tetrahydrocannabinol (THC) is one such compound. The concentration of THC varies differently with different strains of cannabis.

Typically, the vape pen heats the cannabinoids, which are usually in the form of dry herb, concentrates, or even vape juice. They are heated up to their boiling point, turning them into vapor form so they can be inhaled. Once they reach the lungs, the active compounds are absorbed into your bloodstream and brain, delivering a fast onset of effects.

**How to Use A Vape Pen Correctly**

There are generally two ways in which you can vape: ‘Mouth to lung’ and ‘direct lung’ techniques. The mouth to lung technique closely resembles typical smoking. The technique is great for beginners as it simply requires you to perform a deep inhale, similar to when you are sucking air out of a balloon. As this technique can cause the vapor to get hot quickly, you need to perform a deep inhale as quickly as possible.

The direct lung technique requires you to perform a direct hit, where the vapor does not rest in the mouth. It passes the mouth, directly into your windpipe, where it’s directed to the lungs. All of the active compounds are directly absorbed in the lungs. This means that your body will absorb a more concentrated vapor with retrospect to filling up vapor in your mouth beforehand.

**Final Thoughts**Vaping is becoming more popular all the time. One of the reasons why is the variety of options to choose from. If you have yet to try cannabis vapes, we hope this article has helped you learn more about them and consider using them in the future. We'd love to hear from you if you have tried them before. Let us know what you thought of them by leaving a comment on this blog post.