

# DELIVERY METHODS

As a guest, you can use Marijuana by: inhaling vapors (vaping) or smoke (smoking\*), ingesting Marijuana that is infused in food or drinks, taking liquid extracts such as tinctures under the tongue, and applying Marijuana lotions, salves, or transdermal patches to the skin.

## DELIVERY METHODS WE OFFER



### **CAPSULES**

A more traditional delivery method that may prove popular with guests who are new to Marijuana.



### **TINCTURES**

Tinctures are discrete and their enhanced bioavailability reduces the time-to-onset, thereby enabling the guest to more-effectively self-titrate.



### **TOPICAL LOTIONS AND SALVES**

Especially useful for guests suffering from localized pain, including arthritis. Typically made using coconut oil, topicals and salves contain two ounces of total product.



### **LOZENGES AND CHEWABLES**

Candies and gummies taken orally are infused with varying doses of cannabinoids. These products are available in a variety of flavors.



### **FLOWER**

Still the most common form of Marijuana, it is the dried plant in raw form and can be either vaporized or smoked. Inhalation has the fastest onset, although smoking is not the recommended method.



### **EDIBLE BAKED GOODS**

These Marijuana-infused products are popular with guests and provide long acting symptom relief with no respiratory irritation.

*Continued on next page...*

# DELIVERY METHODS

## DELIVERY METHODS WE OFFER CONTINUED



### TRANSDERMAL PATCHES

Transdermal patches allow guests to discretely receive extended release low-dose Marijuana.



### INFUSED BEVERAGES

Infused beverages and powder drink mixes allow for discrete, easy dosing. Infused beverages offer a slightly faster onset time than other ingestion methods.



### VAPORIZER PEN CARTRIDGES

These are convenient and discrete disposable oil-based Marijuana concentrate cartridges that have proven very popular in other Marijuana markets.

---

## ONSET AND DURATION LENGTHS

### TINCTURES

**Onset:**

within 5-30 minutes

**Duration:**

1-6 hours

### TOPICAL

**Onset:**

within 1-2 hours

**Duration:**

6-12 hours

### INGESTION

**Onset:**

30 minutes to  
2 hours

**Duration:**

6-8 hours

### INHALATION

**Onset:**

within 1-5 minutes

**Duration:**

1-4 hours

### Sources:

<http://integr8health.com/resources/patient-handbook/>

[www.temescalwellness.com](http://www.temescalwellness.com)