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A DIFFERENT TYPE OF TREATMENT

CBD **Spa** has introduced Ireland's first cannabidiol massage treatments. A popular pain treatment used orally and topically, cannabidiol, or CBD, has been integrated into a unique new massage treatment to help relieve pain, insomnia and anxiety. **The Buff Day Spa** in Dublin 2 is Ireland's first **spa** to offer cannabidiol massage treatments. The CBD oil is mixed with massage oil, allowing it to absorb into the bloodstream quicker, as part of the therapeutic massage process. Minor aches and injuries respond well to the new technique, as does chronic pain like arthritis, according to Heidi Grimwood of CBD **Spa**. "CBD is an active ingredient in cannabis that is derived from the hemp plant so does not contain the levels of THC that cause psychoactive effects or 'highs'. Using it topically through the skin helps decrease inflammation and pain, as it is quickly and easily absorbed," she says.

While one treatment is not a cure-all, **Eileen Fleming**, owner of the award-winning Dublin **spa**, says that, like other treatments, clients who commit to a course of CBD massage combined with home care do feel the benefits in terms of pain relief and well-being.

"As part of the training and research into this specialist service, our therapists worked with people who are seeing a noticeable improvement in skin conditions, sleep, mindset and pain. A client who has undergone multiple back operations has seen a great improvement in her pain management, having had massage treatments combined with oral CBD drops as homecare," **Eileen Fleming** confirms.

More information about CBD **Spa** can be found on cbdspa.ie

