

SESHING FOR SELF-CARE

Take a stoney soak.

Hot bubble baths are already a self-care staple – but adding cannabinoids can take your soak to the next level of relaxation. We love these bath bombs from Kush Queen infused with full-spectrum CBD, hemp extract and essential oils but no artificial colors or scents. With targeted effects such as Revive, Sleep and Immunity, toss one in the tub and listen to the fizzing sounds for ASMR, smell the essential oils for aromatherapy, and watch the shades swirl together in the water for color therapy in a true multi-sensory experience. As you soak, your body will continue to absorb the essential oils and CBD through the skin like a sponge for added therapeutic benefits. Pro tip: light a few candles, put on some music, and sesh on a joint before (or during) your bath to further set the mood. kushqueen.shop



GIVE YOUR MIND AND BODY A LITTLE EXTRA LOVE THIS YEAR BY INFUSING YOUR SELF-CARE ROUTINE WITH CANNABIS.



Give yourself a fire facial.

Physical relaxation sends your brain the message that it's time to chill out too, so pampering yourself can actually create a more mellow mental state. What better way to spoil yourself than with an at-home spa day? We suggest starting with the Sacred Facial Set from Sacred Ace Skincare. All of their products are made with vegan, cruelty-free ingredients and infused with USDA-certified organic full-spectrum CBD. Adding CBD to your skincare routine is known to have anti-inflammatory, antimicrobial, antioxidant and calming properties, and this kit contains everything you need to give yourself a full facial in one beautiful box. With the Hydrating Face Mist & Toner, Anoint Face Oil and Antioxidant Face Moisturizer, dry winter skin won't stand a chance this year. sacredaceskincare.com

Pair your sesh with meditation.



Meditation to promote mindfulness and reduce stress dates back to ancient times. Similarly, Cannabis has been used for centuries to quiet the

brain and relax the body. Trying them together can boost self-awareness and help you stay grounded in the moment with a deeper state of focus. Eat an edible or take a few drops from a tincture 30-45 minutes before you meditate or spark up during your practice. It'll depend on your habits and preferences, but strains high in the terpenes myrcene (think OG Kush, Granddaddy Purple and Blue Dream) and linalool (like Lavender Kush, Do-Si-Dos and Amnesia Haze) tend to be suggested for their calming effects. If you're new to meditation or want to be part of a community, check out Collette from Balancing Cannabis! She hosts a donation-based virtual guided Cannabis meditation that you can join every Monday at 6:00 p.m. PST. balancingcannabis.com

Get those creative juices flowing.

Studies have shown that creative activities stimulate the release of dopamine – the chemical that gives the brain feelings of happiness, satisfaction and motivation. If you don't naturally have a knack for the arts or have a hard time loosening up and coloring outside of the lines (literally), there are still ways you can get into a creative headspace. Roll up, grab some markers, and make your own masterpiece with Cabin 7 Originals Coloring Books for Stoners. Two editions are available with 40 coloring pages in each that you can fill in with pens, crayons, markers or paint. If you want to spread some self-care cheer this season, go for the bundle that includes both editions and gift one to a friend! cabin7originals.com



Reflect on your Cannabis consumption.

Slowing down and connecting with your inner needs and thoughts is a huge part of self-care – and being mindful about your Cannabis consumption is a simple place to start. You can keep a journal or use a digital tool to set an intention before each sesh and reflect on the results. We like the Releaf App, where you can enter the product type and strain, why you're using it and how much you used. After you consume, simply record how you feel to see if it aligns with your original intention. Maybe you wanted to chill out before bed, but the edibles you ate had the opposite effect because you were digging around the fridge with the munchies all night. Or perhaps you finally stumbled across the flower that brought you to your inner zen. As you enter more experiences, you can compare which products were the most beneficial in various situations and even get customized strain recommendations. Releafapp.com 🌿

