

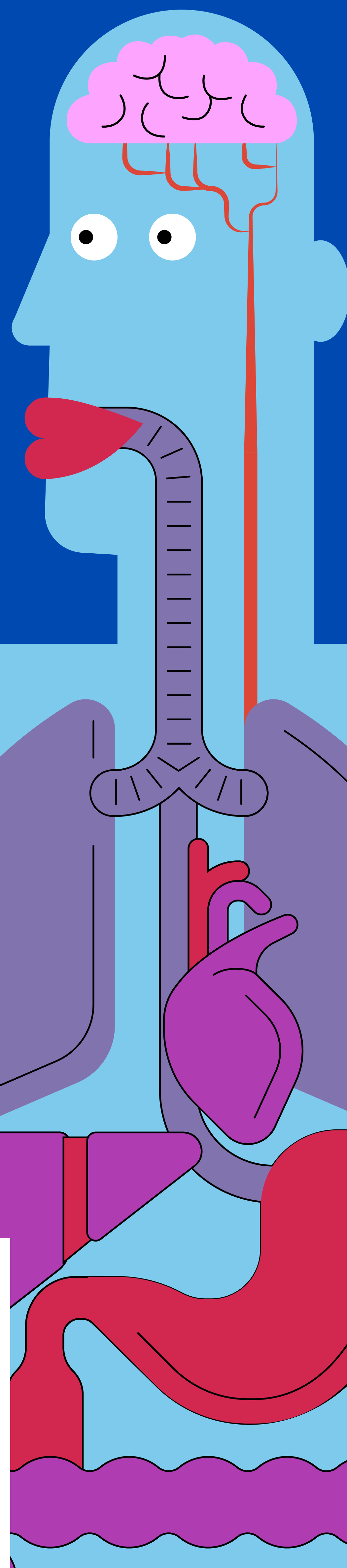
Topical Application

Consuming cannabis topically is done by applying a cannabinoid-infused oil, cream or lotion to the skin.



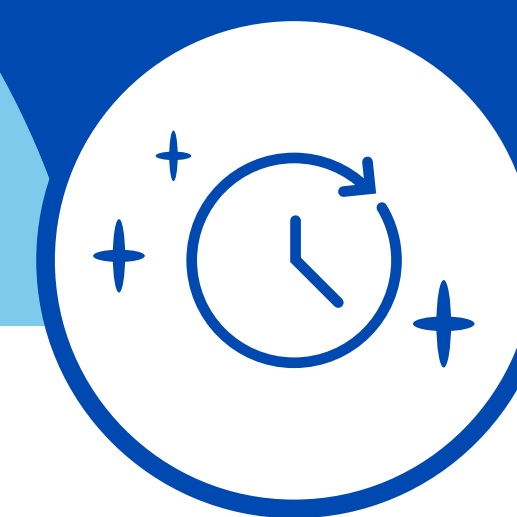
Tips for minimizing risk

Avoid broken skin and sensitive areas (unless the product is specifically designed for intimate use).



How it's absorbed

When you apply cannabis topicals to your skin, the cannabinoids are absorbed into your epidermal system, not your bloodstream, so you may feel tingling or muscle relaxation but are not likely to experience psychotropic effects.



Timing of effects

With topical application, the effects usually come on quickly and are localized to the area of application.



SOURCES

[Edible Cannabis, Cannabis Extracts and Cannabis Topicals: A Primer on the New Cannabis Products](#), Canadian Centre on Substance Abuse and Addiction

[The Effects of Cannabinoids on Pro- and Anti-Inflammatory Cytokines: A Systematic Review of In Vivo Studies](#), Cannabis and Cannabinoid Research

[Clearing the Smoke on Cannabis: Edible Cannabis Products, Cannabis Extracts and Cannabis Topicals](#), Canadian Centre on Substance Abuse and Addiction