

# APROS Practitioner Impact Analysis of Carpe Diem CBD Topicals: Clinical Efficacy Report

**Prepared by:** Applied Practice Results Operating System (APROS)

**Analysis Engine:** RFOS ProofEngine v1.0

**Analysis Date:** March 12, 2026

**Data Source:** DB\_Carpe\_Diem\_Therapist\_Topical.csv

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## Abstract

The integration of cannabidiol (CBD) topical products into professional massage therapy workflows raises important questions about repeated dermal exposure and compound exposure, massage therapist safety, and therapist-reported benefit. Massage therapists routinely apply topical compounds multiple times per day, often across extended career spans.

This study evaluated repeated use of two Carpe Diem CBD topical products: Spa Soothe, a THC-free, unscented CBD isolate cream and Spa Revive, a full-spectrum CBD cream containing less than 0.3% THC. The analysis assessed safety and massage therapist-reported benefits using the APROS (Applied Practice Results Operating System) framework. Data from 508 validated massage therapist survey responses across 71 massage therapists was analyzed over a 24-week period to assess the effects of Carpe Diem CBD topical products during clinical massage use.

Results demonstrated a 97% positive massage therapist-reported benefit rate and minimal adverse event rates, numbness 1.2%, sleepiness 1% and cognitive disruption 0.0%. Upper-extremity discomfort decreased consistently across the hands, wrists, and forearms, with the strongest improvements seen in higher-volume and shorter-duration sessions. Correlation analysis showed no meaningful association between session volume and adverse effect findings, supporting a stable safety profile across repeated use.

These findings suggest that Carpe Diem CBD topical formulations were associated with favorable massage therapist-reported outcomes and a favorable safety profile under repeated dermal exposure.

## 1. Introduction

Massage therapists work within one of the most physically demanding healthcare professions. Repetitive manual contact, sustained pressure application, and continuous biomechanical load contribute to high rates of upper-extremity strain, with common injury sites including the hands, wrists, and forearms. CBD, or cannabidiol, is a non-intoxicating hemp-derived compound that is increasingly used in topical formulations for localized wellness support, including within massage therapy settings. However, limited real-world research has examined repeated dermal exposure under professional workload conditions.

APROS addresses this gap by collecting longitudinal, practice-based data from therapists applying topical products during actual clinical sessions.

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## 2. Study Overview and Research Methodology

### 2.1 Study Design

This investigation utilized an observational real-world evidence framework capturing massage therapist experiences during active clinical practice.

Data was analyzed using the ResultFlow Operating System (RFOS) ProofEngine, which provides governance protocols for data integrity, pattern detection, adverse event monitoring, and statistical correlation analysis.

Participants applied two commercially available topical formulations from Carpe Diem CBD during routine massage sessions: Spa Soothe, a THC-free unscented CBD isolate cream and Spa Revive, a full-spectrum CBD cream containing less than 0.3% THC with an uplifting scent profile.

## 2.2 Study Parameters

| Metric                           | Details                             |
|----------------------------------|-------------------------------------|
| Analysis Date                    | March 12, 2026                      |
| Total Records                    | 614                                 |
| Validated Responses              | 508                                 |
| Participating Massage Therapists | 71                                  |
| Data Duration                    | 24 weeks                            |
| Study Period                     | September 26, 2025 - March 12, 2026 |
| Average Session Length           | 58 minutes                          |
| Exposure Region                  | Hands, Wrists, Forearms             |
| Analysis Engine                  | RFOS Proof Engine v1.0              |

Massage therapists self-reported outcomes following massage therapy sessions in which Carpe Diem CBD topical products were applied. Because massage therapists often apply these products multiple times daily, the dataset captures meaningful real-world occupational exposure patterns.

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## 3. Study Objectives

The primary objective of this study was to assess repeated daily dermal exposure and compound exposure over a number of days, associated with Carpe Diem CBD topical products: Spa Soothe, a THC-free unscented CBD isolate cream and Spa Revive, a full-spectrum CBD cream containing less than 0.3% THC, during massage sessions.

### Specific study objectives included:

- Identify adverse events associated with repeated dermal exposure, including numbness, sleepiness, and cognitive effects during clinical work.
- Evaluate massage therapist-reported benefits associated with repeated dermal exposure in the hands, wrists, and forearms.
- Measure changes in massage therapist discomfort levels across upper-extremities, hands, wrists and forearms
- Compare massage therapist outcomes between Carpe Diem Spa Revive full-spectrum and Spa Soothe THC-free CBD formulations.

## 4. Massage Therapist Clinical Benefit Analysis

### 4.1 Massages per Therapist per Day and Compound Exposure

| Massage per day | Number of days |
|-----------------|----------------|
| 1               | 183            |
| 2               | 59             |
| 3               | 35             |
| 4               | 21             |
| 5 +             | 20             |

**Average per day:** 1.9

**Maximum in single day:** 10

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### 4.2 Overall Practitioner Benefit

The most significant finding in the dataset is the exceptionally high practitioner benefit rate. 97.0% of respondents reported positive benefits to their hands, wrists, or forearms.

High practitioner benefit rates are important for therapist career longevity, reduction in repetitive strain injuries and decreased occupational burnout.

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### 4.3 Benefit Consistency Across Workloads

| Massage per day | Positive Benefit |
|-----------------|------------------|
| 1               | 96%              |
| 2               | 97%              |
| 3               | 100%             |
| 4               | 97%              |
| 5 +             | 96%              |

The 100% benefit rate among massage therapists performing three sessions per day represents the highest performing workload cohort.

This consistency suggests that product efficacy remains stable regardless of practitioner session volume.

Massage therapists performing three sessions per day reported a 100% benefit rate, representing the highest-performing workload group. Benefit rates among massage therapists performing four and five sessions per day were relatively consistent, suggesting that perceived benefit remained stable across varying session volume.

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## 5. Discomfort Reduction Outcomes

### 5.1 Discomfort Differential by Region

| Region        | Pre Mean | Post Mean | Mean Difference | % Reporting Decrease |
|---------------|----------|-----------|-----------------|----------------------|
| Right Forearm | 2.66     | 1.52      | -1.14           | 56%                  |
| Left Forearm  | 2.32     | 1.26      | -1.06           | 49%                  |
| Right Hand    | 2.76     | 1.58      | -1.18           | 57%                  |
| Left Hand     | 2.52     | 1.34      | -1.17           | 55%                  |
| Right Wrist   | 2.55     | 1.43      | -1.12           | 54%                  |
| Left Wrist    | 2.33     | 1.22      | -1.11           | 50%                  |

These results demonstrate consistent reductions in discomfort across all upper-extremity regions, suggesting that Carpe Diem CBD products may have supported massage therapists' overall work capacity rather than producing a localized effect in only one area.

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### 5.2 High-Volume Therapist Impact

The 5+ massages/day cohort experienced the largest improvements, with mean differences ranging from -1.61 to -1.95. This finding may suggest that massage therapists with the highest baseline discomfort reported the most, pronounced benefit.

6. Safety Profile and Adverse Event Monitoring

| Metric               | Rate |
|----------------------|------|
| Numbness             | 1.2% |
| Sleepiness           | 1.0% |
| Cognitive Disruption | 0.0% |

6.1 Cognitive Function

The most critical finding was a 0.0% cognitive disruption rate among 71 massage therapists, indicating that Carpe Diem CBD topical products did not impair massage therapists mental performance.

6.2 Adverse Event Threshold

Clinical monitoring protocols consider 5.0% the threshold for potential significance. All observed adverse events remained well below this level, with numbness reported at 1.2%, sleepiness at 1%, and cognitive disruption at 0.0%.

7. Cumulative Exposure Analysis

| Variable Relationship   | Correlation (r) | Interpretation            |
|-------------------------|-----------------|---------------------------|
| Sessions vs Numbness    | -0.102          | No meaningful correlation |
| Sessions vs Sleepiness  | -0.036          | No meaningful correlation |
| Applications vs Benefit | -0.0069         | No pattern detected       |

No meaningful correlation was observed between sessions and numbness ( $r=-0.102$ ), sessions and sleepiness ( $r=-0.036$ ), or applications and benefits ( $r=-0.0069$ ). Collectively, these findings suggest that increased usage was not associated with increased adverse risk.

## 8. Massage Length Correlation

Massage duration showed a weak positive correlation ( $r \approx 0.33\text{--}0.37$ ) with discomfort differential outcomes.

**Interpretation:**

- Longer sessions produced slightly smaller differential improvements
- Shorter sessions were often used during acute discomfort

The largest reduction was observed in 15-minute sessions (-2.89), suggesting targeted use during high-strain intervals.

Massage duration showed a weak positive correlation with change in discomfort ( $r \approx 0.33\text{--}0.37$ ), suggesting that longer sessions were associated with slightly smaller reductions in massage therapist discomfort.

This pattern may reflect the predominance of 15-minute sessions in the dataset rather than differences in massage therapist response by session length. Consistent with this interpretation, the largest discomfort reduction was observed in 15-minute sessions (-2.89), indicating that shorter sessions were associated with greater improvements.

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## 9. Comparative Product Performance

| Metric               | THC- Free | Full Spectrum | Combined |
|----------------------|-----------|---------------|----------|
| Positive Benefit     | 93%       | 98%           | 97%      |
| Numbness             | 3%        | 0.9%          | 1.2%     |
| Cognitive Disruption | 0.0%      | 0.0%          | 0.0%     |
| Sleepiness           | 3.1%      | 0.7%          | 1%       |

Both Carpe Diem Spa Revive full spectrum and Spa Soothe THC-free formulations were associated with high rates of positive benefit and low rates of adverse events. The full spectrum formulation showed slightly higher benefit and slightly lower rates of numbness and sleepiness. No cognitive disruption was reported for either formulation.

## 10. Conclusion

Across 508 practitioner exposure reports collected over 24 weeks from 71 massage therapists, Both Carpe Diem CBD topical products, Spa Revive Full Spectrum and Spa Soothe THC Free, were associated with a strong safety profile during repeated dermal and compound exposure in clinical massage settings.

### Key Findings:

Adverse events were minimal, with numbness reported in 1.2% of reports, sleepiness in 1%, and cognitive disruption in 0.0%.

Correlation analyses identified no meaningful relationship between session volume or application frequency and adverse findings, supporting stability under repeated use.

Therapist-reported benefit was high at 97%, upper-extremity discomfort decreased consistently across the hands, wrists, and forearms.

Spa Revive full-spectrum formulation showed slightly higher benefit and lower adverse-event rates than the Spa Soothe THC-free formulation.

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