

Smoking vs Vaping vs Edibles: What's the best way to consume cannabis?

There is no best way to consume cannabis because everybody is different. For some, nothing beats rolling a joint. It's an experience that begins with smelling the dried flower, feeling the resin on their fingers, placing it in the paper, rolling the joint and making sure it's both moist and that there's no way the flower can fall out. Lighting a joint, smelling the smoke that comes off the joint, inhaling and exhaling are also important for the consumer.

Some consumers prefer vaping because they want the essence of the flower only and nothing else. Those who love vaping say the high is different and more even more intense because all they're getting is the essence. Vape pens filled with oil can offer the same experience and immediate gratification.

For many consumers it's not about the journey as much as it's about the end result. For them, edibles, capsules and sublingual oils are perfect. Just be careful because these methods of delivery may take longer to take effect and be more intense. Start slow and give it time.

No matter your preference, there are many ways to enjoy cannabis.