

New Study Finds CBD Lotion Reduces Skin Damage from UV Rays

CBD-Infused Lotion Reduces UV-Induced Skin Damage, Study Finds

Applying CBD-infused lotion to the skin appears to be tied to a lower risk of damage from exposure to ultraviolet (UV) rays, a first-of-its-kind study has found. The study, published in the Journal of the American Academy of Dermatology, investigated whether the anti-inflammatory and antioxidant properties of cannabidiol could mitigate the skin aging and cancer risks linked to sun exposure, specifically ultraviolet-A (UVA) radiation.

Study Details

Researchers at George Washington University, Northwestern University, the University of Miami, and the Center for Clinical and Cosmetic Research conducted the study. Twenty healthy volunteers aged 23-64 participated. They applied either a CBD-infused cream or a placebo to a small portion of their buttocks twice per day for two weeks, followed by minimal targeted UVA irradiation. After 24 hours, biopsies were taken and analyzed for indicators of skin damage.

Key Findings

The study found that 21 percent of those who used the CBD cream had less damage than the placebo group, while 47 percent had comparable damage. The findings suggest that CBD may offer protective potential against UVA-induced skin damage. However, the placebo was not a conventional sunscreen, and the study did not suggest replacing sunscreen with CBD lotion.

Future Research

The study authors highlighted the need for further research, noting the small sample size and the lack of diversity in skin complexions among participants. Future studies should explore the effects of CBD on people with darker skin tones. The promising results indicate that CBD may be a valuable tool for sun protection, alongside traditional methods.

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