



Methods and Forms of Cannabis Consumption: Topical

- Creams
 - A cream is a blend of oil and water, but with a higher oil concentration making them thicker in consistency than lotions. Creams provide a barrier that keeps skin ultra-hydrated.
 - Onset: 5-10 minutes
 - Duration: 3-8 hours
 - Generally works only on the site it is applied to and has limited circulation in the bloodstream.
- Lotions
 - Lotions are usually formulated with more water content than creams and are considered lightweight and easily absorbed by your skin.
 - Onset: 5-10 minutes
 - Duration: 3-8 hours
 - Generally works only on the site it is applied to and has limited circulation in the bloodstream.
- Salves
 - A salve is an ointment-based moisturizer that stays on the top of the skin but also penetrates more deeply into the skin.
 - Onset: 5-10 minutes
 - Duration: 3-8 hours
 - Generally works only on the site it is applied to and has limited circulation in the bloodstream.
- Transdermal Patches
 - A transdermal patch is a medicated adhesive patch that is placed on the skin to deliver a specific dose through the skin and into the bloodstream. The patch provides a controlled release of cannabis over a predetermined time period.
 - Onset: 15-40 minutes
 - Duration: 12 hours - 2 days
 - Longest lasting dosage form that provides relief at the site of application and extends through the body via the bloodstream
- Suppositories
 - Suppositories are intended for localized relief of the lower back or reproductive and gastrointestinal systems.
 - Onset: 10-15 minutes
 - Duration: up to 8 hours
 - Localized effect