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Guide

## 5 gift ideas for bud-loving pals

Carolyn Berk — October 27, 2021

If your calendar is quickly filling up with Friendsgivings and holiday parties galore - 'tis the season to share the joy of weed with your pot-loving friends and loved ones. Even when you give the cannabis newbies in your life the gift of ganja, you can introduce them to a lifelong resource for relief and relaxation, making it truly the gift that keeps on giving.

No matter your price point, there are plenty of gift options that can help anyone celebrate the powerful benefits of weed. Whether you're gathering around the heart of a fireplace or the blaze of a bowl, these gifts will help all the people in your life have a very merry holiday season!

### 1. A bouquet of fresh flower

At the end of a long day party planning, meal prepping, and entertaining, your pals will be more than ready to take a break. At times like these, nothing is more appreciated than a pause to unwind with weed.

What [strain of flower](#) is best to give as a gift? That all depends on your recipient and when they're likely to enjoy it. [Sativa](#) dominant strains like [Tropicana Cookies](#) and [Chocolope](#) can provide the daytime energy needed to tackle cleaning or last-minute gift wrapping. [Indica](#) hybrids like [Skywalker OG](#) or a strain with [Sherbet](#) in its lineage are good selections for relaxing muscle (and family) tension and aches for a good night's rest.

The safest bet is to give them a sampler of strains that includes Indicas, Sativas, and a variety of hybrids. Who knows, you may also be introducing them to their new favorite strain!

Keep in mind, there's a chance your pals may not have their smoking devices accessible, if they have them at all (more on that below). Because of this, you can never go wrong with a bouquet of pre rolled joints and a lighter included!

### 2. Give a tasty THC treat

If you give the gift of THC edibles, make sure your recipient knows the golden rule - start low and go slow! It's crucial that they begin at a low dosage of THC and gauge how their body reacts so they can find the right dosage for them.

Because of this, it's best to give edibles with THC levels at 1-5 MGs. It's also ideal to choose food that can easily be measured so there's no mystery behind dosage levels.

Look for products like:

- [Chocolate](#)
- [Baked goods](#)
- [Fruit chews](#)
- [Lozenges](#)

If you're [exploring cannabutter](#), then recreating holiday treats with an herbal twist is always a great gift! Like any edible, make sure it is clearly labeled with the amount of THC clear on the packaging.

### 3. Provide relaxation with a visit to the canna spa

During the chaotic holiday season, sometimes the best present of all is the gift of self care. If you want to help a loved one take time for themselves, there are many topicals that can help them find pockets of tranquility and rejuvenation:

- [Salve](#) for easing muscle aches
- [Scented massage oil](#) for hands-on pain management
- [Face masks](#) for healthy and hydrated skin

While none of these products will get anyone high on their own, they do pair well with [specific strains](#) known for helping people melt away stress and anxiety.

### 4. “Everything but the weed” gift basket

For those who are unfamiliar with the current cannabis scene, getting all the basics can be a daunting experience. There are so many devices, tools, and accessories available today that it's not always clear what is essential and what's best to buy.

You can eliminate all this confusion by giving a complete weed starter kit. Depending on what you choose to include in the bundle, this gift can also be an easier option for your wallet. And for your cannaisseur friends, this gift basket of essential accessories will be a welcome refresh to their stash.

Include items like:

- [A basic glass pipe](#). No need to shell out a fortune - [some only cost \\$10!](#)
- [A simple lighter](#). Don't be afraid to include a few backups, as lighters have a tendency to go missing when they're most needed.
- [A grinder](#). Not only do they provide a smoother smoke, but some also have a section to collect the super concentrated flower byproduct, kief. Make sure your recipients are aware of this nifty way to take future smoke sessions up a notch!
- [Metal screens](#). They may not seem like much, but it makes a big difference if you have a screen to prevent small particles of flower escaping from the bowl to your mouth. Nothing is more annoying than having to spit out stray pieces of leaf!
- [A rolling tray](#). Even if there are no plans to [try rolling a joint](#), these trays are a convenient way to always have a clean and steady surface for packing a bowl and catching any small crumbs that could slip away. If you gift a rolling tray with a cool design, then it can still be used as a stylish catch-all if the recipient decides that weed isn't for them.

Depending on local laws and regulations, you may be able to share actual weed with this gift. Regardless of what's allowed where you live, the items above should be legally available in any local head shop or dispensary.

### 5. Oil vapes for discreet enjoyment

If your friends don't have a space for outdoor smoking, or are concerned about the scent of weed, a simple vape pen and [oil cartridge](#) may be the best gift for them. These are mostly scent-free, and can be enjoyed easily, quickly and discreetly.

[Vaping cannabis oil](#) can be much more potent and have a greater effect than smoking flower. Because of this, it's important that your friends know that a little goes a long way when it comes to vaping.

When purchasing [vape pens](#), make sure you're also giving an oil cartridge with a compatible battery. We can help you ensure you're getting a cartridge and battery that work together, so the only thing your pals need to do is charge the battery and enjoy. Some dispensaries also carry cannabis oil in a singular disposable pen that doesn't require charging. These are an even better option for a gift, since they're easy to consume like a pre-roll - except in this case, no lighter is required!



#### Carolyn Berk

Carolyn Berk got her start working in both radio and TV before applying her journalism skills to the cannabis industry. She is currently a content marketer and an active member of the New England cannabis community.