

If you're living or vacationing in the Yucatán Peninsula, you know that combating the relentless humidity and sun exposure is a daily ritual. Whether you're soaking up the cultural vibes documented in *Yucatan Magazine* or shooting your next creative project at *Yucatan Studio*, skincare is no trivial matter. Add to that the popularity of topical CBD creams from trusted brands like **Joy Organics**, and suddenly, a simple question surfaces:

Should I put CBD cream on before or after sunscreen?

In the sweltering and highly humid climate of the Yucatán, this seemingly straightforward skincare layering question deserves some nuance. Applying topicals incorrectly on wet skin can turn your meticulous routine into a hot mess. Let's untangle the best practices for applying CBD creams, sunscreens, and insect repellents — yes, they interact more than you think — so you can enjoy the outdoors without regrets.



Why the Application Order Matters: CBD Cream vs. Sunscreen

First, the cardinal rule:

- **Don't apply cream over sunscreen.** Sunscreen is designed as a protective barrier—it should be the last topical layer you apply before going outside.
- **Sunscreen goes on second after topical creams or serums have fully absorbed into clean, dry skin.**

Applying CBD cream or any oil-based topical over sunscreen disrupts the sunscreen film, potentially reducing its effectiveness. You also risk smearing and diluting the protective layer.

On the flip side, putting sunscreen first creates a sealed shield but one that doesn't allow the CBD cream to penetrate properly into your skin, diminishing its intended benefits.

The Humid Climate Challenge: Why Timing and Dry Skin Are Crucial

The humid environment of the Yucatán often means skin is still damp from sweat or a recent shower. This is a problem. Applying CBD cream on wet skin can cause:

- Reduced absorption — the topical dilutes with moisture.

- Increased stickiness — your skin may feel greasy and uncomfortable.
- Potential clogging — wet surface traps impurities and dust.

My long experience living part-time here has taught me a fail-safe cooling and drying routine before any topical application:

1. After your shower or rinse, dry off thoroughly with a linen towel. Linen is your best friend — cotton often traps moisture longer, which I always notice ruins the feel of creams.
2. Use a fan for 5-10 minutes to “fan-dry” your skin. The fan minutes are not just a quirk — they physically evaporate residual moisture without overdrying.
3. Only then, on entirely dry clean skin, apply your *Joy Organics* CBD cream.

Avoid the temptation to apply while still cooling off in the shade or when the skin is still dewy. Your skin and protective linens will thank you.



Step-by-Step Routine for Applying CBD Cream and Sunscreen in the Yucatán

Step Action Notes & Tips 1 Cleanse your skin lightly after shower/rinse Use gentle, fragrance-free products effective in humidity. 2 Dry thoroughly with a linen towel Avoid cotton towels that trap moisture longer; linen helps wick quickly. 3 Cool down with a fan for 5-10 minutes Use fan minutes to ensure skin surface is dry—not sweaty or moist. 4 Apply CBD cream (topical first on clean, dry skin) Take care to close the lid tightly on the CBD product—don’t be one of those people! 5 Wait 5-10 minutes for absorption Patience ensures your skin fully takes in the product. 6 Apply sunscreen as the second layer (sunscreen second!) Choose broad-spectrum, water-resistant options that suit hot climates. 7 Apply insect repellent last, if needed Follow manufacturer’s advice carefully due to potential chemical interactions.

What About Applying Insect Repellent? Understanding DEET Interactions

If your outdoor plans involve jungle trails, cenote swims, or wandering through Mérida’s enchanting plazas, insect repellent is often a must.

The active ingredient DEET is known to interact poorly with oils and plastics:

- DEET can break down plastics, including watchbands, eyewear, and potentially pump heads of your topical containers.
- Oil-based CBD creams may degrade the efficiency of DEET-based repellents when not layered properly.
- This interaction can reduce the repellents' protective abilities and cause skin irritation.

Therefore:

- *Always apply insect repellent over sunscreen (and after CBD cream has fully absorbed).*
- Wait a few minutes between each layer to avoid transfer.
- Use DEET sparingly and avoid mixing with oils if possible.

My advice from experience and from collaborations at *Yucatan Studio* is to select repellents with formulations tested in tropical conditions, and always keep your topical lids tightly closed so no plastic degradation occurs.

Common Mistakes to Avoid

- **Applying CBD cream on wet or sweaty skin:** I've seen people blame their pricey products for stickiness or poor absorption when the real culprit is moisture.
- **Applying sunscreen under instead of over cream:** this defeats the purpose of a protective sun barrier.
- **Mixing DEET repellent with oily creams:** beware of chemical interactions and plastic container damage.
- **Leaving product lids loose:** especially in high heat, exposure to air and plastic degradation ruins product integrity faster.

Conclusion: Layer Smart, Dry Well, and Enjoy Yucatán!

Summing up, the best [CBD cream buying guide](#) practice recommended by local experts and seasoned expats like myself is:

1. **Clean, completely dry skin before any topical application.**
2. **Apply CBD cream first on this dry surface.**
3. **Allow full absorption before applying sunscreen.**
4. **Apply insect repellent last, carefully minding DEET's interactions.**

This approach will keep your skin comfortable, protected, and your *Joy Organics* CBD cream doing what it's meant to do, all while respecting the unique climate challenges of the Yucatán Peninsula featured so beautifully in *Yucatan Magazine* and preserved by the creative spirit of *Yucatan Studio*.

Remember: your skin is your first line of defense against the sun and bugs. Treat it with dryness first, layers second, and always keep those product lids on tight!

Happy exploring — and don't forget your fan minutes before you apply.