

Study Shows CBD May Aid Acne, Psoriasis and Skin Rejuvenation

CBD Is a ‘Promising’ Treatment in Skin Care, Including for Acne and Psoriasis, Scientific Review Shows

Cannabidiol (CBD), the non-intoxicating component of cannabis, continues to attract scientific attention for its therapeutic potential—this time in dermatology and cosmetic applications. A new review of medical literature, published in the journal *Biomolecules*, concludes that CBD shows promise in treating a range of inflammatory and immune-mediated skin disorders, as well as in general skin health and rejuvenation.

A Multifunctional Agent in Dermatology

The review, conducted by researchers at the George Emil Palade University of Medicine, Pharmacy, Science and Technology of Târgu Mureș in Romania, examined existing studies on CBD’s topical and transdermal applications. The authors found that CBD’s anti-inflammatory, antioxidant, antibacterial, analgesic, and anti-proliferative properties contribute to its potential as a multifunctional agent in skin care.

Evidence suggests CBD may help manage acne, psoriasis (including scalp psoriasis), atopic dermatitis, seborrheic dermatitis, and allergic contact dermatitis. Beyond these conditions, the compound could also play a role in wound healing, moisturizing, anti-aging treatments, and skin protection against environmental damage.

The review further highlights CBD’s possible role in addressing pigmentation disorders such as melasma and vitiligo, and even certain skin cancers, including melanoma and squamous cell carcinoma.

Evidence of Tolerability

One encouraging finding is CBD’s favorable safety profile. The authors noted that short-term topical use on human skin is generally well tolerated, with no significant reports of allergic or irritating reactions. This positions CBD as a potentially valuable ingredient in both medical dermatology and cosmetic formulations.

The review also pointed to novel uses worth further exploration, including post-procedure recovery, sensitive skin care, men’s grooming, and even oral health applications.

Scientific Challenges to Wider Adoption

Despite the promise, the authors cautioned that the use of CBD in dermatology remains constrained by scientific and regulatory gaps. Current challenges include:

- **Poor solubility and permeability:** CBD's lipophilic nature makes it difficult to penetrate beyond the skin surface.
- **Lack of standardized formulations:** Variability in product design and labeling reduces consistency across studies.
- **Regulatory uncertainty:** While the 2018 Farm Bill legalized hemp-derived CBD in the U.S., the Food and Drug Administration (FDA) has yet to issue clear rules for its use in skincare.
- **Insufficient clinical trials:** Much of the existing evidence is preclinical or based on small-scale studies, limiting confidence in broad therapeutic claims.

The authors warned against “potentially misleading claims” about CBD products, underscoring the need for rigorous, large-scale clinical trials to validate effectiveness and safety.

Future Directions: Delivery Systems and Innovation

The paper notes that advances in formulation science may overcome some of CBD's limitations. New delivery technologies—such as nanocarriers, emulsions, and other advanced systems—are being developed to improve CBD's solubility, stability, and penetration through the skin barrier.

Such innovations, the review argues, will be key to unlocking CBD's full therapeutic potential in dermatology. Synergistic formulations that combine CBD with other active compounds, including cannabinoids, terpenes, and flavonoids, may further enhance outcomes.

Market Opportunities

The authors suggest that niche markets represent strong growth potential, with CBD's multifunctional properties making it an attractive candidate for targeted products. Areas such as anti-aging skincare, acne treatments, and formulations for sensitive or inflamed skin could see particular demand.

However, the review cautions that without standardization, product inconsistency will remain a barrier to consumer trust and regulatory approval.

Building on Broader Cannabis Science

This review builds on previous research into cannabis compounds' combined effects. A 2024 literature review published in *Molecules* emphasized the importance of understanding the “collaborative interactions” between cannabinoids, terpenes, and flavonoids—a concept sometimes referred to as the “entourage effect.” Such insights could help optimize future CBD-based skin therapies by leveraging multiple compounds together.

The new review makes clear that CBD is far from a miracle cure, but it is emerging as a serious contender in the field of dermatology and cosmetic science. While challenges in formulation, regulation, and clinical evidence remain, the compound's range of therapeutic properties makes it an exciting focus for ongoing research and innovation.

If further validated, CBD could move from niche skincare ingredient to a well-integrated component of mainstream dermatological treatments in the years ahead.

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