

# CANNA

## Curious

FALL 2020

CBD FOR  
A GREAT  
SEX  
LIFE

FOOD, CBD  
& FIGHTING  
CANCER

WOMEN  
OF COLOR  
BREAKING  
DOWN  
INDUSTRY  
BARRIERS

TEXAS HOTELS  
GREET GUESTS  
WITH CBD

CBD  
ISSUE

EVAMARCILLE

IS A MODEL, ACTRESS...  
AND CBD ENTREPRENEUR

Marley Rae

# Your Daily Dose of Magic.

CBD + Organic Herbs



# CANNA *Curious*

WOMEN CANNABIS LIFESTYLE

CBD  
ISSUE

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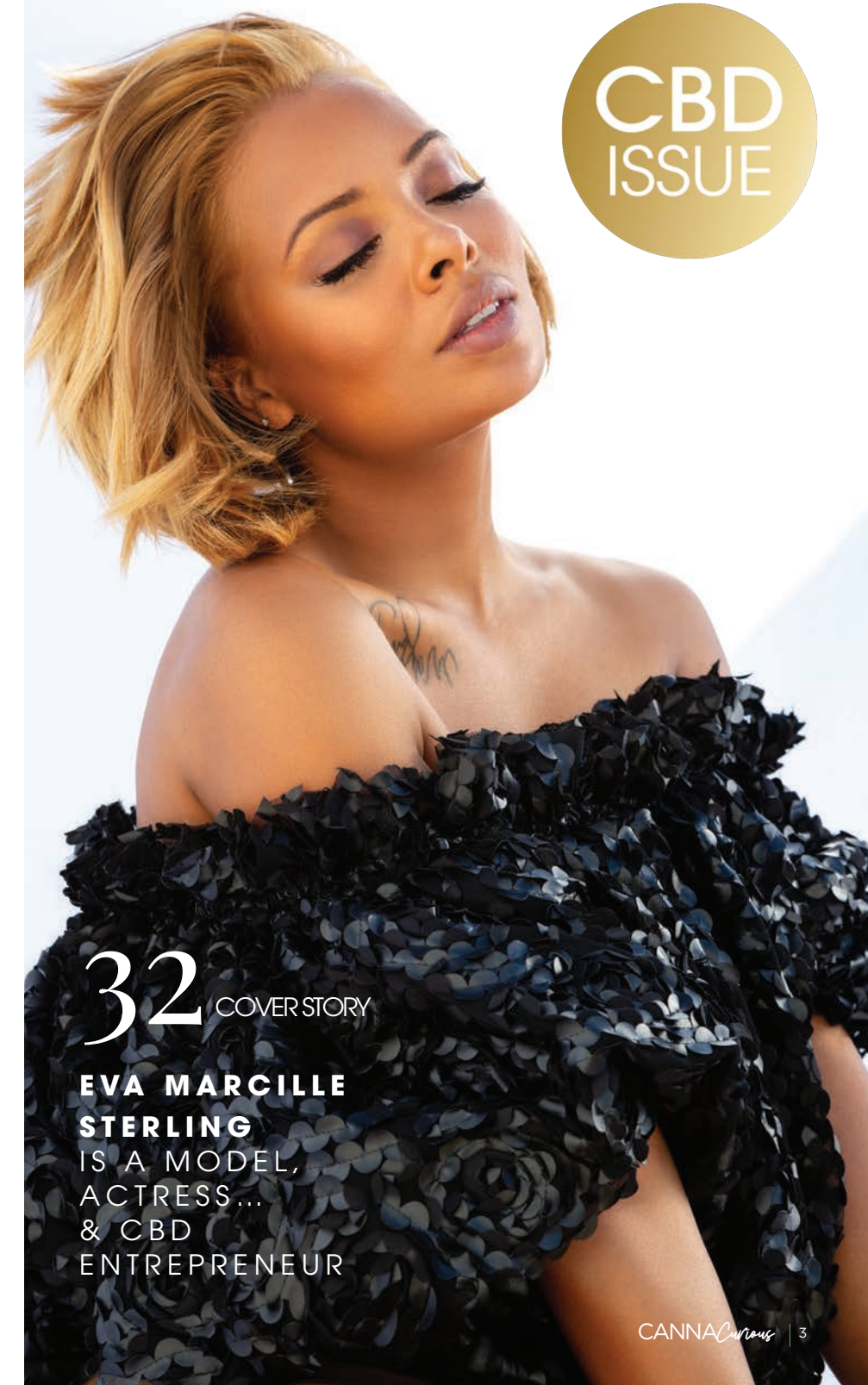
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**EVA MARCILLE  
STERLING**  
IS A MODEL,  
ACTRESS...  
& CBD  
ENTREPRENEUR

# CannaCurious

/ˈkənə-ˈkyʊərēəs/

Contemporary,  
open-minded,  
eager to learn  
about cannabis



## EDITOR'S LETTER

Welcome to CannaCurious Magazine!

CannaCurious was born during the hazy days of 2020's lockdown.

Just like so many others, at the beginning of this crazy pandemic, Diana, Tekisha and I were all trying to figure out what the hell was happening to the world, how we'd get through it and when it would be over. Well, we're STILL wondering! But, it was during that time that the idea for CannaCurious took root.

While on one of our long Zoom convos, we all agreed - a magazine for women, by women, exploring how women could benefit from incorporating cannabis into their lifestyles - would be something we'd all love to read. So, we decided to do it.

And, here we are, just a few months later... This is the official launch issue of CannaCurious magazine, and we couldn't be more excited!

In this issue, we've honed in on the power of CBD. We've laid all the facts on the table. We're debunking common myths (CBD does not make you high!).

And, we're sharing how women can use CBD to enhance multiple areas of their lives.

We are thrilled to add to the largely male-dominated conversation around cannabis.

We are proud to be a space of absolute inclusivity, highlighting women's voices, regardless of race, sexual orientation, class, political beliefs or religion.

We are honored to contribute to normalizing a conversation has been taboo for women for far too long. After all, cannabis continues to change the lives of many around the world.

For some, cannabis has helped induce body-shaking orgasms. For others, it has become a go-to for the battle against cancer. It has stopped anxiety in its tracks. It has kicked debilitating pain in the butt. The stories are endless, and you'll get an opportunity to read some here.

If you're a woman and you're curious about how cannabis can help you... Well, you're definitely in the right place. Kick back, and read on.

We hope you enjoy it!

*Kinisha C.*

**KINISHA CORREIA**  
EDITORIAL DIRECTOR

## CANNA Curious

### CO-FOUNDERS



**DIANA SANMIGUEL**  
CREATIVE DIRECTOR



**TEKISHA HARVEY**  
BRAND DIRECTOR



**KINISHA CORREIA**  
EDITORIAL DIRECTOR

### CONTRIBUTING WRITERS

ALLESSANDRA INZINNA

NICANOR GORDON

STEPHANIE OF  
LADYTALLHAIR.COM

EMILY HOPCIAN

### SOCIAL MEDIA

CAILIN BYRNE

### DESIGN ASSISTANT

JUAN DAVID MUÑOZ

### WEB ASSISTANT

ALISSA MCLEOD

### CONTACT US

#### ADVERTISING + STORY IDEAS

INFO@CANNACURIOSMAG.COM

#### FOLLOW US ON INSTAGRAM

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# CBD

# &

# WELLNESS

## WHAT IS **CBD**, ANYWAY?

MYTHS & FACTS YOU NEED TO KNOW



IF YOU'VE  
BEEN CONFUSED  
ABOUT CBD...  
YOU'RE NOT ALONE!

Even though most of us are familiar with the term CBD, many still equate it to marijuana and getting high.

**BUT... CBD IS NOT A DRUG, AND IT DOES NOT MAKE YOU HIGH.**

So, with that one big myth debunked, let's dig up more myths about CBD and also highlight some facts.

But first, here's a clear definition of CBD to start...

CBD is the abbreviation for cannabidiol. The CBD that is now federally legal, thanks to the 2018 Farm Bill, is derived from the hemp plant, which is a cousin of the marijuana plant. Hemp is classified as having less than .3% THC-- the cannabinoid that does cause a psychoactive effect.

# MYTHS ABOUT CBD



LIMITED RESEARCH, WANTON DEMONIZATION AND JUST PLAIN IGNORANCE HAVE PROPAGATED MYTHS ABOUT CBD. HERE ARE SOME MYTHS YOU NEED TO KNOW...

## 1 MYTH

CBD IS A DRUG MEANT TO MAKE YOU HIGH.



CBD is often confused with THC. While they are both cannabinoids, CBD by itself does not cause a “high.” According to a report from the World Health Organization, “In humans, CBD exhibits no effects indicative of any abuse or dependence potential.... To date, there is no evidence of public health-related problems associated with the use of pure CBD.”

## 2 MYTH

THERE'S NO EVIDENCE SUPPORTING THE USE OF CBD AS ALTERNATIVE MEDICINE.

With each passing year, more and more research occurs investigating the health benefits of CBD. With looser regulations and a shift in public opinion, the general curiosity around CBD is at an all time high. From the treatment of epilepsy to inflammation-related conditions, CBD clinical trials are occurring to uncover its vast therapeutic applications. This is without considering the use of CBD and hemp in ancient cultures and traditional practices around the world.

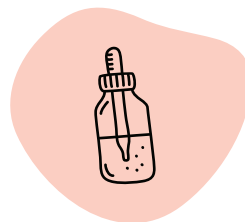
## 3 MYTH

CBD IS ADDICTIVE.

Due to the body's more subtle reaction to CBD, it is not considered an addictive substance. That being said, it's still to be used in moderation. While CBD products are often a cleaner alternative to conventional pharmaceuticals, taking the correct dosage for you is important. Where possible, start low and go slow, or consult a professional.

## 4 MYTH

YOU HAVE TO INGEST CBD.



As a naturally occurring substance, it's simple to infuse CBD into a variety of products. While CBD foods and oral products exist, CBD can be used externally in the form of makeup, topicals and creams, to name a few.

KISKANU®



## CONNECTING CBD & WELLNESS

Kiskanu brings you botanical and CBD infusions, ranging from herbal aphrodisiacs, soothing salves and suppositories, to nourishing edible oils and everything in between.

# FACTS ABOUT CBD



AS MORE AND MORE PEOPLE WHO TAKE CBD SHARE THEIR TESTIMONIALS, AND AS MORE AND MORE CANNABINOID RESEARCH IS DONE, THERE ARE UNDENIABLY CONCLUSIVE STATEMENTS THAT CAN BE MADE ABOUT CBD. HERE ARE SOME FACTS ABOUT CBD...

## 1 FACT CBD IS AN EFFECTIVE TREATMENT FOR ANXIETY.

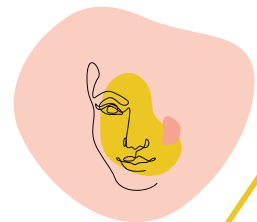
Countless persons across the globe suffer from some form of anxiety, and the numerous ways it manifests – insomnia, stress, nightmares etc. CBD, specifically the oil, has proven to be an effective way of reducing anxiety or a racing mind, eliminating somnolence – that constant sleepy feeling, and facilitating a deeper and calmer sleep.

## 2 FACT CBD CAN BE USED FOR RELIEF OF PARKINSON'S DISEASE SYMPTOMS.

According to the Parkinson's Foundation, around one million people suffer from Parkinson's in the United States alone, with an additional sixty thousand diagnosed each year. CBD has proven to provide relief to many of the symptoms of Parkinson's. Research into this field has been so promising that various foundations are actively and aggressively funding further studies.

## 3 FACT CBD PROVIDES EFFECTIVE PAIN RELIEF.

Whether ingested as an oil or infused food, or applied topically onto the pain point, various studies have found that CBD reduces pain and inflammation for victims of chronic illnesses, such as arthritis.



## 4 FACT CBD CAN REDUCE ACNE.

Acne occurs for a variety of reasons: bacteria, overactive oil glands and underlying inflammation. CBD works wonders on inflammation, and CBD oil has been found to curb the production of natural skin oil, treating and preventing acne.

# CBD DOES NOT MAKE YOU HIGH



# THE WONDERS OF CBD:

## HOW CBD HELPED LEAH SUAREZ CONQUER ANXIETY & PAIN

BY NICANOR GORDON

### LEAH MARÍA SUÁREZ SWEARS BY CBD.

SHE USES IT FOR ANXIETY, PAIN RELIEF AND AS A SLEEP AID. SHE RECOMMENDS IT TO EVERYONE WHO WILL LISTEN. AND, SHE GIVES IT TO THOSE SHE CARES FOR MOST.

THE 38 YEAR OLD, MEXICAN AMERICAN MUSICIAN, ENTREPRENEUR, ACTIVIST AND NON-PROFIT FOUNDER, SPENDS MOST OF HER TIME BETWEEN MEXICO CITY AND HER HOME BASE IN CHARLESTON, SOUTH CAROLINA. SHE'S A CONSULTANT AND EVENT PLANNER THROUGH HER COMPANY, DE LA LUZ, AND SHE ALSO TEACHES WOMEN OF COLOR FROM CHALLENGED BACKGROUNDS.

UNDOUBTEDLY, SUÁREZ LIVES A HECTIC LIFE.

### HER CBD JOURNEY

Strongly against the use of prescription medicine and beta-blockers, she was first introduced to CBD by other musicians as a natural way of managing anxiety.

The CBD worked. But, after she found herself diagnosed with rheumatoid arthritis, she dove head first into a full-fledged CBD lifestyle.

Rheumatoid arthritis, an autoimmune disease, is typically treated with steroids. After researching the effects of a lifetime of steroid use, Suárez knew she had to look outside the traditional route. "I was hellbent on finding a solution that worked for me," she says. So, when her physiotherapist recommended she try CBD, she was willing to give it a shot.

While a topical CBD ointment worked to relieve her knee and back pain, the real watershed moment came when Suarez got her hands on CBD oil. After two weeks of routine



use, not only was she pain-free, but her anxiety had completely melted away. Her mind had stopped racing, and she began sleeping soundly.

### SHARING CBD FOR HEALING

Completely sold on the benefits of CBD, Suárez soon introduced the powerful alternative remedy to her ailing mother.

Her mother suffers from an unfortunate number of conditions, including multiple sclerosis, asthma and anxiety, as well as ongoing stress from childhood traumas. To manage it all, she had lived on a cocktail of drugs for many years. This, of course, came with a large assortment of side effects.

Suarez slowly began introducing CBD into her mother's lifestyle, and in no time, started cutting back the number of drugs she was taking. Today, Suárez says, CBD has profoundly transformed her mother's life. "I can hear it in her voice... I've seen her entire personality change," she shares.

SHE BELIEVES IN THE MAGIC OF CBD SO MUCH THAT SHE HAS EVEN BEGUN SELLING THE OIL.

Driven, multifaceted and equally caring and compassionate, Suarez says sharing CBD is incredibly easy... Why? There's no doubt in her mind, she says, that CBD can profoundly change people's lives.



# WAYS TO CONSUME CBD

THERE ARE SO MANY WAYS TO GET YOUR CBD ON. YOU CAN INGEST THE OIL OR SWALLOW A CAPSULE. YOU CAN MUNCH ON AN EDIBLE. MAYBE YOU'D EVEN WANT TO PUFF ON A PRE-ROLL OR A VAPE PEN. BUT, DID YOU KNOW YOU COULD ALSO USE IT AS A SUPPOSITORY? YOU COULD EVEN DECIDE TO CHUG IT DOWN OR RUB IT ON YOUR SKIN... THERE ARE SO MANY WAYS! CHECK THEM OUT...

## OILS



**TAROT CBD TURMERIC BLOOD ORANGE & CBD OIL**  
500mg, \$55.00

A combo of anti-inflammatory plants, CBD extract and turmeric to ease pain caused by inflammation and promote overall well-being.



**TONIC VIBES CHILL**  
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Relax + restore

Ashwagandha defends against stress to restore optimal balance, while lemon balm and passionflower work to calm your mind and promote greater relaxation.



**GREEN ROADS APPLE KIWI BLISS BROAD SPECTRUM CBD OIL**  
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**KISKANU'S CBD HEMP CAPSULES**

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## EDIBLES



**NOT POT VEGAN CBD GUMMIES**  
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Made with clinically studied ingredients to help boost your immune system - Elderberry, Zinc, Vitamin C, Magnesium, and B vitamins.



**LORD JONES HEMP-DERIVED CBD DARK CHOCOLATE ESPRESSO CHEWS**  
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Made by hand in small batches with high-quality dark chocolate and infused with the finest broad spectrum hemp oil.



**FLOR DE MARIA AMAGANSETT SEA SALT & NIBS**  
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CBD 120mg (10mg in each serving) Dark Chocolate with gently crushed roasted cacao beans from Ecuador for a fruity yet bittersweet crunch, finished with a touch of Amagansett Sea Salt.

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**BERKSHIRE CBD CANNAFLOWER™ JOY**  
\$35.95

Each tin is filled with five 1g pre-rolls that are packed with 150mg of CBD.



**BERKSHIRE CBD REMEDY**  
\$24.95 for 3.5 grams

With notes of citrus and juniper, this strain has a reputation for body relaxation and helping with all that life throws at you.





**WINGED CBD  
RADIANCE BODY OIL**  
\$25.00

Blends include rosehip and Sweet Almond to reduce appearance of scars and stretch marks, and sweet floral fragrance from geranium, lavender, coriander and vanilla extracts.

# TOPICALS & SUPPOSITORIES



**PAPA & BARKLEY  
HEMP INFUSED BALM**  
\$29.99 15 ml

The soothing, relieving salve is made from all-natural ingredients that includes a blend of beeswax and healing essential oils such as eucalyptus, tea tree, peppermint and lavender.



**KISKANU CBD  
SUPPOSITORIES**  
24.00 4-pack

These suppositories may be used vaginally or rectally, for inflammation, menopausal discomfort, vaginal dryness, menstrual aches, bowel discomfort, pelvic discomfort, bowel discomfort, lower back and hip discomfort, soothing irritated tissue, muscle spasms, etc.

# BEVERAGES



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SPARKLING BEVERAGES**  
\$30.00 6 Pack

Enhanced with all-natural ingredients such as fresh-pressed juices, superfoods, and hemp extract.



**BROTHER'S  
APOTHECARY  
CBD TEA**  
\$15.00 3 Pack

Over 10 different caffeine-free flavor blends, made with coconut milk as a lipid to increase CBD absorption.



**MOOD 33  
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HERBAL TEA**  
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CBD & SEX

# A SEXY PRODUCT

REVIEW OF FORIA WELLNESS

BY STEPHANIE OF LADYTALLHAIR.COM



I WASN'T QUITE SURE WHAT I SHOULD BE EXPECTING FROM A CBD OIL SPECIFICALLY MEANT TO AROUSE ME. UP UNTIL USING FORIA'S AWAKEN AROUSAL OIL, MY ONLY FAMILIARITY WITH CBD WAS HAVING USED IT FOR ANXIETY - MINE AND MY DOG'S - BOTH OF WHICH HAVE BEEN SUCCESSFUL SO FAR. OBVIOUSLY, ANXIETY AND AROUSAL ARE NOT THE SAME...

SO, I FEARED MY LIMITED CBD KNOWLEDGE WOULD MAKE ME THE WORST PERSON IN THE WORLD TO WRITE THIS PRODUCT REVIEW. BUT, ON THE OTHER HAND... I MIGHT JUST BE THE PERFECT PERSON - FREE OF EXPECTATIONS AND PRECONCEIVED NOTIONS.

**A SEXY  
PRODUCT**



“THERE WAS AN URGENCY  
FROM WITHIN THAT I NORMALLY  
ONLY FEEL WITH A PARTNER”.

## MY FIRST IMPRESSIONS

I loved the packaging. Everything from the box to glass tincture was cute and recyclable, which aligns well with their tagline: *Purity for People and Planet*.

The tincture comes inside of a sunset colored box with a beautiful floral illustration. It’s so beautiful that I kept it to store the tincture, which is something I never do.

## PUTTING IT TO GOOD USE

Excited to use it, the next time I felt the urge to do some solo pleasure, I brought out the oil.

I wasn’t sure how much I needed, so I used a small amount to rub around (not IN, as the directions specifically say “apply topically”) down there.

The Arousal Oil is not technically a lubricant (that’s why you can’t apply it internally) but it did bring a smoothness to my ‘process’ that made it a lot easier and much more enjoyable.

I want to stop here and point out... I never felt a tingling, cooling, burning or ICY HOT sensation; nor was I supposed to.

That’s not to say that I didn’t have any physical sensation at all. I did.

But, surprisingly, it just wasn’t on the outside. I felt it all coming from within.

As my ‘process’ continued, every few minutes I added a tiny bit of oil until I felt a noticeable difference... More

blood rushed to where my fingers were playing; my heart raced a little bit more; and I was much more into it than I normally am.

There was an urgency from within that I normally only feel with a partner.

## LET’S TRY THIS AGAIN!

The impact was noticeable, very noticeable, but it was still subtle, so I wanted to try out the oil a few more times before I came to any conclusions. And, I wanted some variables. For the next week, I played around with the amount of oil I used.

I used it with a vibrator and without. Sometimes I watched porn and sometimes I didn’t. Consistently, I finished with the same feeling... I was more satisfied than without using the oil.

## OVERALL IMPRESSIONS

I definitely noticed a difference using FORIA’s Arousal Oil – positive difference – and you can probably expect one too. You shouldn’t expect a magical solution that gives you an insta-boner, or anything like that. But, if you weren’t quite in the mood, I think FORIA’s oil could get you there.

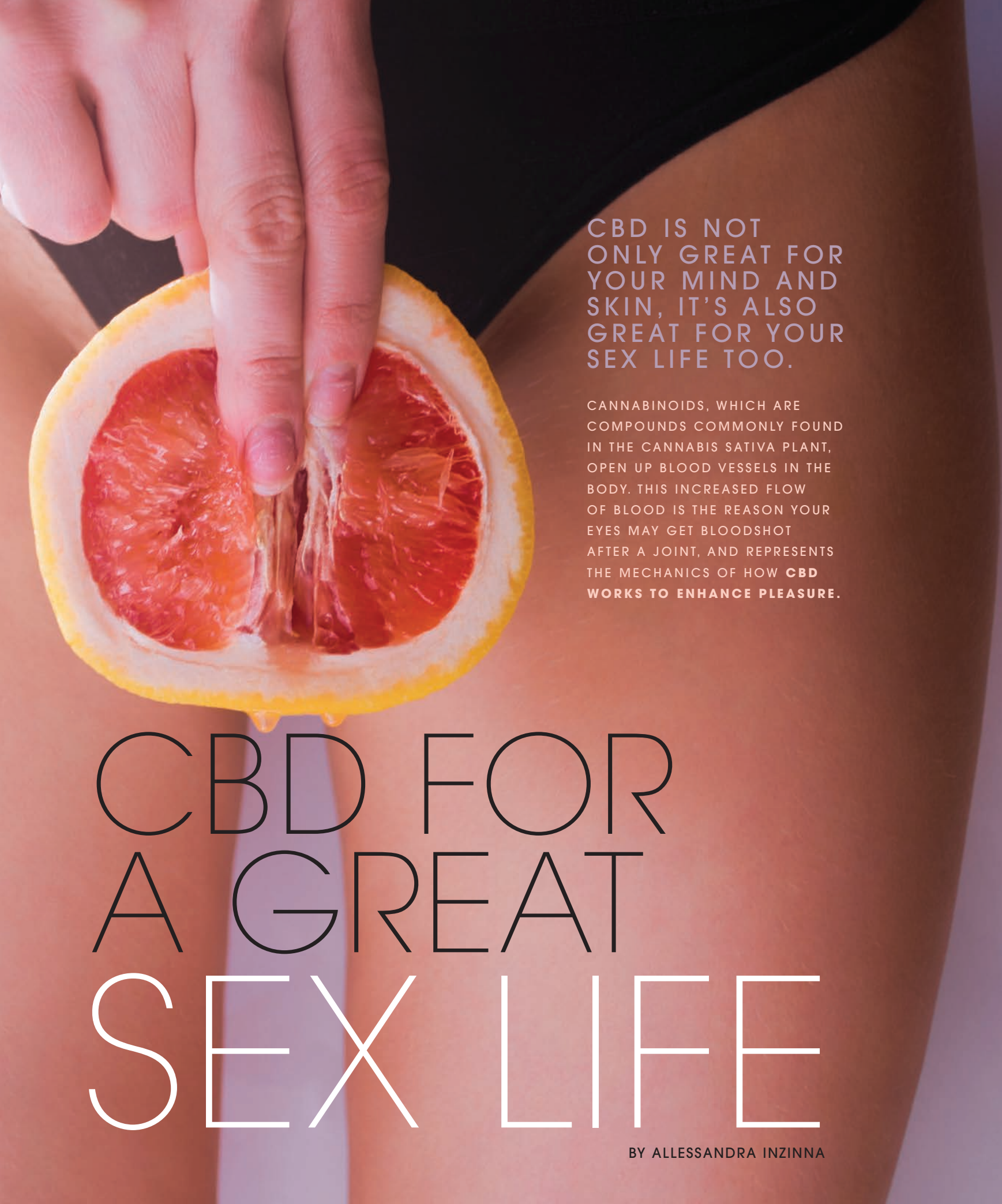
If you are using it solo (sadly, I can’t speak to using it with a partner), you will likely notice that the process feels much less mundane, and much more intimate and sexier.

No matter the situation, I think you can expect a roughly 20% increase in pleasure using FORIA’s Awaken Arousal Oil. That’s a 20% I can always appreciate.

**STEPHANIE** IS A BLOGGER AND CONTENT CREATOR AT LADYTALLHAIR.COM, WHO WRITES ABOUT DATING AND MENTAL HEALTH, ESPECIALLY WHEN THE TWO INEVITABLY COLLIDE. IN HER SPARE TIME, SHE LOVES TO TRAVEL, PRACTICE YOGA, READ, AND ENJOY A GLASS OF ROSÉ ON HER PORCH. STEPHANIE LIVES WITH HER DOG, DAPHNE, AND CAT, PIZZA BABY.

# CBD FOR A GREAT SEX LIFE





CBD IS NOT ONLY GREAT FOR YOUR MIND AND SKIN, IT'S ALSO GREAT FOR YOUR SEX LIFE TOO.

CANNABINOIDS, WHICH ARE COMPOUNDS COMMONLY FOUND IN THE CANNABIS SATIVA PLANT, OPEN UP BLOOD VESSELS IN THE BODY. THIS INCREASED FLOW OF BLOOD IS THE REASON YOUR EYES MAY GET BLOODSHOT AFTER A JOINT, AND REPRESENTS THE MECHANICS OF HOW CBD WORKS TO ENHANCE PLEASURE.

# CBD FOR A GREAT SEX LIFE

BY ALESSANDRA INZINNA



**“When you apply the cannabinoids on the genitals, they’re increasing the blood flow on those regions, which is the basis for arousal.”**

explains Kiana Reeves,  
Chief Education Officer for Foria Wellness.

Foria Wellness is a CBD sexual wellness company that makes products to alleviate multiple struggles a person might face with sex.

Reeves says that CBD lubricants bind with the cannabinoid receptors in the pelvic region to relax muscles, increase blood flow and ease any pain. CBD’s anti-inflammatory properties may also help relieve inflamed skin conditions in the area and guide each partner to a deeper, fuller orgasm.

**“It helps the muscles relax and be able to soften and receive,”** Reeves says.

Foria Wellness also aims to close the orgasm gap – a trend where men typically orgasm far more than women. While 95 percent of straight men have no problem reaching orgasm, only 65 percent of straight women have the same ease, according to a 2016 study by Archives of Sexual Behavior.

Besides their sexual lubricants and oils, Foria Wellness’ products are categorized into three different lines – Intimacy, Wellness, and Pain Relief – to bring a more holistic approach to sexual wellness.

**“Sexual wellness is a big umbrella term for many different things,”** Reeves says. **“Sexual health, whole body wellness and all natural pain relief are the three pillars of the brand.”**

About 75 percent of women experience pain from sex at one point, according to the American College of Obstetricians and Gynecologists. For some this pain can be rare and fleeting, others may have chronic conditions such as endometriosis or period cramps that make painful sex a recurring mood-killer.



“IT’S NOT THE CBD MAKING YOU FEEL GOOD, IT’S YOUR BODY,” REEVES SAID. **“IT’S WORKING WITH YOUR BODY IN A REALLY BEAUTIFUL AND SYNERGISTIC WAY.”**



“As Foria Wellness grew, we realized that there was this whole lifetime of unmet needs from pleasure enhancement to cramp relief,” Reeves says.

While Foria Wellness sells a variety of adored products, including a few with THC (only available in Colorado or California), it started in 2013 as one of the only brands using CBD as a tool for sexual well-being.

“We were really the first brand in the cannabis space that was addressing the needs of women and people with vulvas, from a sexual wellness perspective,” she says.

Since starting, Foria Wellness hosted *School of Unlearning*, an initiative for the LGBTQ community aimed at unlearning narratives of heteronormativity around love, sex and intimacy in June.

They also use inclusive pronouns on their website. Where one company would market their products solely to women, Foria is a better ally.

“We really try not to use gendered terminology, we absolutely understand the fact that not everyone with a vulva, or with a vagina, or with a penis, identifies as a certain gender, and that's a really important thing to be educating,” Reeves said.

Foria Wellness has made it its mission to talk about common struggles with sex that often go unspoken.

“We get to talk about painful sex. We get to talk about what it means to have endometriosis. We get to talk about the impact that really bad menstrual cramps have on your sense of well-being,” Reeves says. “We get to talk about all of these things that usually hide in the corner.”

Though CBD products can help alleviate several of these issues within the body, it’s not the cure-all magic pill, Reeves said.

“It’s not the CBD making you feel good, it’s your body,” Reeves says “It’s working with your body in a really beautiful and synergistic way.”

Foria Wellness’ CBD products are available on their website, and their THC products are in dispensaries in California and Colorado.





## CBD & BEAUTY

# UNDEFINED BEAUTY

BY ALESSANDRA INZINNA

### CBD BEAUTY BRAND SPOTLIGHT:

Undefined Beauty wants to democratize the beauty space.

“Historically, beauty and wellness have been represented by one model, which was typically an affluent, white skinny woman,” Dorian Morris, founder of Undefined Beauty, says. “So Undefined Beauty is changing that conversation.”

Focusing on affordable and sustainable products, Undefined Beauty sells topical CBD products with plant-based ingredients.

Morris founded Undefined Beauty before the rush of CBD products took over the market. Most products had grainy textures with unreliable formulas and shoddy packaging, she says. She decided to cater to an audience that wanted beautiful packaging and natural ingredients.

“There wasn't a brand that really was speaking to the millennial mindset, that was elevated,” Morris reflects. “I thought there was an opportunity for me to create something that fills that void.”

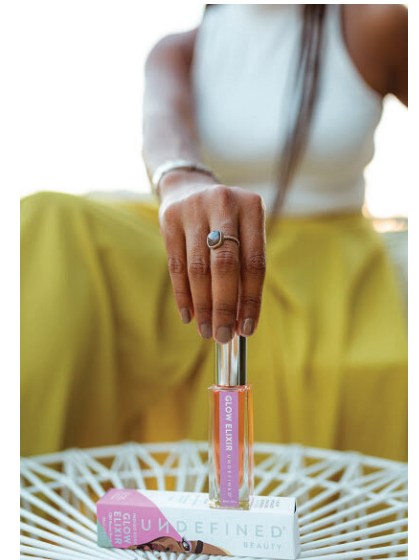
Although most of her customers are women, Undefined Beauty products are inclusive to men and anyone who wants to take control of their own wellness, Morris says.

“I want to help empower and educate men and women to really own their own natural beauty and think about clean, plant-based solutions,” she explains.

Besides selling her own products, Morris also has a section of her website called the Undefined Collective where she promotes female, LGBTQ and BIPOC CBD beauty brands, and conscious capitalism, or being selective in which companies to purchase from.

“There's a lot of snake oil out there. I want to make sure that all the brands that I put my Undefined stamp behind are really high quality, third party tested products.”

Undefined Beauty is working on a new line incorporating adaptogenic mushrooms, creating ingestible CBD products and opening their storefront location in the art district of Los Angeles.



# CBD IS TAKING THE BEAUTY INDUSTRY BY STORM

BY ALESSANDRA INZINNA



If Natalie Bustamante somehow forgets to take CBD in the morning, she notices.

**“In Miami, the drivers are horrendous,”** Bustamante, founder of Vital Tonics, says. **“I can tell instantly on the days I have not taken my CBD, because my patience with the bad drivers is nonexistent.”**

Besides relieving imminent road rage, CBD benefits the body in numerous ways, especially the skin. Skin disorders like eczema, rosacea, psoriasis, and the occasional pimple all benefit from CBD’s anti-inflammatory abilities, she says.

**“I have rosacea, and I have a lot of friends with rosacea, and the CBD face mask they say has changed their rosacea completely,”** she shares.

According to Bustamante, it all starts in the endocannabinoid system, which regulates the body’s inflammatory reactions that lead to psoriasis, eczema and rosacea. When applied topically, CBD sinks into the skin and relieves inflammation by influencing these endocannabinoid receptors.

Not only that, CBD also attacks cells that form acne, regulates oil production and keeps your skin looking young through stimulating the production of collagen. Dry skin, aging skin and itchy skin can all benefit from CBD.

A 2019 study by beauty research website Poshly, revealed that beauty consumers found the biggest benefits of CBD as its soothing, anti-inflammatory and pain relieving abilities.

The study also found that in 2019 alone, the use of CBD beauty products doubled from 20 percent to 40 percent by the end of the year.

Evie Phillips, a regular CBD consumer and founder of CBD Beauty Corner, cares for her skin with cannabidoil at least twice a day.

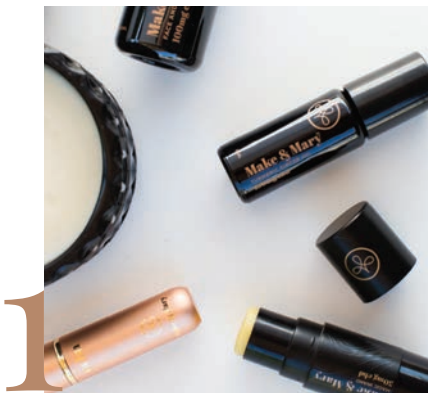
**“I might as well be dripping in CBD from head to toe,”** she says.

She started her company to promote CBD beauty products with reliable formulas. Phillips created a system where CBD brands can apply to be featured by CBD Beauty Corner, marking their brand as using trustworthy formulas and ingredients. Only approved brands make it on the website, newsletter, in stores like Saks Fifth Avenue and on their Instagram.



Editor's Picks:

# 7 BEAUTY BRANDS YOU NEED TO TRY



**MAKE & MARY  
MAGIC WAND**  
\$24.00

This magic wand is great under the eyes to relieve puffiness or soften lips. It's also great for little cuts and skin irritations—from bug bites to tattoo healing. Made with frankincense – an essence used in ritual to instill deep tranquility of mind, and lavender for its calming and mood-enhancing effects.



**LORD JONES  
CBD LOTION**  
\$60.00

Formulated to create a cooling sensation upon contact, the moisturizing lotion has been crafted to deliver unparalleled absorption in an extra strength formula. Signature fragrances include notes of sage, mint and green citrus. Also available in grapefruit fragrance and fragrance free.



**MOON MOTHER HEMP  
3 PART BEAUTY SYSTEM**  
\$185.00

The Hemp & Manuka Honey Mask leaves your skin healthy and glowing with anti-aging and hydrating Manuka Honey, Rhassoul Clay and healing full spectrum hemp extract. The Hemp Eye Serum renews your eyes and reduces smile lines, puffiness and inflammation with this anti-aging serum. And, the Hemp Skin Serum nourishes, moisturizes and soothes the skin while reducing redness and preventing breakouts.



**4 WINGED CBD  
RADIANCE FACIAL  
SHEET MASK**  
\$10.00 – \$12.00

This hydrating sheet mask hugs every contour of the face to recharge the skin for deep, refreshing hydration. Includes CBD from full spectrum hemp extract, Snow Mushroom, Aloe & Shea Butter.



**5 ELF FULL  
SPECTRUM  
CBD SET**  
\$79.00

The collection includes a CBD Moisturizer infused with hyaluronic acid and sweet almond oil; a CBD Facial Oil with notes of Japanese citrus and chamomile; a CBD Body Cream; a plumping CBD Eye Cream with peptide complex to help brighten under eyes; and a CBD Lip Oil infused with peppermint and vanilla.



**6 CANNUKA  
HARMONIZING  
FACE CREAM**  
\$58.00

With a combination of CBD and Manuka honey along with cucumber extract and hyaluronic acid, this cream is like a drink of water for the skin – reducing the appearance of wrinkles and fine lines.



**7 FRIGG WELLNESS  
ATTUNING HAIR  
POTION**  
\$45.00

This multi-functional oil hydrates dry hair and itchy inflamed scalps. For all hair types, but especially for those that are dry or porous. Great for people who have flare-ups of certain conditions due to stress.



# EVA MARCILLE STERLING

IS A MODEL, ACTRESS...  
& CBD ENTREPRENEUR

You may recognize Eva Marcille Sterling from *Real Housewives of Atlanta* or *America's Next Top Model*. Well, this actress and model is also now a budding, and already successful, CBD entrepreneur.

A mom with a growing family, Sterling's newest baby is cEVAd - her one-year-old line of hemp-based, CBD products that are ethically sourced and organically grown.

For this natural health and beauty aficionado, and advocate for organic nutrition, a leap into the CBD business was a no-brainer. She knows CBD works, because she uses it. And, she's thrilled to have an opportunity to help other women address their health issues naturally, too.

We caught up with this busy, multi-talented woman to hear more about her love of CBD and her leap of faith into the business. Here's what she shared...



# EVA MARCILLE STERLING

IS A MODEL, ACTRESS...  
& CBD ENTREPRENEUR

## HOW DOES THE LINE SEEK TO SUPPORT WOMEN OF COLOR?

“Our products are certified pure, organic and undergo rigorous testing. cEVAd is very high quality and that means you can trust what you’re putting in your body. According to the American Heart Association, women of color suffer from high blood pressure and heart disease at a higher rate. We don’t make any medical claims, but if you can find a way to add that calm and balance to your life, that’s going to help.

“With my audience, I want to help all my mama’s out there take care of themselves, make time for themselves and help keep that stress down.”

## HOW HAS CBD HELPED YOU PERSONALLY?

“I’ve always been very into natural healing. Whenever I get sick or have aches and pains, I take a holistic approach. So, CBD and the science behind it, completely align with my personal beliefs.

“We have a product, Harmony, that helps me get right to sleep, which is very important with my schedule! I have to get up early for radio, so it helps me drift off and get a good rest. Radiance, our moisturizer, helps keep my complexion nice and fresh.”



## WHAT HAS BEEN THE RESPONSE TO CEVAD SINCE IT LAUNCHED?

“The response has been so exciting. It’s like watching a whole different child grow. Each month, watching cEVAd’s success has been a completely different kind of success for me.

“Just over a year ago, Drew Maloney (the owner of Capstone Healthcare in Atlanta) and I had a conversation about starting a CBD business. He introduced to me Rhyann Walcott, our Director, and we built the cEVAd brand and formulated our very own product line from scratch.”

## "LAST MONTH WE CELEBRATED OUR MOST SUCCESSFUL MONTH YET."

“I knew this company was going to be something special. In September, we’ll celebrate our one year anniversary. So many businesses never make it that far. To hear what a difference our products are making directly from the fans is so fulfilling, and I’m incredibly proud. I just want to see us continue to grow and help people with all-natural healing over the next year!”



# WOMEN OF COLOR BREAKING DOWN BARRIERS OF OWNERSHIP IN THE CBD INDUSTRY

BY ALESSANDRA INZINNA

WOMEN OF COLOR OWNED-BRANDS HAVE FOUGHT FOR THEIR PLACE IN THE CBD INDUSTRY.

The 2018 Farm Bill that legalized hemp production in the U.S. set a new standard for irony when the once illicit cannabis trade had been accepted by white communities, and yet still criminalized in black communities.

Now, despite white people and black people using cannabis about the same, 81 percent of cannabis business owners are white and only four percent are black, according to Marijuana Business Daily. Only 26 percent of cannabis businesses have women founders or owners.

Getting started in the weed business is expensive and many people need business loans.

However, less than 47 percent of black-owned business loan applications get approved. Those that do get approval, often receive less funds and higher interest rates than white business owners, according to Forbes.

Black people are also 3.73 times more likely to get arrested for marijuana related offenses due to the war on drugs that ravaged black and brown communities.

A prior arrest for anything drug-related permanently bars you from working in weed, blocking many black brown people from getting into the cannabis industry, according to the ACLU.

Despite these inequitable truths, U.S. sales of cannabis are expected to hit \$80 billion by 2030. Enter women-of-color business owners and cannabis connoisseurs with activist-focused brands, taking their seats at the table...



IYANA EDUOARD  
FOUNDER  
KUSH AND CUTE

## Kush & Cute

Founded and run by Iyana Eduoard, Kush and Cute sells handmade CBD and hemp skincare products and smoking accessories.

Eduoard opened Kush and Cute in 2016 after leaving her job in digital marketing at a cannabis company to start her own. As a cannabis consumer herself, Eduoard understood how she could successfully market to women, which many dispensaries were not accomplishing.

**“I worked with all young men, and they just really didn't understand how to market to women and understand what female cannabis consumers like,”** Eduoard says. **“They didn't understand that not every girl wanted a big bong.”**

Eduoard noticed the lack of education and inclusion for women, especially black women, in the cannabis industry and decided to make a space for herself despite it.

**“Our overall goal is to encourage women to not only use hemp, CBD and plants in their self care and their**

**skincare, but also encourage cannabis consumers or non-consumers to educate themselves about the plant... and then support women and people of color in the industry,”** Eduoard says.

Eduoard makes all the skincare products, and has used and made natural skincare products her whole life. Before Kush and Cute, many cannabis companies sold CBD skin care products littered with chemicals. Eduoard's vegan, hemp CBD products contain none of that.

In the cannabis industry, white males dominate who brands market to, and who owns the brands. There's not much room at the table for women, especially women of color, Eduoard says. To

remedy that, she and other women in the industry made their own table.

**“I've been super supported by the women in the industry,”** Eduoard says. **“I don't think I could have done any of it without them.”**

KUSH AND CUTE IS AVAILABLE IN SEATTLE, WA OR ONLINE.

THERE'S NOT MUCH ROOM  
AT THE TABLE FOR WOMEN,  
ESPECIALLY WOMEN OF COLOR,

EDUOARD SAYS.



RHONDA BROADWAY  
CO-FOUNDER  
TOTAL PEACE &  
WELLNESS

## Total Peace & Wellness

Rhonda Broadway and Carlos Smith founded Total Peace and Wellness in 2019 to not only sell some quality cannabis products, but to give back to black and brown communities unjustly affected by the war on drugs.

**“We wanted to definitely highlight the criminal reform efforts and the disparity in the criminal system against people of color,”**

Broadway says.

When Broadway discovered CBD, she ended up enjoying it more than THC.

**“CBD gave me the calming and relaxation I needed without the anxiety that I would feel when I consumed cannabis with THC,”** Broadway says.

After searching through some awful CBD products, Broadway knew what to look for in a well-formulated product and decided to open her own cannabis business.

“CBD GAVE ME  
THE CALMING AND RELAXATION  
I NEEDED WITHOUT THE ANXIETY  
THAT I WOULD FEEL WHEN I  
CONSUMED CANNABIS WITH THC,”

BROADWAY SAYS.

While Total Peace and Wellness sells its own brand of cannabis products, they also promote and sell other brands who have applied on their website and in their store. Broadway and Smith judge the lab reports, ingredients and reviews to make sure all promoted products are Total Peace and Wellness approved.

CBD spiked bath bombs, coffee beans, tea, oils, tinctures, dog-safe products and lozenges all have a place at Total Peace and Wellness. They also sell the whole CBD flower.

**“We just try to include a whole gamut of products,”** Broadway says. **“But we also make**

**sure that all of the products are quality products, and we do a lot of research on anything that we allow into our store and on our website.”**

TOTAL PEACE AND WELLNESS IS AVAILABLE ONLINE AND IN PITTSBURGH, PENNSYLVANIA.



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15% OFF

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CANNACURIOUS

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@drinksuperhue



FELICITY CHEN AND  
CHISTINE YI  
FOUNDERS  
POTLI

## Potli

Founders Felicity Chen and Chistine Yi created a company that sells “elevated” common kitchen ingredients; like CBD-infused olive oil, chili oil, apple cider vinegar and honey.

The real life best friends started Potli in 2017 to help Chen’s mother, a first generation immigrant wary of cannabis, discover the benefits of using CBD and hemp to relieve her asthma. They did not want to create another cookie, gummy or brownie. Instead, they created alternative, versatile and healthy products.

Potli recommends starting out using 5 mg of their infused ingredients and then working up to 10 mg as a standard dose. The CBD will work to promote homeostasis within the body and help the body with different functions throughout the day.

A review of the Potli Hemp-Infused Raw Honey called it “heavenly” and that it “stops pain and gives you a calm, sweet feeling.”

Yi was named by Marie Claire magazine as one of the most powerful women in the CBD industry in 2019. Demand for Potli products was increasing rapidly at that point, as consumers experimented with CBD in droves.

Potli operates sustainably by rebuilding beehives for every batch of Potli sold. All ingredients are sourced from Northern Californian, family-owned farms that cut their carbon footprint. Chen and Yi also designed their packaging to be reused.

POTLI IS AVAILABLE ONLINE AND IN SEVERAL LOCATIONS THROUGHOUT 14 STATES.



CORAL AND RAH  
HINES  
FOUNDERS  
BUENA BOTANICALS

## Buena Botanicals

Founded by Afro-Latina twin sisters, Coral and Rah Hines, Buena Botanicals considers itself grounded in holistic healing and plant medicine.

The creation of their products were inspired by their mother, who suffers from sciatica and arthritis.

Spurred into action by the millions of people struggling with anxiety, chronic pain and drug addiction, Buena Botanicals offers products with organic full spectrum CBD oil. They also sell to remedy the 64 percent of those with anxiety that do not seek professional treatment.

Their CBD is harvested by hand, ethically grown and certified USDA organic. They sell bath bars, moisturizers, coconut oil, bath bombs and an elixir.

THE HINES TWINS OPENED THEIR DOORS IN 2019 AND THE STORE IS ONLY AVAILABLE ONLINE.

potli

15% off with code:  
CANNACURIOS





JANICE BUU  
FOUNDER  
KANA SKINCARE

## Kana Skincare

Janice Buu, a former child behavioral therapist, smuggled cannabis into China out of desperation when her father fell ill in 2014. When his nurse mentioned that, after using cannabis, her father used his morphine drop less than other patients, Buu had an epiphany.

After she witnessed drops of cannabis drastically improving the behavior of autistic children and relieved her father of pain, Buu decided to experiment with cannabis and skincare.

Since then, Buu went on to launch her CBD company Kana Skincare in 2017. Their CBD Lavender Sleep Mask became one of the most popular of its kind in 2019, according to Marie Claire. Her fresh, vegan products have expanded into serums, masks and face oils.

Buu cites most of her inspiration to the “secret beauty recipes” of Korea. Kana Skincare is available online.



WANDA JAMES  
CO-FOUNDER  
SIMPLY PURE

## Simply Pure

Wanda James and Scott Durrah started Simply Pure as the first black-owned dispensary in Denver, Colorado in 2010. Since opening, their small-batch farm won Best Flavor Champion in Colorado’s The Grow Off Competition.

They sell an array of CBD products from vegan edibles to whole CBD buds.

The husband and wife business duo opened Simply Pure as a means to advocate for criminal justice reform, against the criminalization of weed and equity in the weed industry. Simply Pure hosted the signing of a Colorado bill that allows the governor to pardon cannabis convictions and promote equity within the cannabis industry in June.

James’ brother received a 10-year prison sentence in the ‘90s as a teenager when charged with possession of cannabis, inspiring her to fight for justice.

Now on its tenth year in business, Simply Pure has resisted the stigma placed on using cannabis, and plans to keep on educating and fighting for its use.





# FOOD, CBD & FIGHTING CANCER:

JENNIFER ARGIE'S STORY

BY NICANOR GORDON

**CBD & FOOD**



THERE ARE FEW BIGGER WAKE-UP CALLS IN LIFE THAN A CANCER DIAGNOSIS. IF LOSING A JOB, OR A PET IS A SPEED BUMP, THEN CANCER IS GOING INTO A TAILSPIN. WHEN CANCER COMES KNOCKING, NO MATTER WHO YOU ARE OR WHERE YOU ARE IN YOUR LIFE, YOU HAVE TO MAKE A DRASTIC CHANGE TO YOUR DAY-TO-DAY TO SURVIVE.

## JENNIFER ARGIE KNEW THIS.

Diagnosed with breast cancer 5 years ago, she remembers being particularly appalled at the prescribed steps and the violent side effects casually listed out.

Chemotherapy, Argie says, damages the body with toxins resulting in hair loss, fatigue, and loss of appetite, and then radiation treatment comes with its litany of complications.

Argie also says she has an aversion to opioids (most painkillers), an affliction so miserable that she's opted for a natural birth on three separate occasions. There was no way she was going to put herself through that hell, she recalls, there had to be a better way.

## FOR ARGIE, THE ANSWER WAS CBD.

CBD is one of the 110+ chemical compounds found in the cannabis plant. Studies in Israel dating back 40 years have found it to be useful in treating everything from anxiety and pain to assisting women in labor. At the time of looking, there were next to no papers on the benefits of CBD in the US, at least none that Argie could find. Even now, the FDA prohibits any official recommendations of products containing CBD as a therapeutic medicine.

Argie describes her current lifestyle as a high CBD diet... And make no mistake, IT IS a lifestyle.

"I needed to find ways to not think of it as a medicine," she says. For her, it had to be easy and routine. So, she started with everyday use through food. "Food was more gentle than swallowing a pill."

Listening to Argie talk about food, she conjures more the appearance of a mad scientist than a cook. During our call, she rattles off CBD food combinations from the top of her head... From CBD infused coffee beans and CBD with avocado, I could almost hear the sound of gears turning in her brain, thinking of new ways to deliver CBD in an approachable package.

"I already knew if I was giving it to myself, I wanted to give it to the world," she says.

Argie quickly recognized the potential of CBD. Already an entrepreneur, previously designing children's furniture, it wasn't hard for her to pivot to her current business, **Jenny's Baked at Home**.

The shift in careers felt natural, as growing up she had never been far from either food or nature. A second generation American, Argie recalls her grandfather, a Greek restaurateur during our call. She also remembers spending holidays on her uncle's farm in Southern Missouri.

Starting out hosting dinner parties, Argie would create bespoke meals for guests, combining CBD with known natural foods that help alleviate and treat their conditions. She used, and still uses, CBD more like a supplement than an ingredient in its own right. Using the CBD infused coffee beans, as an example, the CBD allows for faster and more efficient absorption of the antioxidants already present in coffee. Through these parties, she has helped people suffering with various illnesses, all reporting back massive improvements to their quality of life.

When asked about the stigma of the cannabis plant



and by extension, CBD, Argie shifts gears again.

She's a staunch defender and lobbyist for the compound, going as far as to even visit senators in their own homes, willing to get her hands dirty to manifest the shift in attitudes she wants to see. **"No one knew what CBD was, THC had the stigma,"** she says.

Argie notes that things are easier now, but finds most of her opposition coming from people around her age. She theorizes that growing up during the Reagan era of politics, during the **'War on Drugs'**, may have caused many of the middle-aged to internalize harmful myths about CBD. While CBD is not psychoactive, which means it does not get you high, she's quick to push back against condemning getting high, making it clear that she incorporates THC where necessary.

Evolving from bespoke dinner parties to being one of the premier boutique CBD operations on the east coast, Jenny's Baked at Home creates and ships CBD infused products to customers around the country. The company offers CBD infused gluten-free brownie mix, organic full-spectrum CBD coconut oil and a CBD infused ginger tincture, just to name a few.

Today, Argie is as healthy as could be. After surgically removing her tumor, she chose not to do chemotherapy, hormone therapy or radiation. Five years from her initial diagnosis, Argie is cancer-free, and as energetic and lively as a person could be.



## FOOD, CBD & FIGHTING CANCER :



Aroma Culinary: Because Taste Matters  
6 staple ingredients: salt, pepper, turmeric, olive, hot sauce, and BBQ sauces; infused with CBD combining flavor and wellness.



[www.Aromaculinary.co](http://www.Aromaculinary.co)

15% off with code: Curious15



# CBD INFUSED DINING WITH PLANT + HERB

BY ALLESANDRA INZINNA

Cooking in a mutual friend's kitchen, marketing expert Tekisha Harvey and long-time chef Angelique Santana, hatched an idea for an infused plant-based pop-up restaurant. Within four weeks of planning, Plant & Herb became a reality.

Plant & Herb is a vegan pop-up food experience with CBD or THC infused ingredients. Its intimate and mysterious encounters are only advertised on Instagram and on the website, bringing less than 15 people per event. All attendees sit at a single table where they can mingle and eat delicious vegan food.

Harvey and Santana wanted a unique dining experience clouded in mystery to attract people who craved something to mix up their brunch dates, girls nights out and other outings. Keeping the sense of secrecy, the location remains private until 24 hours before it begins and then sent only to those who signed up.

Santana and Harvey label their menu as “plant-based” for more than one reason.

“Cannabis is a plant, so I felt like the plant and the plant-based eating kind of went really nicely together,” Harvey says, “which is how we came up with the name.”

Santana and Harvey both want their consumers to know that even though smoking weed for recreation just for fun has its perks, it can have a much greater purpose.

“I think it's really important to show people that it's not just this recreational tool,” Santana said. “It can be used to heal and so, incorporating it in plant-based foods just really seemed kind of natural.”

People who snag a spot at one of their events experience a slowly paced build up of THC (only in legal markets) or CBD dosage. The infused ingredients on their menus, like the spiked olive oil, can easily be taken off the plate for those looking for delicious vegan food without a kick.

Santana adds the CBD or THC to the entrees through oil. They've made an avocado toast with a drizzle of Potli hemp-infused olive oil on top and an infused jalapeno parsley pesto. Their Cucumber Peach Fizz cocktail contains water soluble Modern Nature Vitality Full Spectrum CBD drops.



ANGELIQUE  
SANTANA  
CHEF  
PLAN + HERB

Spurred on by several pop-up cannabis infused dining experiences in cities like Chicago and NYC, Harvey noticed nothing similar existed in South Florida and wanted to change that. She enlisted the help of Sanata, who'd been vegan since 2014, to help create a plant-based menu.

Rather than simply catering to strict vegans, Santana consciously created a drool-worthy menu that could be enjoyed by anyone.

“Our diners are not vegan or vegetarian, and neither are any of my clients,” Santana explains. Harvey notes that their diners are just interested in delicious food and pushing the limits of their taste buds.

“The food is the hero,” she says. “You can have the prettiest place, the prettiest location, but the food has to be good.”



Santana, a culinary school drop-out and founder of Eat with Angelique, says she jumped on the idea when Harvey presented it.

“I was really drawn to it especially because it was something different for me, and I really just always like a challenge and learning something new,” Santana says.

The creativity present in Plant & Herb takes centerstage for Santana, who relishes in making new and different dishes in the kitchen.

Harvey took over the marketing and business side of Plant & Herb while Santana handled the menu. Everyone who attended the first event loved it, she noticed, and its success filled her with pride.

“It all came together and it was very uplifting too, because everyone had a really good time,” Harvey beams.

Although the coronavirus outbreak has currently halted future plans for Plant and Herb, Harvey and Santana plan on hosting more pop-up events in South Florida in coming months.

## CUCUMBER PEACH FIZZ

- 3 OZ SAUVIGNON BLANC
- ½ OZ ELDERFLOWER LIQUEUR
  - ½ OZ SIMPLE SYRUP
  - 2-3 CUCUMBER SLICES (MUDDLED)
  - 1 PEACH SLICE (FRESH OR FROZEN)
- 1 FULL DROPPER OF MODERN NATURE VITALITY
  - FULL SPECTRUM CBD DROPS (WATER SOLUBLE)
  - TOP W/TONIC

## INSTRUCTIONS:

ADD INGREDIENTS (EXCEPT TONIC & PEACH) INTO A COCKTAIL SHAKER, AND LIGHTLY MUDDLE TO INCORPORATE. ADD ICE, AND SHAKE TOGETHER TO COMBINE/CHILL. DOUBLE STRAIN INTO AN ICE FILLED WINE GOBLET, TOP WITH TONIC, AND GARNISH WITH PEACH SLICE.

Plant + Herb  
AN ELEVATED DINING EXPERIENCE



CHRISTINA WONG  
OF BAKING WITH  
CHICKENS

## TOP TIPS FOR BAKING EDIBLES BY BAKING WITH CHICKENS



### How to Dose with CBD/Cannabis

Each CBD/cannabis oil tincture bottle has different potency and milligram counts. Read the batch label on your tincture to determine the milligrams per full dropper.

The starting dose of 5mg per serving is a beginner's starting dose. You can always eat more! If you desire more potency, increase the amount of oil and substitute or subtract the equivalent volume of butter from the recipe.

## DARK CHOCOLATE MERINGUE PIE

RECIPE BY BAKING WITH CHICKENS

IMAGINE THE BEST CHOCOLATE POT DE CREME YOU'VE EVER HAD, TOPPED WITH A CLOUD OF TOASTED MARSHMALLOW FLUFF... IN A PIE. THIS IS A BAKING WITH CHICKENS ORIGINAL RECIPE.



TIME TO PREPARE: 40 MINUTES

SERVINGS: 6 SLICES

DOSING: 5 MG CBD/CANNABIS PER SLICE

INGREDIENTS: 9-INCH PRE-BAKED PIE SHELL

#### CHOCOLATE FILLING:

- › 3 EGG YOLKS
- › 1 CUP SUGAR
- › 1/2 CUP COCOA POWDER
- › 1/4 TSP. SALT
- › 1/3 CUP CORNSTARCH
- › 3 CUPS MILK
- › 3 TBSP. BUTTER\*
- › 60 MG OF CBD/CANNABIS INFUSED OIL TINCTURE\* (5MG PER SLICE. DEPENDING ON HOW MUCH INFUSED OIL YOU USE, SUBSTITUTE AND SUBTRACT THAT VOLUME FROM THE AMOUNT OF BUTTER)
- › 1 1/2 TSP. VANILLA

#### MERINGUE:

- › 3 EGG WHITES (ROOM TEMPERATURE)
- › 1/2 CUP SUGAR
- › 1/4 TSP. SALT
- › 1/8 TSP. CREAM OF TARTAR



### INSTRUCTIONS:

1. In a medium bowl, whisk the 3 egg yolks together. Set aside.
2. In a medium saucepan, combine sugar, cocoa, salt, and cornstarch. Whisk in one cup milk.
3. Heat on medium-high, gradually whisk in the remaining milk, whisking constantly until well blended. Bring to a low boil. Cook for one minute, stirring constantly. Remove from heat.
4. Add a small amount of the hot mixture to the egg yolks, whisk together, then add the egg mixture back to the mixture in the saucepan. Cook for 2 minutes, stirring constantly.
5. Remove from the heat and stir in butter, infused oil, and vanilla. Pour the custard into the pre-baked, cooled pie shell.
6. Set pie aside to cool.
7. Combine egg whites, sugar, salt, and cream of tartar in the bowl of a stand mixer or another large heatproof bowl
8. Set over a large saucepan filled with simmering water (bowl shouldn't touch the water). Heat, whisking constantly, until sugar is dissolved, about 4 minutes.
9. Remove from heat and fit bowl onto mixer fitted with whisk attachment (or use an electric mixer) and beat on medium-high speed until meringue stiff peaks form, about 4 minutes.
10. Spread meringue on top of cooled pie, or transfer to a piping bag fitted with a large piping tip -- for the design of your choosing -- (or a resealable plastic bag with the corner snipped off).
11. Pipe meringue over pie and torch it to golden brown with a culinary torch or under the broiler on high.
12. SLICE AND ENJOY!



CBD

&

TRAVEL

# AUSTIN, TEXAS HOTELS GREET GUESTS WITH *CBD* FOR EXTRA DOSE OF RELAXATION

BY EMILY HOPCIAN



CBD & TRAVEL

In recent years, CBD has gone from flying under the radar, to far more mainstream in a number of realms – the travel and hospitality industries included. Across North America and around the world, more and more hotels are incorporating CBD into their offerings and guest experiences.

In addition to having calming effects, CBD is an all-natural, non-psychoactive and widely available source for treating inflammation, pain, anxiety, insomnia, depression and more. So it's no wonder hotels are starting to include CBD products in their offerings.



## Bunkhouse Hotels & CBD

In Austin, Texas, all three of Liz Lambert’s Bunkhouse hotels feature an array of CBD products personally curated by Lambert. Bunkhouse’s sharp attention to design and detail, along with a commitment to community and creating authentic culture, make for unique, memorable experiences for guests at all of its properties.

Dogs are always welcome, and more recently, Bunkhouse’s Austin properties – Austin Motel, Hotel San José and Hotel Saint Cecilia – have started weaving CBD offerings into their guest experiences.

“It goes without saying that we aim to have our guest’s experiences be as relaxing and unique as possible,” says Annie Lynch, Bunkhouse’s Retail Manager. “We realize that stress isn’t something we can control, but we can offer CBD within an arm’s reach to guests at any moment to act as a warm hug or literal chill pill. Elevating the guest experience with CBD is a no brainer.”



## HOTEL SAINT CECILIA

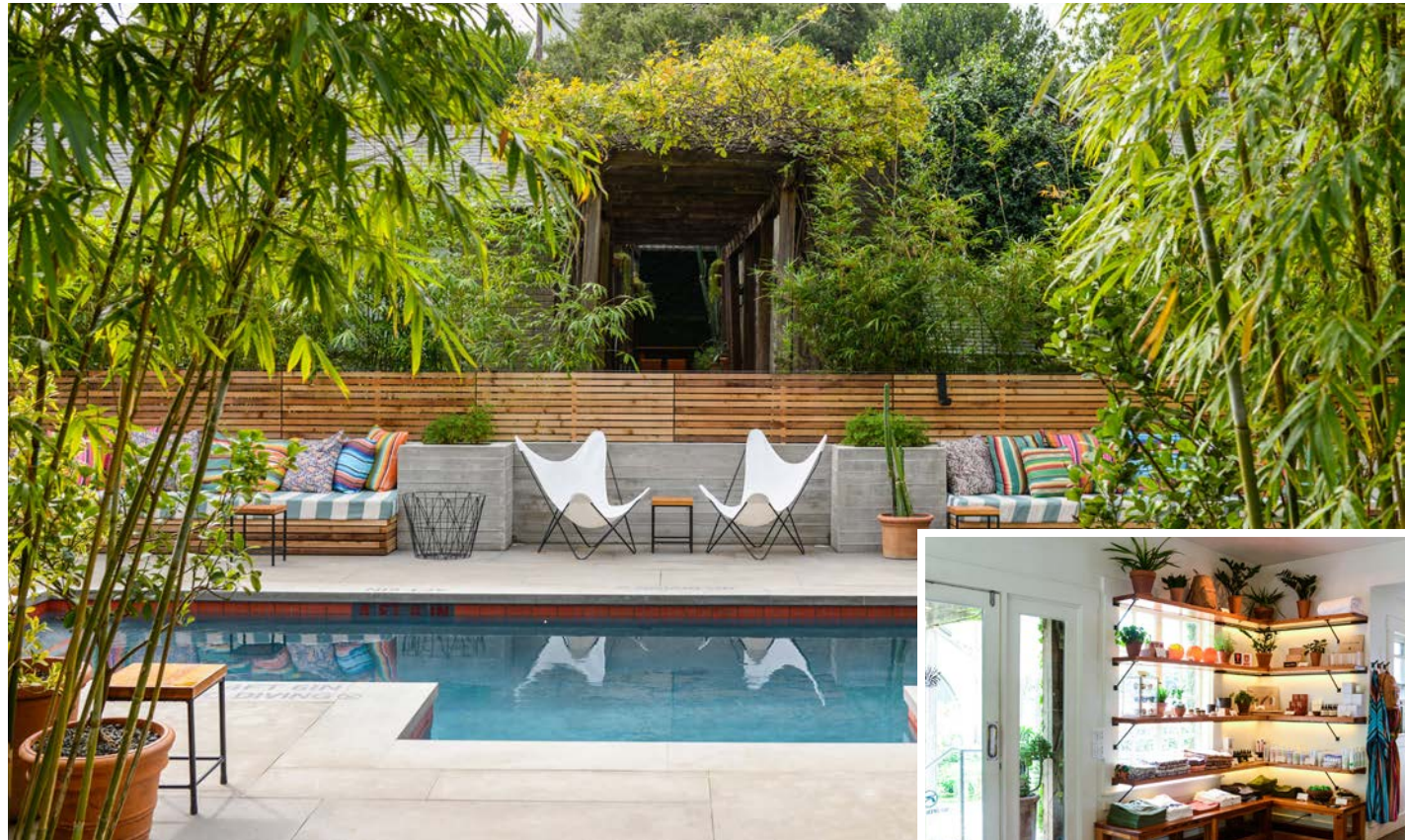
At Hotel Saint Cecilia, an exclusive 14-room estate, visitors will find Lord Jones’ gourmet gumdrops, which promote “a calm sense of well-being,” in their minibars, as well as in the lobby shop. The gumdrops are tangy, sweet and citrus-zested and infused with 20mg of the finest broad spectrum hemp-derived CBD. The shop also sells Primary Elements CBD Deodorant, and CBD bath salts for a relaxed soak in the tub are coming soon.



## AUSTIN MOTEL

The historic Austin Motel is surrounded by some of the city’s most interesting dining, nightlife and shopping. It offers Dazey CBD oil, a mix of coconut oil and full spectrum hemp extract; Recess sparkling water, which is made with real fruit and infused with hemp extract and adaptogens for balance and clarity; and La Mend’s The Good Patch, a plant- and hemp-based patch for “life’s common ailments.” For guests and others, the hotel also hosts a series of “Full Moon Swims” in its iconic kidney-shaped pool. Joann’s Fine Foods, a restaurant inspired by California diners and the hearty Mexican fare of Austin, is on-site, too.





## HOTEL SAN JOSÉ

Hotel San José is an urban, bungalow-style retreat for locals and visitors alike, on South Congress. The hotel shop carries Bang Candy Company's CBD Dream Drops, which are made with dark Belgian chocolate, hemp extract, orange extract and sea salt. The shop also sells DRAM's CBD-infused sparkling waters (infused with 25mg of CBD and adaptogens) and drops (made with organic Colorado hemp and adaptogens). Next door, Jo's serves Flora & Fortitude's CBD-infused cold brew.

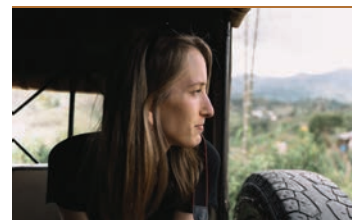
"We know that travel can be relieving to some and incredibly stressful for others," Lynch says. "At Bunkhouse, we strive to have CBD products available on our property retail shelves as an elevated guest amenity—to help wade through the shade that life can throw at us."

With CBD products on the rise in the sphere of health and wellness, hotels and resorts are keen to experiment with offering their guests CBD products, since they don't have any intoxicating effects. In most cases, it seems these offerings only stand to enhance one's stay and make their getaway that much more relaxing and refreshing.

"There's a lot of curiosity surrounding CBD as a whole," Lynch says. "We've had guests who are trying

it for the first time and guests who seek it out as it's a part of their daily rituals. Overall, the feedback has been positive and we anticipate that as new studies and science-backed articles begin circulating, CBD will continue to rise in popularity."

If you're interested in tapping into CBD while exploring the world, keep an eye out for accommodations like Bunkhouse's Austin properties that are selling CBD-infused foods, beverages and other products, as you map out your global travels.



**EMILY HOPCIAN** IS A WRITER, EDITOR AND CONTENT PRODUCER BASED IN BARILOCHE, ARGENTINA. SHE IS PASSIONATE ABOUT TRAVEL, OUTDOOR ADVENTURE AND TRULY LOCAL STORIES THAT CARRY MEANING AND SOCIAL OR ENVIRONMENTAL IMPACT. CHECK OUT HER WORK AT [EMILYHOPCIAN.COM](http://EMILYHOPCIAN.COM).

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