



LIFESTYLE

San Diego's Ultimate Cannabis Guide

By Michelle Stansbury | July 17, 2019



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Since recreational marijuana became legal just over a year and a half ago, brands continue to put the “high-end” in getting high. One of San Diego’s pioneering women in cannabis is Rachel King, the founder and culinary director of **Kaneh Co.**, a local family-owned brand that specializes in gourmet cannabis-infused edibles. King spent years in some of San Diego’s most acclaimed restaurants including Mister A’s, Searsucker, and Herringbone before founding Kaneh with a group of close-knit friends from high school. I spoke with the tastemaker to get her take on the very best cannabis options in San Diego.

DISPENSARY

First stop, of course, is one of San Diego's most luxe dispensaries. [March & Ash](#) is a boutique cannabis dispensary located in Mission Valley offering a selection of flower, vapes, concentrates, edibles, pre-rolls, clones, and CBD. King loves to get the [Papa and Barkley Releaf tincture](#), which she uses at night when she's winding down or to recover from an intense workout.



March & Ash Cannabis Dispensary

SPA & BEAUTY

When King really needs to relax, she turns to [The Green Tea Spa](#) in Pacific Beach which has CBD-infused facials, body scrubs, and massages. Her favorite is the “Get Lit Ritual” which includes a 60 Minute CBD Infused Massage, 50 Minute Infused Facial, Infused beverage, and an Infused foot soak and scrub. Another great CBD massage option is [The Hidden Spa](#) in Ocean Beach. CBD can be added onto any of their massages, including their couples massage, which King enjoys with her husband Ryan.

For beauty products, King heads to the newly opened [Sephora at One Paseo](#), which offers CBD infused products like the Milk Kush Mascara, which she uses daily. The trendsetter also uses Josie Maran Skin Dope Argan Oil when she needs a little extra hydration.

CANNABIS COCKTAILS

For a delicious craft cocktail, King stops into University Heights hotpot, [Madison on Park](#), for their Mr. Nice Guy cocktail made with [Humboldt Distillery Hemp Seed Infused Vodka](#), Mezcal, Matcha, Pineapple, Coconut Milk and Lime, and garnished with a hemp leaf.



Madison on Park's Mister Nice Guy

CRAFTY WITH CANNABIS

[West Coast Cannabis Tours](#) offers cannabis growing tours and cannabis-friendly yoga Classes, but King's favorite activity is their monthly Canvas-N-Cannabis paint night in National City. It is BYOC (Bring Your Own Cannabis) while they supply the instructor, canvases, brushes, and paint.

EDIBLES

And, of course, King's own brand of edibles, Kaneh Co., is the best in town. Some of the most popular treats include: Triple Berry White Chocolates, Brownies, PB&J Blondies and best-seller Best of Both Worlds, a rich fudge brownie meets chocolate chip cookie in one delectable treat. Gluten-free and vegan options include the Chocolate Paleo, a no sugar added, 'paleo-friendly', chocolate-nutty masterpiece. Each is infused with five or 10 mg of cannabis extract made from California-grown marijuana plants.



Kaneh Co.'s Triple Berry White Chocolate