

THE ULTIMATE NICOTINE FREE VAPE GUIDE

WHAT IS A NICOTINE FREE VAPE?

A nicotine-free vape is an electronic diffuser/device that contains no nicotine. It uses a blend of propylene glycol and vegetable glycerine and flavour to produce vapour, providing a similar experience to smoking without the health risks of nicotine. However, vaping itself still has potential health risks.



CHOOSING THE RIGHT NICOTINE FREE VAPE DEVICE

If you want to quit nicotine altogether, a 0mg nicotine-free version of a vaping device is the way to go.

These devices contain zero milligrams of nicotine in their e-liquid, making them a safer alternative to traditional cigarettes or nicotine vapes.

WHAT IS A ZERO NICOTINE DISPOSABLE VAPE?



A Disposable vape is a popular choice for those who want a hassle-free experience. These devices are pre-filled with e-liquid and flavour and are designed to be used once and then thrown away.

This is contributing to the growing problem of electronic waste though. The batteries of disposable vapes contain harmful chemicals and heavy metals that can leach into the environment and harm wildlife.

WHAT IS A RECHARGEABLE VAPE?

Rechargeable vape devices offer several benefits over disposables. First and foremost, they are much better for the environment as they can be used multiple times, reducing the amount of waste generated.

This reduces the carbon footprint associated with the production and disposal of disposable vapes.



Some rechargeable devices offer customisation options, such as adjustable wattage and temperature control.

Additionally, refillable tanks and pods mean that users can choose from various e-liquid flavours rather than being limited to pre-filled devices.



Rechargeable vape devices can be an investment in the long run, but they are ultimately a more sustainable and customisable option for vapers.

WHAT ARE NICOTINE-FREE E-LIQUIDS?

Nicotine-free E-liquids are a crucial component of any vaping device, and there is much different flavouring to choose from.

Some people prefer to mix their e-liquids using base liquids like propylene glycol and vegetable glycerine with a wide choice of unique combinations to get the best value for money, while others opt for pre-made options.

Choosing an e-liquid compatible with your device and made from high-quality ingredients is essential to ensure a safe and enjoyable vaping experience.



WHY CHOOSE ZERO NICOTINE VAPES?

Choosing nicotine-free vaping is a great way to help you quit nicotine and smoking cigarettes. Many customers are interested in the flavourings and sensations of vaping rather than the nicotine itself.

With nicotine-free options, you can still enjoy a variety of flavours without exposing yourself to the adverse health effects of nicotine. In addition, the sensation of inhaling and exhaling vapour can be a relaxing experience that mimics the feeling of smoking.

For those who still want the flavour and feeling of tobacco when they inhale, nicotine-free options are available that mimic the taste and experience of smoking without the harmful effects of nicotine.



HEALTH BENEFITS OF NICOTINE-FREE VAPES

[Nicotine-free vape](#) pens can offer several health benefits over traditional nicotine options. By choosing a pod device or zero nicotine e-liquid, you can avoid the harmful effects of nicotine on your body, including addiction, increased heart rate, and high blood pressure.

Nicotine-free options also contain fewer substances than nicotine-based e-liquids, making them a safer choice for those who want to enjoy the flavour and sensation of vaping.

By avoiding nicotine, you can reduce your risk of developing addiction and other health problems associated with cigarette and nicotine use.

Additionally, some studies have suggested that nicotine-free vaping may help smokers quit smoking by providing a similar experience without the addictive properties of nicotine.



OVERCOMING NICOTINE ADDICTION

Overcoming nicotine addiction can be challenging, but there are ways to make it easier. One way is to gradually reduce the puffs you take on your vape until you no longer need it. Another helpful tip is to choose a vape with a strong throat hit, as this can help satisfy cravings without the harmful substances found in tobacco.

If you're struggling with tobacco nicotine addiction, it's vital to have a support system, whether a friend, family member, or support group. By staying committed to your goal and reducing your nicotine intake, you can overcome your addiction and enjoy a healthier, nicotine-free life.



NICOTINE VS NICOTINE FREE VAPING

Whether a no-nicotine e-cigarette option is better than nicotine vaping is subjective and depends on the individual's preferences and goals.

A [nicotine-free vape](#) allows users to enjoy flavours without the addictive properties of nicotine. It can be a good option for those who want to enjoy the sensation of vaping without the health risks associated with nicotine consumption.

On the other hand, nicotine vaping can be a helpful tool for those looking to quit traditional smoking/cigarettes or reduce their nicotine intake. Nicotine-containing e-liquids can provide a satisfying throat hit and help users overcome cravings.

Additionally, pod devices make nicotine vaping more convenient, allowing for a quick and discreet nicotine fix when needed. Ultimately, the choice between nicotine-free and nicotine vaping comes from personal preference and individual goals.



IS IT SAFE TO VAPE WITHOUT NICOTINE?

While vaping without nicotine is considered safer than vaping with nicotine, it is still not completely safe. Vaping should not be seen as a safe alternative to smoking, and non-smokers should not start vaping.

HOW MANY PUFFS DO YOU GET?

The number of puffs one can get from a vaping device varies depending on the brand, model, and usage habits of the individual. Vaping devices typically have a range of puff capacities, ranging from 100 to over 1000 puffs per fill.

The number of puffs per fill also depends on the size of the device's e-liquid tank and the frequency and duration of inhalation by the user.



Some devices may require refilling with e-liquid after a certain number of puffs, while others may come already filled like disposable vapes that are discarded after use.

Many disposables, which are a popular choice for nicotine replacement therapy or recreational use, come with a set number of puffs indicated on the packaging.

Disposable vape options often contain the same ingredients as rechargeable vape options and the number of puffs per device can vary from 100 to 500 or more. Ultimately, the number of puffs one can get from their favourite disposable depends on their personal vaping habits and preferences.

BETTER CONTROL OVER VAPING HABITS

In conclusion, a nicotine-free vape pod device can better control vaping habits. With no addictive properties, users can enjoy the delicious flavours and sensations of vaping without worrying about nicotine dependency.

Additionally, pod devices offer a convenient and customisable way to regulate and track vaping habits, making it easier to manage consumption and stay on track with one's goals.

Whether quitting smoking cigarettes or reducing nicotine intake, nicotine-free vaping with a pod device can be a smart choice for those looking for a satisfying and customisable vaping experience.



WHAT IS THE UNIQUE CBD BAR?

A [Unique CBD Bar](#) is a rechargeable vape device with zero nicotine, zero THC, and zero added sugars. The Bar delivers CBD (cannabidiol) as vapour.

Discover our latest range of flavours, including Mint, Mango, Grape, Watermelon and Kiwi in 150mg and 250mg of CBD strength.

Our sleek one-click replaceable pod system design eliminates waste and comes with a USB-C rechargeable system and a 400mAh battery life. One pod = up to 600 puffs.

Source: <https://www.uniquecbd.co.uk/blogs/learn-more/the-ultimate-nicotine-free-vape-guide>