

**“PEOPLE THINK, SPECIFICALLY,
THERE’S A SEX WEED, BUT
I HAVEN’T DISCOVERED ONE.”**

**LINDSEY SALINAS
BUDTENDER**

has recently released a version with a one-to-one ratio of THC and CBD, and Salinas thinks customers will respond well to it.

“A lot of times a lot of customers see more benefit from that, especially when they’re trying to get in the mood because it creates more of an effect with the body,” she said. “It kind of gets them out of their heads. I’ve even found for myself that if you’ve had too much THC, you can’t concentrate, and you’re just kind of all over the place.”

Blüm General Manager Christine Gamez said she thinks CBD-only products are particularly great sex facilitators for millennials.

“So many people in our generation struggle with anxiety, in general,” she said. “CBD-only products help relieve that, especially if it’s a newer relationship where you might be feeling nervous, or feeling

nerves to take that next step. And, of course, it’s more of a pregame thing. It’s not like you’re going to be in the bedroom sipping tea, but you can kind of get there before you’re there.”

But how often are potentially anxious customers comfortable asking their budtenders to recommend products to aid them in the bedroom?

“I would say daily I get asked that question,” Salinas said. “I’m not sure if it’s easier for folks to approach me because I’m a woman. They may feel more comfortable. I actually kind of push it because I feel like most people don’t know. Anyone who comes in—you’ve got a mother, you’ve got a grandma, a girlfriend, an auntie who can benefit from [these products].”

“And we do have some people who don’t even know that these types of products exist,” Gamez added. “They just expect to suffer from cramping or irritability or anxiety. And so we do try to display these products in our displays so it’s like, ‘Sexy Time? What’s that?’ All of the questions roll out, and 25 minutes later they’re still having a conversation about these issues and finding a remedy for them.”

What kinds of issues do budtenders like Salinas help tackle—like how do I combat the vaginal

equivalent of cottonmouth or is there a strain of bud that’s particularly conducive to sex?

“I get that question often,” she said. “A lot of people think there’s a sex weed, and that’s a common misconception. It breaks down into the terpenes. And the terpenes, of course, are the essential oils of the cannabis plant. And, for example, limonene is great. It’s an anti-inflammatory. It’s also one that’s known to help you de-stress, to kind of just wind down and get out of your head. Anytime I’ve referred any flower that’s high in limonene, I’ve had customers come back and say, ‘That’s really worked for me. I was really in the mood.’”

But she said, it depends on the person. People should be prepared to look for strains high in limonene, but also be ready to experiment with a few different strains with varying concentrations of THC and CBD to find out which ones work best for them.

“People think, specifically, there’s a sex weed, but I haven’t discovered one,” Salinas said. “If I had, I’d have smoked it already.” □

**TAHOE BILTMORE HOTEL
1 NIGHT STAY
\$200.00 value
You pay \$120.00**



Make The Biltmore Lodge & Casino your winter getaway destination, conveniently located within a 10-20 minute drive of all the North Shore ski resorts.

VISIT RNRSWEETDEALS.NEWSREVIEW.COM TO GET THIS DEAL!