**The Best Way to Apply Topical CBD Products**

While a large portion of CBD is typically ingested orally, smoked, or vaporized, topical formulations can be applied directly to the skin. The skin is the main barrier, in charge of protecting the internal environment of the body against the external environment. Only certain molecules can pass through the skin, depending on their structure and properties. CBD is a fatty compound, which means it can penetrate through the epidermis, which is the outermost layer of the skin. Once the epidermis has been penetrated, CBD can access the tissues of the dermis. And, it's in the dermis that CBD can interact with the endocannabinoid system.

**Benefits of Topically Applied CBD Products**

The majority of people use products that are applied topically to manage pain that is localized to a specific location or to treat an area of ​​skin that has been damaged or inflamed. Inflammation is a process that causes pain and skin disease, and it can be reduced by many natural substances. CBD is just one of them, and it's been proven to be a powerful anti-inflammatory.

So far, clinical trials involving CBD have only been performed on a few inflammatory conditions. Researchers have studied the response to topically applied CBD of a few well-characterized inflammatory processes. The studies have been performed on both animals and cells and the evidence gathered is encouraging:

**Arthritis**: A gel containing CBD was given to rats with arthritis, which reduced joint swelling, signs of inflammation, and pain-related behaviors.

**Edema (swelling)**: CBD applied topically reduced inflammation and swelling in mice with rheumatoid arthritis.

**Acne**: CBD reduced inflammation of skin cells and exhibited antibacterial activity, which may help with acne.

**Dermatitis**: CBD may help reduce signs of dermatitis by reducing the underlying inflammation.

CBD has also been found to act as a powerful antioxidant, which may help maintain healthy, glowing skin.

**How to Use Products with Topical Applications?**

It depends on the type of product you are using and the desired effects of that product. Care products can be used in the same way as cosmetic products that nourish the skin. For example, face creams and lip balms are pretty self-explanatory. There is little information on the dose needed for skin care, as little research has been done in this area. It is therefore best to follow the manufacturers' directions with each application, and pay attention to how your skin might appear in response to the application of the product, for a week. You can always adapt the way you use it depending on the results you get.

In the case of newer products such as sex lubricants, there is no research on this type of use. You can apply this type of product depending on the duration and level of effect desired for each use. For conditions such as pain, administering it to a specific area may facilitate the use and effectiveness of a topically applied product such as a balm or oil. The pain in your leg may be originating in your lower back, so be sure to check which areas it is best to apply it to.

It is also helpful to clean the area before applying the product as well as washing your hands. It is easy to catch bacteria and pathogens from the environment around you. It is therefore important to maximize the potential effect of a topically applied product when washing your hands.

