

# How to Use Topical Hemp Products for Athletes

Hemp topicals have been a popular way of using hemp for many years now. Hemp topicals such as creams and sprays are most commonly associated with being an effective way of managing chronic aches, pains, and inflammation.

Over the last few years, there has been a considerable rise in the number of people using hemp either as a healthcare supplement or to treat specific medical conditions. The sudden popularity of hemp has led to substantial growth within the industry.

One area that has seen noticeable changes is the topical hemp market. While hemp topicals were once limited to general-purpose creams, balms, and sprays, this is no longer the case. There are now many specialized hemp topicals that are designed to treat and be used for particular purposes.

Hemp topicals explicitly designed for [athletes and fitness enthusiasts](#) now make up a large part of the topical hemp market. Hemp topicals are an effective way for athletes to improve their performance and ensure that their bodies recover quickly after strenuous exercise.

So, what are the best ways for athletes to use hemp topicals and ensure maximum results?

## Where to Find the Best Hemp Topical Products for Athletes

One of the most important things when using hemp topicals is to ensure that the products being used are of the highest quality. It is always worth doing a little research before purchasing any hemp products and comparing the available

options.

A good place to start is with hemp brands known for their high quality and value for money. Choosing to [buy hemp topicals from Premium Jane](#) or similar well-known and established brands ensures both quality and effective results.

Alternatively, you can purchase hemp topicals from pharmacies and other health stores. The main benefit of shopping in a physical store is that it is much easier to judge the quality of a product than when shopping online.

Comparing hemp products is also much easier when the items are side by side in a store. For those looking to use hemp topicals for the first time, being able to see the various options can make choosing the best one a lot easier.

## **The Top Five Ways to Use Topical Hemp Products for Athletes**

Choosing the right hemp topical is only the first step in ensuring the very best results. It is then essential to understand the best way to use topicals and how to get the most effective results.

Here are the three best ways for athletes to use hemp topicals to improve fitness, aid in recovery, and get the most out of each use.

### **#1 – Using Hemp Topicals Before Training**

Using hemp topicals such as a spray or cream before a training session or sporting event can help in several different ways.

Applying a hemp topical shortly before working out can loosen stiff joints and muscles, which helps to improve flexibility while exercising. The great thing about topicals is that they can be applied directly to the joints and areas of the body

that come under the most strain while training.

Hemp topicals can also be used to suppress pain for several hours at a time. While it is never a good idea to ignore pain, as it is the body's way of saying something is wrong, it can be helpful for athletes when they have an important competition.

## **#2 – Using Hemp Topicals After Training**

Hemp topicals can also be highly effective after a training session and help the body recover faster. Hemp topicals can be used as an [effective recovery tool](#) to provide the body with the resources needed to heal after an intense workout or injury.

Hemp plants contain many cannabinoids that work within the body to [reduce pain](#) and inflammation. The body can then focus on recovery rather than dealing with the strain that pain can have.

The calming effects of hemp also help athletes mentally unwind and relax after being in a high-energy and sometimes stressful environment. Giving the body time to recover is just as much about mental state as physical; recovery and healing.

## **#3 – Using Hemp Topicals to Improve Energy and Get Better Sleep**

An athlete's energy levels are an essential factor in their ability to perform. Feeling unmotivated or lacking in energy when faced with a long day of training or an important match can be highly frustrating.

Hemp topicals can be used even when not training or participating in a sporting event. Many hemp topicals have calming properties that can help improve the quality of one's sleep.

Athletes need to get long and restful sleep regularly, giving their bodies the time to recharge and recover fully. Using CBD topicals shortly before heading to bed can help to ensure a more restful night's sleep.

