

## CBD Oil Gets the Green Light for Sensitive Skin

By Heather Cichowski | March 5, 2019

Not since K-beauty and sheet masks hit the shores (and faces) on this side of the world has beauty been so head over heels for something as it is now for CBD oil. There have been so many CBD product launches that we're starting to run out of smoking puns and product names. CBD oil, or cannabidiol, has quickly gained a dope (sorry) rep in beauty — and health in general — thanks to its many uses.

CBD oil reportedly helps with everything from anxiety to heart disease to inflammation. In regards to beauty, it has been hyped for fighting acne, its moisturizing abilities and for fighting free radicals. Given CBD oil's soothing rep, it's also being promoted as a calming option for sensitive skin. We investigate whether CBD oil is good for reactive skin or whether the claims are just hot air.



### CBD Oil for Sensitive Skin

Sensitive skin is typically associated with inflammation, allergies or very dry skin because of a lack of natural sebum production says Sylvia Wehrle, the CEO and founder of June.CBD Apothecary. It's thought that the internal anti-inflammatory properties of CBD also hold true when it's applied topically, says Heather Wilson, a licensed esthetician and director of brand development at InstaNatural. The ingredient is believed to help calm redness and irritation.



Wehrle says CBD can aid in decreasing inflammation at the surface and just below. Plus, it can help regulate sebum production.

Board-certified dermatologist and celebrity beauty expert **Dr. Anna Guanche** says that CBD oil might be super trendy, but it has not been used as a topical agent for very long compared to other studied skin care ingredients. This is something to keep in mind when weighing the claims made about it. We haven't seen extensive reports on irritant or allergic reactions from CBD actives. So far, Guanche says CBD's "allergenicity seems to be low." She points out there can be allergies to anything, especially when it comes to plant-derived ingredients like CBD oil.

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