



# THE CHALKBOARD

A GUIDE TO LIVING WELL

## 10 STRESS-BUSTING CBD PRODUCTS FOR YOUR CHILLEST HOLIDAY SEASON EVER



11.15.18 | The Chalkboard , Photo Credit: Dosist

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IF THANKSGIVING FESTIVITIES have you less ‘thankful’ and more ‘gonna take out a sibling,’ you’re certainly not alone — holiday angst is as much a tradition as turkey is. But that doesn’t mean you have to tough it out until the tryptophan kicks in. All you need is a few great CBD products.



A year ago, if we had suggested that you crack out a cannabis-infused salad dressing at dinner with your fam, you might have just clicked away. But the recent rise in the popularity of CBD — the **healing**, non-psychoactive component of cannabis — has made it an accessible, and socially acceptable resource for reducing stress and feeling better all around. We can't think of a better time to dabble, gift or both than this holiday season!

From honey to olive oil, tinctures to tonics, we're sharing the ultimate ways to **integrate a little CBD** into your Thanksgiving festivities. Learn a little, take what you want and enjoy your most-chill holiday season yet...



CAP BEAUTY DAILY HIT | One of our favorite new products to come out this year is this CBD oil. The Daily Hit includes a unique blend of adaptogens such as reishi, schisandra, mucuna pruriens and astragalus. One of our favorite ways to use it is in a simple salad dressing. Learn how to make it here: [READ MORE](#)



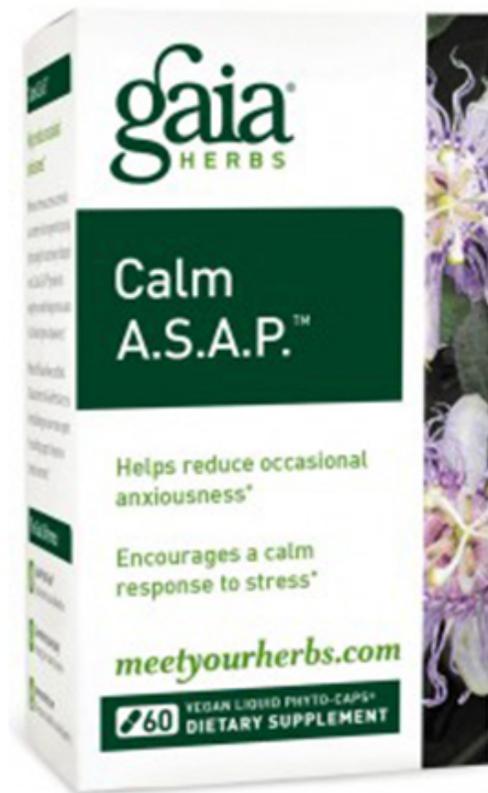
CBD VEGAN BROWNIES | This magical recipe is a collab between two of our fave wellness brands: vegan resto mini-empire By CHLOE and NYC's clean green beauty haven, CAP Beauty. The duo joined forces to create the ultimate plant-based chocolate treat using CAP's adaptogenic CBD oil, The Daily Hit — and we're sharing the exclusive (non-intoxicating) recipe for these CBD brownies here: [READ MORE](#)



VIREO CANNABIS INFUSED OLIVE OIL | Vireo is a modern gourmet culinary brand making it easy to integrate the benefits of cannabis into home use. Formulated by renowned Chef Luke Reyes and a team of cannabis experts, each suggested serving is “infused with just the right amount of CBD and THC, to ensure a pleasant, functional, low-dose experience.” This rich, responsibly sourced olive oil can be drizzled over anything for an instant hit of calm. Check their site for a few inventive recipes to try. [CHECK OUT](#)



CBD APPETIZERS | When we asked Hollywood's top plant-based caterers, Haute Chefs LA, to handle the food for our recent CBD-themed party, we knew they'd rock it. Their CBD-infused menu outdid our expectations, including lavender blueberry crostini with ricotta, thyme and honey; turmeric sweet potato chips; and grilled aubergine rolls with chamomile feta, basil and pine nuts — all infused with a few milligrams of CBD, which was a perfect amount to have us feeling sated, stress-free and grounded Get a taste of what our guests nibbled on here: [READ MORE](#)



GAIA CALM ASAP | There is no cannabis in these capsules, but they'll get the job done. Recently launched by one of our favorite and most-trusted herbal supplement brands, Gaia, this powerful blend of calming botanical ingredients is like all-natural xanax. [CHECK OUT](#)



JUNA CBD NUDE TINCTURE | One of the fastest and most efficient ways to get your CBD on is with a simple tincture. Simply drop it under your tongue and let it sit and soak in. Within minutes you'll feel washed with a sense of ease, and notice a significant softening of any stress or anxiety. This one from Juna has a mild flavor and absolutely no THC — meaning you won't feel any sense of intoxication. [CHECK OUT](#)



DOSIST CALM PEN | This chic little pen is perfect for microdosing. It measures out a very controlled amount of CBD vapor, and vibrates to let you know when you've had a full hit. You can feel the effects instantly, but climb up that ladder of calm slowly and with control. Take a little sip when you're feeling stress and anxiety creeping its way in, follow up with a few deep breaths and bask in your new state of calm. It also makes an excellent, and widely well-received, holiday gift. [CHECK OUT](#)



B CHILL CBD HONEY | This CBD-infused honey from Beekeeper's Naturals is A soothing blend of nourishing raw honey and high potency hemp oil. Beekeeper's Naturals B.Chill is a synergistic blend of three ingredients – honey, hemp oil, and MCT oil – to create a masterful blend with major benefits. [CHECK OUT](#)



HONEY POT THC HONEY | CBD doesn't require THC — the intoxicating component of cannabis — to deliver results, but a bit of it does help to maximize the healing power of CBD. If you're feeling a little more adventurous, give this cannabis-infused honey a shot. There isn't too much THC, so a little bit of honey won't send you over the edge — expect more of a calm, peaceful buzz, like what you'd get from a glass of Chianti. If you're not used to THC, however, we recommend starting with a CBD-only blend and seeing how you feel before branching out. [CHECK OUT](#)



THE NOW PEPPERMINT CBD BALM | CBD can be absorbed topically as well as internally (or do both for a double effect). This pretty CBD product is brand new — launching today! — and comes from our favorite local massage boutique, The NOW. Handmade in LA with stress-busting ingredients such as peppermint, apricot and coconut oil, the balm also features full-spectrum, hemp-derived CBD. Feeling a stress headache come on? Rub some of this magic balm anywhere you're feeling tension. *Available at all four boutiques or by calling 310.730.9074*

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**Discover more of our favorite CBD products for head-to-toe use [here](#).**

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## 4 TIMES MEGHAN MARKLE WORE SUSTAINABLE LOOKS WE LOVE



11.19.18 | The Chalkboard

**THE MEGHAN EFFECT.** It's officially a thing. Every time Meghan Markle, the Duchess of Sussex steps out into the spotlight, so does her great taste — and the world takes note. We've seen her impact again and again as brands instantly sell out of whatever gorgeous garment the brand new royal dons.

The California born beauty is well known for her love of wellness, and by extension, of brands with a natural and eco-friendly ethos. This exclusive gift guide we ran in partnership with her lifestyle blog, The Tig, is full of elevated and ethical products we love. These days, the well-styled royal shows her support for sustainable fashion by wearing them while she's out and about.

Meghan's recent tour through Australia and New Zealand was a highly fashionable affair, with multiple outfit changes each day, and plenty of sustainable fashion inspo to soak up. We're sharing a few of our fave looks and where to snag each of these style gems below. Take a page from the Meghan Markle sustainable fashion manual with this chic and eco roundup...



**CUYANA CHAIN SADDLE BAG** | This gorgeous Italian leather bag is made by one of our long-time favorite sustainable brands, Cuyana. Their motto — “fewer better things” — are words we live by. Cuyana sold out of this pretty purse in minutes the day Meghan toted it out in public. Get on the waitlist to snag your own when it comes back in stock early December: **CHECK OUT**



VEJA V-10 SNEAKERS | Veja is a brand that prides themselves on their values which includes transparency, fair trade sourcing, and use of organic materials. These sneakers are as comfortable as they are chic. CHECK OUT



REFORMATION PINEAPPLE DRESS | A breezy linen dress with long (and flattering) vertical stripes is always a good idea... especially when it comes from Reformation. The famously eco-conscious brand is one of our all-time favorites. CHECK OUT



ROTHY'S FLATS | We love these cute flats as A stylish and comfortable wardrobe staple. We double-love them for the fact that they're made from recycled plastic bottles. CHECK OUT **Discover more fro Meghan here — from the Duchess' favorite morning smoothie to the holistic beauty routine she swears by.**

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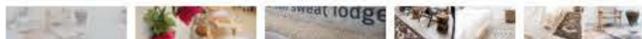
## LIVING WELL IN LA: 3 BEAUTY HOTSPOTS BREAKING THE MOLD



3.11.16 | The Chalkboard

LOS ANGELES IS a city bursting at the seams with spas and other beauty resources. There are the buttoned up spas of Beverly Hills with their tea service and body wraps and the crunchy wellness centers of Venice with their crystals and enemas. We love them all!

Somewhere in between these two beauty extremes, live three spa concepts the city is loving now. Each one provides specific expert services that are quick and convenient and give us the aesthetic thrill we're looking for...



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**THE NOW** | This modern and minimal day spa offers massages inside their stunning space at intervals as small as 15 and 30 minutes (for as many dollars!) Natural products and aromatherapy are a theme, as well as the space's clean, calming desert vibe.

Watch for The Now's expansion into new neighborhoods soon!

[CHECK IT OUT](#)



**OLIVE & JUNE** | Olive & June's first Beverly Hills location became the ultra-cool place to meet for mani-pedis as soon as it opened it's doors. With a new location opened just this month in Santa Monica (Pasadena opened last year,) we're pretty sure the whole city is enjoying this spa as much as we are. The quirky-pretty space, friendly staff and natural product offerings make this nail salon a game-changer.

[CHECK IT OUT](#)



**SHAPE HOUSE** | The infrared sauna trend isn't going away anytime soon. Step inside Shape House for an hour of total relaxation – a private bed, netflix and an attentive spa staff – all while sweating it out in their infrared sauna wraps. Deeply detoxifying and collagen-boosting, infrared therapy provides a surprisingly good cardio workout too! A must-try therapy for health newbies and die-hard wellness seekers alike.

[CHECK IT OUT](#)

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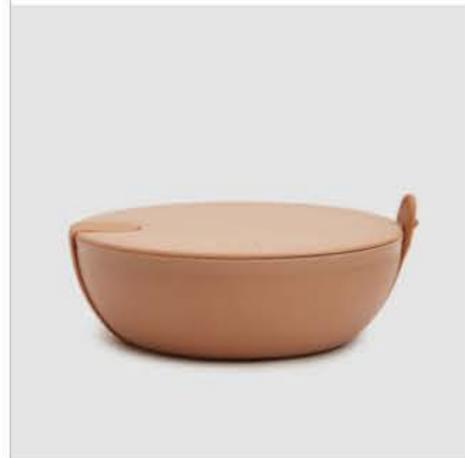
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The city is getting pretty inside these new concept spas and beauty hotspots from Pasadena to Santa Monica...

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