

RAISING KIDS > #PARENTSIRL

# 8 CBD Products That Can Help Moms Beat Stress, Dry Skin, Sore Muscles & More

From time with friends to glasses of rosé, we all have our go-to fixes for stress-related ailments. Now, more and more people are turning to products made with CBD, or cannabidiol.

By **Maressa Brown** | Published on April 11, 2018



PHOTO: ONDACARACOLA PHOTOGRAPHY/GETTY IMAGES

As a mom, you know probably better than anyone that being severely stressed out is a fast-track to feeling unwell. The more you have on your plate, the higher your risk of getting headaches, having trouble sleeping, battling anxiety, etc. From calling a friend to pouring a glass of rosé, we all have our go-to remedies for stress-related ailments. But there's a relatively new game in town that's only getting more and more buzz: therapeutic products made with CBD, or cannabidiol, which could potentially relieve a bevy of every day wellness concerns.

CBD comes from either a marijuana or a hemp plant. Unlike THC (tetrahydrocannabinol)—which only comes from marijuana—CBD is non-psychoactive and therefore, won't get you high. But a growing body of

research has proven that CBD has anti-inflammatory, antioxidant, anti-psychoic, anti-convulsant, and antidepressant properties. There's certainly confusion about the legality of CBD. CBD products derived from marijuana version are only available in states that have legalized the plant, while those that come from hemp are easy to find online and in stores nationwide. And of the latter, there are options that could do wonders to bolster your wellness.

Here, CBD products that may be particularly beneficial for moms.

### 1. Bella Bomba de Bango

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Did you know our CBD bath bomb comes in minis?! Each one contains 10mg of CBD! Try them for yourself, your skin will thank you! 💕💕💕

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#bella #sunday #skincare #selfcard #bathbombs #cbd #treatyoself #loveyourself #love #pink #bath #bathtime #behappy #loveyourskin #soft #eczema #psoriasis #healing #arthritis

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If you can manage to sneak in a soak, these Italian Rose-scented bath bombs (\$20 at [ShopCelebrateBella.com](http://ShopCelebrateBella.com)) aim to take to take baths to the next level with hemp-derived CBD oil and other essential oils for a seriously relaxing time in the tub. The line, which features massage oil, bath salts, and a CBD tincture, was created by a mom named Krista Whitley whose daughter Bella suffered from extreme eczema for her entire life.

## 2. Eva CBD supplements

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**CBD REVIEWS**

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Check out [@cbdorigin](#) 's review of [@evacbd](#) 's Better Brain. Find out why they're calling our Better Brain "some of the best in the industry" - link in bio. .

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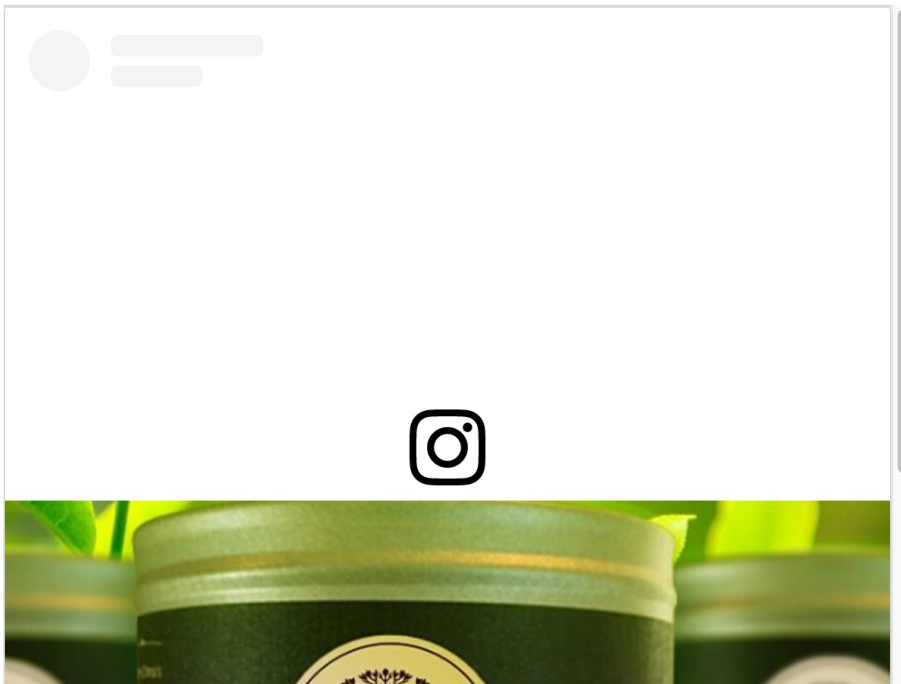
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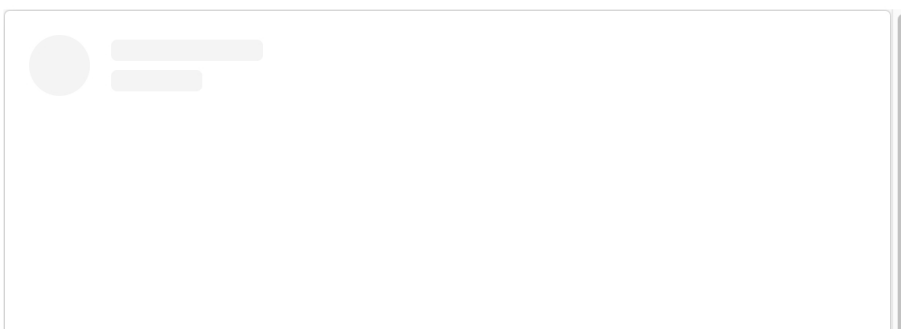
Made with hemp-derived CBD, this line blends the active ingredient with herbs and other plant-based ingredients in supplements that support sleep, focus, pain relief, energy, and mood. Lots of reasons moms might want to reach for one or all formulations! Bottles of 30 capsules go for \$49.99 on EvaCBD.com.

### 3. ViPova tea



ViPova emphasizes that their black teas—which come in a range of flavors from chai to English Breakfast—are absorbed readily, maximizing impact and effectiveness. They're also available in all 50 states.


### 4. Charlotte's Web Hemp Extract Oil







from chai to English Breakfast—are absorbed readily, maximizing impact and effectiveness. They're also available in all 50 states.

#### 4. Charlotte's Web Hemp Extract Oil







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It's all about balance.  
Unique and complex phytocompounds in CW Whole Hemp Plant Extract work with the body's Endocannabinoid System ([#ECS](#)) helping it to better adapt to stress-- naturally keeping you calm and grounded.  
Tag a friend who could use a little relief.  
Learn more by visiting the link in our profile.  
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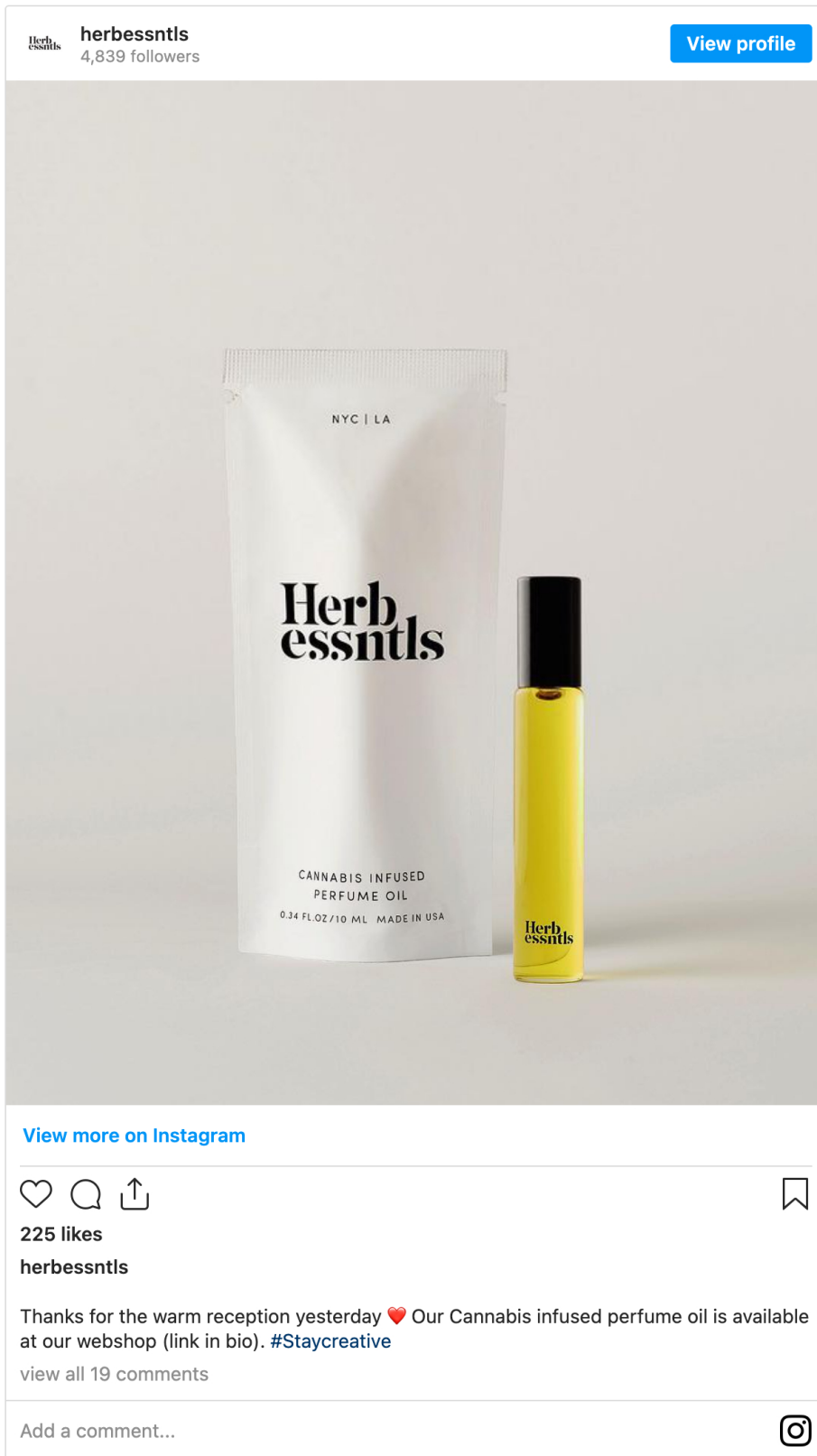
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The company's original product (\$149.99 for 30mL at CWHemp.com) comes in two flavors—Olive Oil and Mint Chocolate—and is meant to

comes in the flavors: Cinnamon, Mint Chocolate, and Lemongrass to counter normal, everyday stress and supporting recovery from exercise. You just mix it into your tea, smoothie, or coffee.

## 5. Herb Essentials body products



The image shows an Instagram post from the account 'herbessntls', which has 4,839 followers. The post features two products: a white pouch and a small yellow glass bottle with a black cap. The pouch is labeled 'NYC | LA' at the top, 'Herb essntls' in a large, bold, serif font in the center, and 'CANNABIS INFUSED PERFUME OIL' and '0.34 FL.OZ / 10 ML MADE IN USA' at the bottom. The bottle is labeled 'Herb essntls' near the bottom. The background is a plain, light-colored surface.

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**herbessntls**

Thanks for the warm reception yesterday ❤️ Our Cannabis infused perfume oil is available at our webshop (link in bio). [#Staycreative](#)

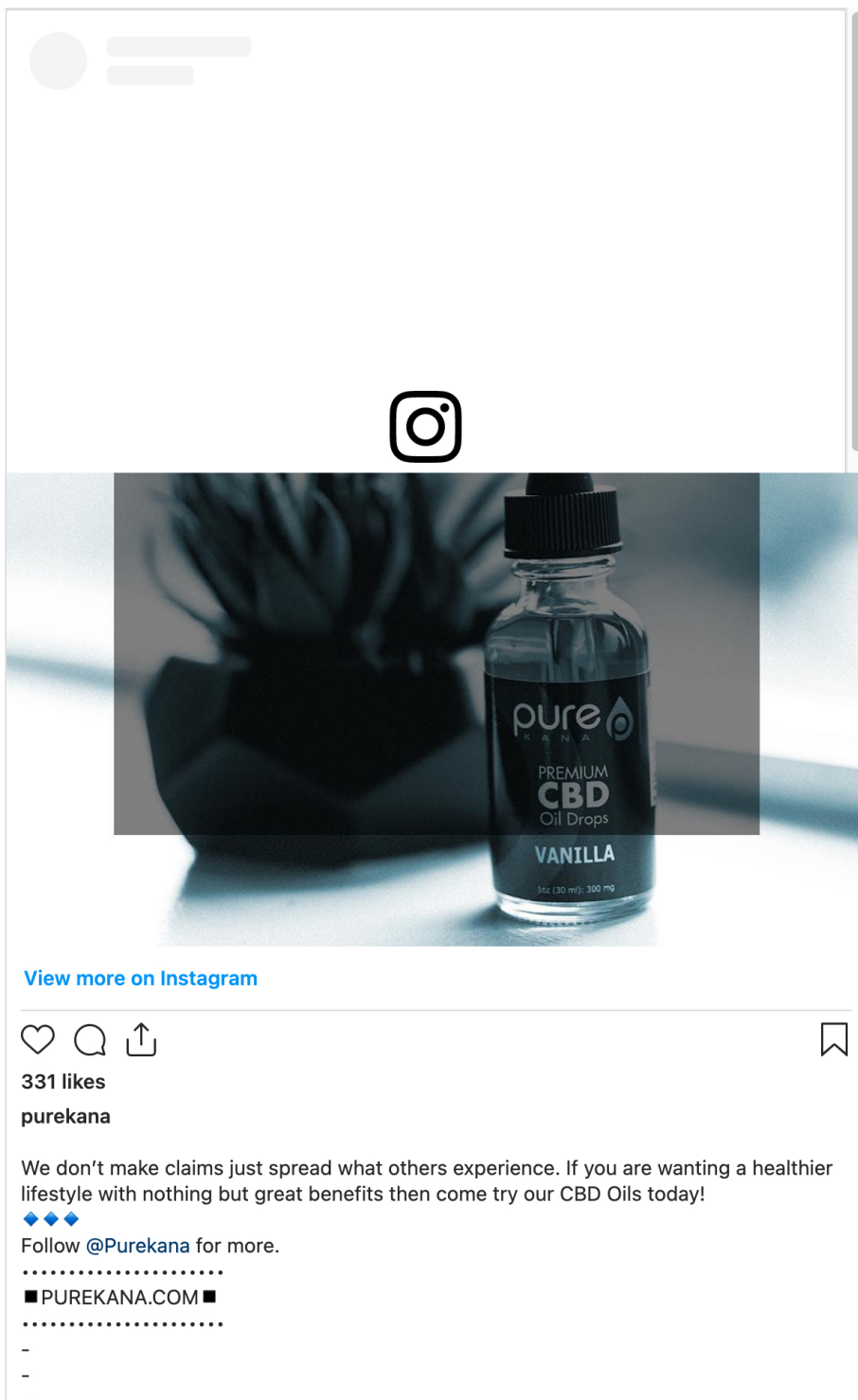
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From perfume to body lotion, Herb Essentials products look like the kind of fancy products you could get at an uber-modern, high-end spa, but they're

all infused with Cannabis Sativa seed oil and are legal nationwide. The company explains on their [website](#) that "Cannabis Sativa seed oil has the ability to stimulate your skin's natural oil production to reach the right balance that keeps your skin clean and protected and hydrated at the same time. This balance needs to be adjusted constantly as you move through life. Through hot and cold, dry and humid. Through pollution, parties and the day after. Through experimental diets and all-nighters." Sounds like the perfect remedy for any mom who's been up with her L.O. for nighttime feedings!

## 6. Pure Kana Tinctures and Topical Ointment



The image shows a screenshot of an Instagram post. At the top, there is a blurred profile picture and name. In the center, the Instagram logo is displayed. Below the logo is a photograph of a small glass bottle of 'pure KANA PREMIUM CBD Oil Drops VANILLA'. The bottle has a black cap and a label with the brand name and product details. The background of the photo is a blurred indoor setting with a plant. Below the photo, there is a blue link that says 'View more on Instagram'. Underneath the link are icons for likes, comments, and shares, followed by the text '331 likes'. The username 'purekana' is listed below. The main caption reads: 'We don't make claims just spread what others experience. If you are wanting a healthier lifestyle with nothing but great benefits then come try our CBD Oils today!'. There are three blue diamond emojis below the caption. The post ends with the text 'Follow @Purekana for more.', a series of dots, a black square icon, the website 'PUREKANA.COM', another black square icon, and another series of dots. At the very bottom, there are three dashes.

[View more on Instagram](#)



331 likes

purekana

We don't make claims just spread what others experience. If you are wanting a healthier lifestyle with nothing but great benefits then come try our CBD Oils today!



Follow @Purekana for more.

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■ PUREKANA.COM ■

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#cbd #cbdoil #cbd isolate #cbdcrystal #dispensary #highcbd #caligrown #staylifted207 #coloradogrown #vapeporn #mmp #rawthentic #getlifted #potlandia #artofvisuals #dabout #vgod #love #extremesports #urbangathering #surfing #surfer #recovery #motivation #conquer\_la #fitness #surfers #health #yoga

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Fans of these CBD tinctures (\$52-\$139 at [PureKana.com](http://PureKana.com)) swear they help with everything from menstrual cramps to anxiety. They come in a variety of flavors like Vanilla Mint. Pure Kana also makes a topical ointment (\$80 for 4 oz.) to address muscle soreness and pain.

### 7. Mary's Nutritionals Transdermal Patches

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These transdermal patches (\$10 per patch at [MarysNutritionals.com](http://MarysNutritionals.com)) are fairly foolproof, offering a steady, gradual release of CBD over 8-12 hours.

8. Fast



**8. Feals**

This subscription service offers premium, unflavored, pure CBD made from cannabinoid extract and coconut MCT oil at three different strengths (600 mg, 1200 mg, and 2400 mg). Try the "Feals Flight" (\$20 at [Feals.com](https://www.feals.com)) to find out which one suits you best.

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