

MANE ADDICTS

This Nourishing CBD-Rich Shampoo Completely Changed My Hair

When it comes to shampoo, I'm honestly never really impressed. I have what I like to call combination hair—overall it's pretty thick pretty and dries very straight, but at the root my hair is flat and somewhat fine. My ends on the other hand are pretty freaking dry and tend to be a bit rougher and coarse with more texture. Volumizing shampoos make my roots look poppin' but add too much volume to my ends, which makes them look fluffy and frizzy. Whereas overly hydrating products do wonders for my ends but are too heavy for the hair at the root and make my hair fall even *more* flat around my face. Finding a shampoo that balanced the volume I need on top and the hydration I need on my ends has constantly been a struggle, and frankly I had given up. I had gotten to the point where I would wash my hair every five to six days just because I disliked the way my clean hair looked.

(via Emera)

That is, until I discovered [Emera's Nourishing CBD Shampoo](#). I'm well versed in other CBD products, specifically for aches and ailments like body balms, [headaches](#), and [skincare](#). But, using a CBD-rich shampoo never crossed my mind. CBD boasts a lengthy resume of benefits ranging from improving insomnia, anti-inflammatory properties, helps anxiety, calms irritations and skin conditions and relieves pain—but what can it do for your strands?

Emera uses, "a non-psychoactive compound of the cannabis plant that naturally integrates with the body's endocannabinoid system to help reduce common dry hair conditions. This rich source of Vitamins A, C, and E has powerful antioxidant properties that help protect hair from external factors and promotes overall healthy hair and scalp."

In addition to the CBD, the product also harnesses the powers of hemp-seed oil which is rich in essential fatty acids for mega-shine, ultra-hydrating avocado oil, soothing chamomile and color-protecting lemongrass.

The shampoo and conditioner together left my hair so healthy and hydrated that I didn't even need to use the normal gallon of oil I typically douse on my ends. My hair had the perfect amount of volume at the root and my ends were moisturized, balanced and not frizzy in the slightest. I also noticed that my bright red, color-treated hair didn't fade as quickly using this shampoo either. Needless to say, I am totally hooked on CBD shampoo and would highly recommend Emera to anyone looking to test out CBD hair products!

