

(Image: <https://shopnirvanaorganics.com/wp-content/uploads/2024/12/tuncture.jpg>) We include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Can CBD Help Treat Acne? People have used natural treatments for thousands of years to promote beautiful, [Highline Wellness CBD product page](#) healthy skin. One option that's increasing in popularity is cannabidiol (CBD), a compound derived from the cannabis plant. Products containing CBD are everywhere - from topical pain relievers to skin softeners and potential acne remedies. Read on for more information about CBD as a potential acne treatment and how to find high-quality products. Does it work for acne? Acne is a condition that occurs when excess oil, dirt, and dead skin cells clog pores. The bacteria *Propionibacterium acnes* can build up in the pores, causing angry, buy cbd red blemishes. With this in mind, acne treatment involves keeping the skin clean, free from acne-causing bacteria, and cutting back on excess oil that can clog the skin. Most of the research surrounding acne and CBD is related to CBD's power in stopping the processes known to cause acne, such as excess oil buildup.

[external page](#) One of the most promising studies was published in *The Journal of Clinical Investigation*. In this study, researchers measured the effects of CBD compounds on human skin samples and oil-producing glands in a laboratory. The researchers found that CBD inhibited oil production and also had anti-inflammatory effects on oil-producing glands. They concluded CBD was a "promising therapeutic agent" for acne treatment. Does it work for body acne? Because body acne occurs by the same mechanisms that facial acne does, it's possible that CBD-containing products could help reduce body acne. Many skin care product manufacturers incorporate CBD into soap bars or body washes. Although CBD products may not be specifically marketed to people with body acne, their antibacterial and anti-inflammatory properties may provide some benefit. What about acne scars? Acne scars occur due to underlying disruptions in the skin caused by enlarged pimples and skin picking. A study published in the journal *La Clinica Terapeutica* studied 20 participants who had scars related to psoriasis and atopic dermatitis.

The participants applied CBD-enriched ointment to scarred areas of skin twice daily for three months. After the three-month period, the researchers found that the CBD ointment significantly improved the skin's appearance in categories like elasticity and cbd tincture hydration. Although the study was small and not performed on those with acne scars, it does show promise that CBD products could help reduce the appearance of acne scars. How about other skin problems? CBD may be helpful in treating other skin woes, too. Here are some examples. A study published in the journal *PeerJ Life & Environment* found promising results for those who have psoriasis. The study found that cannabinoid receptors in the skin have the power to reduce excess skin cell growth, a common problem in those with psoriasis. The researchers theorized that cannabinoids could have the potential to "shut off" the receptors that caused excess skin cell buildup in people with psoriasis. Because the researchers didn't conduct the study on living skin - they used human cadaver skin - it's hard to say if they could duplicate the results.

However, the study shows promise for those hoping to use CBD products to reduce their psoriasis symptoms. According to the *Journal of the American Academy of Dermatology (JAAD)*, one of the most promising uses for [Highline Wellness CBD product page](#) is in the treatment of itchy skin. The journal cited a 2005 study that found 81 percent of hemodialysis patients with itchy skin who used a CBD-containing cream experienced complete resolution of their symptoms. The authors of the JAAD article theorized that cannabinoids have the power to turn off signals that transmit to the brain from nerve endings in the skin that indicate skin itching. When coupled with skin-soothing ingredients in lotions and oils, the effect can be itch-relieving. The researchers found the most commonly reported side effects were fatigue, diarrhea, and appetite changes. However, these side effects are largely for people who ingest CBD, not for those who apply it topically. It's possible that a person could experience an allergic reaction to topically applied CBD.

If you have symptoms like skin swelling, itching, or skin peeling after applying CBD-containing products, wash the affected area with soap and water. You may wish to apply cold compresses to soothe irritated skin. Discontinue use of [CBD products](#) if you think you've had an allergic reaction. Many skin care manufacturers are beginning to sell CBD products. Lots of manufacturers are eager to add their products to the CBD oil craze. Unfortunately, not all contain CBD as marketed, according to a research study published in the journal JAMA. In this study, the researchers tested 84 products that had a CBD label. They found 26 percent of the products tested had less CBD oil than advertised, which could affect how well the product works. The good news is the researchers did find that oil formulations containing CBD were most commonly correctly labeled. Most acne treatments are oils. As a consumer, one way you can ensure your product is high-quality is to buy it from a company that uses an independent laboratory to confirm the labeling.

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