

I ESCAPED TED BUNDY

P. 70

The Shocking Death of Soap Star KRISTOFF ST. JOHN



Exclusive!

HER BEST FRIENDS BREAK THEIR SILENCE

# The Truth About Meghan

February 18, 2019

Upset by the 'heartbreaking' lies and 'bullying' aimed at Meghan, her real friends open up about the woman they know and love



**Vertly Bath Salts**  
 These lavender-scented salts will make your post-workout bath even more relaxing.  
**\$29;**  
[vertlybalm.com](http://vertlybalm.com)

**Cannuka Body Bar**  
 Start your morning off on a high note by lathering up with this hand-cut, ultramoisturizing coconut and grapefruit oil bar.  
**\$18;**  
[neimanmarcus.com](http://neimanmarcus.com)



**Asutra Magnesium CBD Cream**  
 In addition to smoothing skin with shea butter and sweet almond oil, this body lotion also treats achy muscles in minutes.  
**\$34.50;**  
[asutra.com](http://asutra.com)



# Trend Alert! CBD Beauty Products

DAZED AND CONFUSED BY ALL THE CANNABIS-INFUSED SKINCARE FINDS POPPING UP EVERYWHERE? WE DID THE RESEARCH, AND HERE ARE THE ONES WORTH TRYING

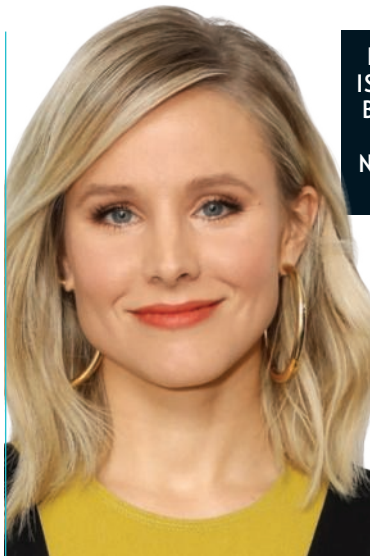
## What is CBD?

Short for cannabidiol, CBD is a compound found in the cannabis plant. It will *not* get you high, but because it's a powerful antioxidant rich in fatty acids, it can hydrate and soothe skin. It also reduces pain and inflammation when applied topically, says dietitian and holistic cannabis practitioner Brooke Alpert.

**Flora + Bast Facial Serum**  
 Soothe dry, irritated skin with this nourishing antiaging serum.  
**\$77;**  
[floraandbast.com](http://floraandbast.com)



KRISTEN BELL IS A FAN OF THE BRAND'S BODY CARE, WHICH NOW INCLUDES THIS OIL



**Lord Jones Body Oil**  
 Need an instant dose of Zen? Dab this bergamot- and orange-scented oil on your pressure points.  
**\$75;**  
[shop.lordjones.com](http://shop.lordjones.com)



**Josie Maran Skin Dope Argan Oil with CBD**  
 Apply this silky blend to help boost skin's firmness and elasticity.  
**\$78;**  
[skindope.com](http://skindope.com)



**How to Use It**  
 CBD tips from dietitian and holistic cannabis practitioner Brooke Alpert

1. Apply CBD products directly on skin in the smallest recommended dose, and gradually increase the amount if you feel you're not reaping its benefits.

2. Research shows that CBD can also help control acne breakouts by regulating your skin's oil production.

3. CBD can also be ingested orally in the form of drops, gummies and more to help anxiety and insomnia. (Consult your doctor before taking any new supplement.)