

# Friends With Benefits: Skin-care and CBD

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# What is CBD?

A bit more information about this

CBD – a natural compound found in cannabis plants. These plants contain two primary active ingredients: THC and CBD. THC is the psychoactive ingredient while CBD isn't. CBD pumps you up with antioxidants and alleviate anxiety and inflammation. It is used as an epilepsy treatment and it's linked to pain relief.

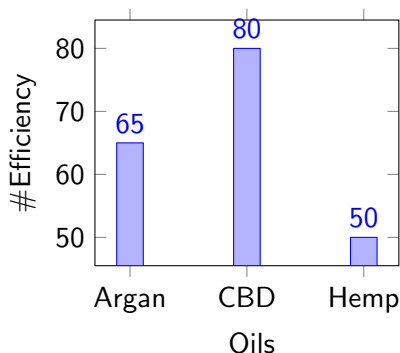
CBD Cannabidiol



# Hemp oil vs CBD oil

Some skincare and beauty products contain hemp oil instead. Unlike CBD which comes from the leaves and the flowers, hemp oil comes from the seeds and contains no cannabinoids. To clarify, hemp seed oil comes with its own array of benefits – it's an amazing moisturizer with rich fatty acids.

Oils efficiency chart



# CBD skin benefits

## Important to know

This cannabidiol comes with a plethora of astounding benefits

## For instance:

- highly **anti-inflammatory**
- reduces irritation and redness
- soothes psoriasis and slows down aging signs
- antioxidant properties

## How to use it with your skincare

Incorporating CBD into your skincare is a great idea. Maybe you're looking for extra protection against free radicals and oxidative stress.

Skincare desire	Where to add
Glow skin	Add to usual cream
Prevent aging	Add to sunscreen
More nutrition	Add to serum

### Reminder!

It is extremely necessary to apply strong SPF cream every day. What is more important, you should apply it even in winter.