



**MANNATECH**  
ESSENTIAL OILS<sup>SM</sup>

# PRODUCTS, RECIPES AND TIPS



# EMBRACE WHAT'S NATURAL

Today, more people than ever are becoming weary of an over-stressed and toxic environment. With so many chemicals found in even the most basic products, it's no wonder that many families are seeking healthier, more natural options to their everyday challenges.

Mannatech invites you to look beyond what you're used to and explore the many uses of our natural essential oils—free of solvents, preservatives and synthetics. Join us on a journey to a more natural, chemical-free lifestyle for you and your family and return to what's important.



## Mannatech Carrier Oils

Our carrier oils provide the nourishing base needed to allow essential oils to be used at their natural, optimum effectiveness.

### Sweet Almond and Aloe Carrier Oil

The nourishing fatty acids in our sweet almond and aloe carrier oil provide rich, skin-nurturing qualities, making it especially beneficial to those with dry skin.

- Slow absorption makes it the perfect massage oil.
- Nutrient-rich almond oil supports healthy, conditioned hair.
- Rich, moisturizing and non-greasy finish.

Item #17601 / PV 19

Associate/Preferred Customer \$18.99 / Retail \$20.99



### Fractionated Coconut and Aloe Carrier Oil

With a highly moisturizing coconut oil base, this carrier oil is further "fractionated" to create a stable, highly soluble medium that conditions, protects and moisturizes the skin.

- Natural, hydrating and fast absorbing.
- Light, soothing, non-greasy and unscented.
- Ideal for users with sensitivity to nut oils.

Item #17401 / PV 19

Associate/Preferred Customer \$18.99 / Retail \$20.99



Mannatech offers carrier oils that provide Glyconutrients specifically extracted from aloe vera. This key ingredient is a conditioning agent that acts both to lubricate the skin surface and to increase water content to the top layers of the skin.

# Start with the Essentials



## Mannatech Essential Oils

Live life naturally with our essential oils that are an effective alternative to additives found in many household products. Use daily in a diffuser, topically or around the home to simplify your life—naturally.

### Lavender

Calming lavender essential oil delivers a relaxing scent that's ideal for de-stressing or for peaceful ambiance.

- Mix in a spray bottle with a few ounces of water and spray on bed linens to support a restful sleep.
- Massage into the scalp and temples with a few drops of your favorite carrier oil to help moisturize, refresh and calm.

Item #13301 / PV 28

Associate/Preferred Customer \$27.99 / Retail \$31.99



### Peppermint

Revitalizing peppermint essential oil revives your spirit and rejuvenates your surroundings for a feeling of freshness.

- Dilute a few drops with your favorite carrier oil and pamper yourself with a gentle shoulder and neck massage.
- Add a few drops to your body scrub with a carrier oil after a long, hot summer day to help you feel refreshed.

Available in 5 and 8-piece Serenity Kits



### Lemon

Purifying lemon essential oil refreshes the body and mind with a citrus aroma, giving you a feeling of renewed vitality.

- Refresh your skin by adding a few drops to your favorite body cleanser or lotion.
- Use the fresh scent of lemon to boost your cleaning products and leave your home smelling fresh.

Item #14001 / PV 15

Associate/Preferred Customer \$14.99 / Retail \$16.99



Sales of Mannatech essential oils support the M5M movement, Mannatech's corporate mission to help fight global malnutrition. Visit [allaboutmannatech.com](http://allaboutmannatech.com) to learn more about this amazing cause.

## Eucalyptus

Reviving eucalyptus essential oil refreshes with sweet smells of nature that permeate and stimulate the skin and senses.

- Add to bath water for a well-deserved, refreshing soak at the end of the day.
- Diffuse in your humidifier to revitalize a stuffy bedroom during the winter months.

Item #14601 / PV 17

Associate/Preferred Customer \$16.99 / Retail \$18.99



## Orange

Cleansing orange essential oil, will help relax and relieve with a citrus smell that promotes calmness.

- Add a drop to your body lotion to help freshen the scent.
- Include a few drops in your floor cleaner to revive any room in your home.

Item #17301 / PV 13

Associate/Preferred Customer \$12.99 / Retail \$14.99



## No. 1 Protective Blend

Crafted to help guard your overall health with an aromatic fragrance, our protective blend helps keep you smelling and feeling great.

- Contains a proprietary blend of oils celebrated for centuries, including lemon, clove, cinnamon, eucalyptus, rosemary and spikenard.
- Add a few drops to a water spritzer and spray for a fresher smelling home and car.

Item #17501 / PV 35

Associate/Preferred Customer \$34.99 / Retail \$38.99



## Frankincense

Dubbed the “King of Oils,” Frankincense supports your overall health and grounds you emotionally to bring inner peace to your hectic life.

- Add a few drops to a carrier oil and apply topically to help with relaxation.
- Diffuse with lavender and orange oils to help improve sleep.

Item #45501 / PV 80  
Associate/Preferred Customer \$79.99 / Retail \$87.99



## M5M<sup>SM</sup> Calming Oil

Crafted to help ease your stress and anxiety, every purchase of this oil will generate double the donation of nutrient-rich PhytoBlend to children in need.

- Diffuse to enhance mood.
- Helps perk up your mental energy.
- Can help ease feelings of tension/stress/anxiety.

Item #46801 / PV 45  
Associate/Preferred Customer \$44.99 / Retail \$50.99



# Topical Recipes<sup>†</sup>

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## Body Lotion Recipe

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For the whole-body experience, this lotion recipe will help soothe your skin and refresh your body and spirit.

In a bowl, combine 2-4 drops of our calming lavender and/or cleansing orange essential oil with 2 tablespoons of our moisturizing FIRM with Ambrotose<sup>®</sup> body crème. Finish the mixture off with 2 drops of your favorite Mannatech carrier oil. Mix well. Rub into skin for a rejuvenating experience.

## Moisture Mask Recipe

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Support healthy skin with this face mask that moisturizes and hydrates to help rejuvenate your look.

In a small mixing bowl, combine our hydrating Emprizone<sup>®</sup> gel with our calming lavender essential oil and your favorite carrier oil. Mix well. Note: for every two drops of scented essential oil, we recommend using one drop of carrier oil.

After you have created your mask, follow these simple steps for tantalizing results:

- First, cleanse your skin using Mannatech's Uth<sup>™</sup> Cleanser as you'll always want to apply your mask to fresh, clean skin.
- Avoiding the eye area, apply the mask generously to the face, neck and décolleté using your fingertips. Let the mask sit for approximately 10-20 minutes.
- Remove the excess mask by rinsing your face with warm water and a warm, wet cloth.
- Apply Uth Rejuvenation Crème to nourish the skin.
- Lastly, moisturize with Uth Moisturizer and a drop of lavender oil to lock in hydration.

## Foot Scrub Recipe

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Rub away the stress of the day with this foot scrub that starts with your feet but provides whole-body relaxation.

In a small bowl, combine 2 tablespoons of our soothing Uth Cleanser with 2 drops of purifying lemon and/or revitalizing peppermint oil and 1 drop of carrier oil. Mix well. Apply scrub mix to our Exfoliating Skin Brush, using the firm brush head, and use the low setting to gently massage and cleanse your feet. Rinse.

<sup>†</sup>Those with almond or lavender allergies should not use the sweet almond and aloe carrier oil or the lavender essential oil products. For external use only. Keep away from eyes.

# FOR MEN



## BEARD AND PRE-SHAVE OIL RECIPES

### Awaken

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In a ½ oz. (15 ml) glass-tinted blending bottle, combine the following:

- ¼ oz. (7 ml) fractionated coconut and aloe carrier oil
- ¼ oz. (7 ml) sweet almond and aloe carrier oil
- 3 drops lavender essential oil
- 2 drops orange essential oil

Shake lightly to blend oils. Place 3-5 drops in your palms, rub together and massage thoroughly into the beard, down into the skin. Brush or comb the beard into shape.

### Impress

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In a ½ oz. (15 ml) glass-tinted blending bottle, combine the following:

- ¼ oz. (15 ml) sweet almond carrier oil
- 4 drops orange essential oil
- 2 drops no. 1 protective blend

Shake lightly to blend oils. Place 3-5 drops in your palms, rub together and massage thoroughly into the beard, down into the skin. Brush or comb the beard into shape.

### Refresh

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In a ½ oz. (15 ml) glass-tinted blending bottle, combine the following:

- ¼ oz. (7 ml) fractionated coconut and aloe carrier oil
- ¼ oz. (7 ml) sweet almond and aloe carrier oil
- 4 drops eucalyptus essential oil
- 1 drop no. 1 protective blend

Shake lightly to blend oils. Place 3-5 drops in your palms, rub together and massage thoroughly into the beard, down into the skin. Brush or comb the beard into shape.

### Clean Slate

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This pre-shave oil will make your stubble soft, helping to alleviate razor burn and giving you a smooth cut.

In a ½ oz. (15ml) glass-tinted blending bottle, combine the following:

- ¼ oz. (15 ml) sweet almond carrier oil
- 3 drops eucalyptus essential oil
- 1 drop lemon essential oil

Apply a few drops to the shave area before putting on your shaving cream. Shave as usual.



# Bring Peace to Your Day

Whether you're ending your day, or just starting it, our Serenity Diffuser lets you experience the healthy, natural benefits of essential oils while you enjoy a piece of quiet.

- Functions as a humidifier, atomizer and aroma diffuser in one simple-to-use product.
- Custom designed with a built-in safety system that automatically shuts off when the diffuser runs out of liquid.
- Provides soothing ambient light, making it effective for enjoying a spa-like atmosphere anywhere in your home at any time.

## Features

- 600 ml (about 2 ½ cups) reservoir capacity
- 10+ hours operating time
- 600 sq. foot coverage
- Adjustable mist output
- Nightlight underneath base
- Portable water tank for easy refilling

Item #99501 /PV 40

Associate/Preferred Customer \$69.99 / Retail \$89.99



For easy instructions and maintenance tips for the Serenity Diffuser, visit [mannatech.library.com](http://mannatech.library.com).

Diffuser Dimensions:  
Approx. 7.5" Wide x 8" Tall

# Diffuser Recipes

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With the outside world full of toxins and stress, you need to have your own peaceful space that's one with nature. The Mannatech Serenity Home Diffuser lets you utilize our essential oils to help create a home free from the solvents and chemicals that tend to be a part of everyday life.

Add these simple oil combinations with 600 ml (about 2.5 cups) of water to your Serenity Diffuser. Plug in, turn on and simply enjoy what's real.

## Sunny Day

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3-5 drops lemon essential oil  
3-5 drops lavender essential oil  
3-5 drops peppermint essential oil

## Calm Breathing

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4-6 drops eucalyptus essential oil  
4-6 drops lavender essential oil  
1-3 drops peppermint essential oil

## Warm and Happy

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6-10 drops orange essential oil  
3-5 drops no. 1 protective blend

## Invigorate

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4-6 drops lemon essential oil  
4-6 drops eucalyptus essential oil  
1-3 drops lavender essential oil

## Purity

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5-8 drops lemon essential oil  
4-7 drops peppermint essential oil

## Balance

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4-6 drops orange essential oil  
4-6 drops lavender essential oil  
1-3 drops peppermint essential oil

## Outdoors

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4-6 drops orange essential oil  
4-6 drops eucalyptus essential oil  
1-3 drops no. 1 protective blend

If your pure, natural essential oils don't smell as strong as you'd like, you're free to customize your scents according to your needs. We suggest using the smaller recommended amount and increase as needed!



## Household Uses

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If you're seeking a more natural way to maintain your space without harmful chemicals, we suggest exploring the versatility of Mannatech's essential oils. These cleaning recipes contain no harmful fumes or synthetic ingredients, just natural oils and common, yet effective ingredients. Use these simple tips to keep your home cleaner and healthier for you and your family.

### Powder Laundry Detergent<sup>1</sup>

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Grate 2 cups of Castile soap into a bowl using a kitchen grater. Combine the flakes with 3 cups of washing soda, 4 cups of baking soda and 3-4 drops of lavender, lemon or orange essential oil. Stir well. Place the powder in an airtight container such as a mason jar. Use about two tablespoons per load of laundry. Yields up to 72 loads.

### Freshen Laundry

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Place a few drops of lavender, lemon or orange essential oil on a damp cloth and toss into the dryer to help deodorize and freshen your laundry without dryer sheets.

### Fruit Rinse<sup>2</sup>

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Add 2 drops of lemon essential oil to a large bowl of water to help clean your fruits and vegetables.

### Natural Bathroom Cleaner<sup>2</sup>

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In a bowl, combine  $\frac{3}{4}$  cup of baking soda,  $\frac{1}{4}$  cup of liquid Castile soap and 1 tablespoon of water. Stir. Add 1 tablespoon of vinegar and 5-10 drops of lemon essential oil. Stir again. It should be the consistency of a soft paste.

To use, apply on soap scum and stains for 5-10 minutes, then scrub. Wipe afterwards with a clean cloth.

Store in airtight container. Do not use on natural stone.

### Refrigerator and Microwave Freshener<sup>2</sup>

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Combine 1 cup of white vinegar, 2 cups of hot water and 15 drops of lemon essential oil. Pour into glass spray bottle and spray in the refrigerator or microwave. Wipe clean using a clean, damp cloth.

### Floor Freshener

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Combine 15 drops of lemon essential oil,  $\frac{1}{4}$  cup of liquid Castile soap and  $\frac{1}{4}$  cup of baking soda. Add to a bucket of warm water and mop as usual.

<sup>1</sup>Recipe Source: [organicauthority.com](http://organicauthority.com)

<sup>2</sup>Recipe Source: [mynaturalfamily.com](http://mynaturalfamily.com)

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## Carpet Powder<sup>2</sup>

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Add 15 drops of orange essential oil or no. 1 protective blend to 1 cup of baking soda. Let sit for 20 minutes. Pour mixture into glass shaker jar and sprinkle on your carpet. Let powder sit 20 minutes. Vacuum as usual.

## Dishwasher Tablets<sup>2</sup>

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Combine 1 cup of Borax, ½ cup of Epsom salt, 1 cup of washing soda and 8 drops of lavender, orange or lemon essential oil in a bowl. Stir. Add ⅓ cup lemon juice (1 tablespoon at a time) until mixture is damp but not soaked. The mixture needs to hold together.

Press mixture firmly into ice cube trays. Tap the tray on the counter to level out. Allow to dry at least 3-4 hours.

Store in an airtight container. To use, simply put 1 cube into your dishwasher detergent tray.

## Window Cleaner<sup>3</sup>

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Add 1 cup of white vinegar to an 8 oz. spray bottle, add water until bottle is three quarters full. Shake mixture. Add 10 drops of lemon essential oil. Shake again. Spray on windows and wipe clean with lint-free cloth or paper towel.

## Freshen Stale Dish Cloths and Towels

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Add 8 drops of no. 1 protective blend into small 8 oz. spray bottle and fill with water. Shake. Spray to cleanse and leave surfaces with a pleasant scent.

## Household Fabric Fresheners

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Add 5 drops of lavender essential oil per 1 oz. of water into spray bottle. Shake. Spray on sheets and pillows for a more calming sleep. Spray in linen closet to freshen linens.

Add 5 drops of orange essential oil per 1 oz. of water into spray bottle. Spray on furniture or in closets to help fight stale scents.

## Household Pests

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Eucalyptus oil has been used for generations to help repel ants and other crawling insects that like to invade the home. Place a few drops on a cotton ball and hide around the entrances of your home, windows or behind the fridge.

## Wake Up Your Commute

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Combine 6 drops of peppermint essential oil and 6 drops of eucalyptus essential oil per 1 oz. of water. Pour into glass spray bottle. Shake. Spray the interior of your car to provide a mental perk for the morning drive.

<sup>2</sup>Recipe Source: [mynaturalfamily.com](http://mynaturalfamily.com)

<sup>3</sup>Recipe Source: [wikihow.com](http://wikihow.com)

# SPECIAL KITS

Ideal for the first-time user or the long-time believer, Mannatech now offers the quintessential Kit that supplies everything you need for your journey through aromatherapy. Each Kit offers our naturally fragrant essential oils, and with the option to include our Serenity Home Diffuser, every aspect of your life will be able to benefit from the wellness of nature.



PV 80 / Associate/Preferred Customer \$79.99  
Retail \$99.99

**5-Piece Kit:** Featuring lavender, peppermint, lemon and eucalyptus essential oils.

**Item #19401** includes sweet almond and aloe carrier oil.

**Item #19701** includes fractionated coconut and aloe carrier oil.



Item #19901 / PV 135  
Associate/Preferred Customer \$134.99  
Retail \$152.99

**8-Piece Kit:** Featuring lavender, peppermint, lemon, eucalyptus and orange essential oils; no. 1 protective blend; and sweet almond and aloe plus fractionated coconut and aloe carrier oils.



PV 129 / Associate/Preferred Customer \$128.99  
Retail \$154.99

**5-Piece Kit + Serenity Diffuser:** Featuring lavender, peppermint, lemon and eucalyptus essential oils.

**Item #97601** includes sweet almond and aloe carrier oil.

**Item #97801** includes fractionated coconut and aloe carrier oil.

Associate price \$204  
if purchased separately.



Item #97901 / PV 180 / Associate/Preferred Customer \$179.99  
Retail \$209.99

**8-Piece Kit + Serenity Diffuser:**

Featuring lavender, peppermint, lemon, eucalyptus and orange essential oils; no. 1 protective blend; and sweet almond and aloe plus fractionated coconut and aloe carrier oils.

**TO EXPERIENCE LIFE NATURALLY, CONTACT ME TODAY!**

[mannatech.com](http://mannatech.com)