



MANNATECH.  
ESSENTIAL OILS.

# 100 REASONS YOU NEED A SERENITY KIT



# LIVE A BETTER LIFE FREE OF CHEMICALS AND SYNTHETICS

Prepare to enhance you and your family's life with Mannatech essential oils. With over 100 uses from one Serenity kit, you'll be able to provide a life truly free of harmful substances. Start today and experience the versatility and effectiveness of our essential oils crafted to help you live better—naturally.



TO ORDER YOUR MANNATECH SERENITY KIT,  
CONTACT ME TODAY!

## 8-Piece Serenity Essential Oil Kit

Includes lavender, eucalyptus, peppermint, lemon, orange, no. 1 blend, fractionated coconut and aloe carrier oil and sweet almond and aloe carrier oil.

## 5-Piece Serenity Essential Oil Kit with Fractionated Coconut

Includes lavender, eucalyptus, peppermint, lemon and fractionated coconut and aloe carrier oil.

## 5-Piece Serenity Essential Oil Kit with Sweet Almond

Includes lavender, eucalyptus, peppermint, lemon and sweet almond and aloe carrier oil.

# 100 USES

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## A CLEAN HOUSEHOLD WITH NO HARSH CHEMICALS

- 1. Powder Laundry Detergent<sup>1</sup>**—Grate 2 cups of Castile soap flakes into a bowl using a kitchen grater. Combine with 3 cups washing soda, 4 cups of baking soda, and 3–4 drops of lavender, lemon or orange essential oils. Stir well. Place the powder in an airtight container. Scoop up about 2 tablespoons per load of laundry. Yields up to 72 loads.
- 2. Freshen Laundry**—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.
- 3. Fruit Rinse<sup>2</sup>**—Add 2 drops of lemon essential oil to a large bowl of water to help clean your fruits and vegetables.
- 4. Natural Bathroom Cleaner<sup>2</sup>**—In a bowl, combine  $\frac{3}{4}$  cup baking soda,  $\frac{1}{4}$  cup liquid Castile soap and 1 tablespoon 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.
  - a.** To use, apply on soap scum and stains for 5–10 minutes then scrub. Wipe afterwards with a clean cloth.
  - b.** Store in airtight container. Do not use on natural stone.
- 5. Refrigerator and Microwave Freshener<sup>2</sup>**—Combine 1 cup 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.
- 6. Floor Freshener**—Combine 10 drops of lemon essential oil,  $\frac{1}{4}$  cup of Castile soap and  $\frac{1}{4}$  cup of baking soda. Add to a bucket of warm water and mop as usual.
- 7. Carpet Powder<sup>2</sup>**—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.
- 8. Dishwasher Tablets<sup>2</sup>**—Combine 1 cup borax,  $\frac{1}{2}$  cup Epsom salt, 1 cup washing soda and 8 drops lavender, orange or lemon essential oil in a bowl. Stir. Add  $\frac{1}{3}$  cup lemon juice (1 tablespoon at a time) until mixture is damp but not soaked. The mixture needs to hold together.
  - a.** Press mixture firmly into ice cube trays. Tap the tray on the counter to level out. Allow to dry at least 3–4 hours.
  - b.** Store in an airtight container. To use, simply put one cube into your dishwasher detergent tray.



9. **Window Cleaner<sup>3</sup>**—Add 1 cup of white vinegar to a spray bottle. Add water until bottle is  $\frac{3}{4}$  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.
10. **Freshen Stale Dish Cloths and Towels**—Soak in a bowl of water overnight with six drops of lemon or orange essential oil.
11. **Freshen Household Surfaces**—Add 8 drops of no. 1 protective blend into a small spray bottle, fill with water and shake. Spray to cleanse and leave surfaces with a clean scent.
12. **Furniture Helper**—Add 5 drops of orange essential oil per 1 oz. of water into spray bottle. Spray on furniture to help fight stale scents.
13. **Repel Household Pests**—Eucalyptus essential oil has been used for generations to help repel ants and other crawling insects. Place a few drops on a cotton ball and hide around the entrances of your home, windows and behind the fridge.
14. **Revive Stale Closets**—Orange essential oil is perfect to add to a hanging sachet in your closet. Add 10 drops to the sachet, hang on a hanger and reap the reward of great-smelling clothes.
15. **Aid for Refrigerated Spaces**—Place 5–8 drops of orange essential oil in an open box of baking soda, place in your refrigerator and enjoy a fresher smelling space.
16. **Stale Dishwasher?**—Add 10 drops of lemon essential oil to your dish wash detergent compartment and run as usual to help clear away stale scents.
17. **Make a Natural Dryer Sheet!**—Apply 5–10 drops of lemon or lavender essential oil to a wool ball and toss in the dryer for great-smelling laundry.
18. **Keep Toy Bins and Boxes Smelling Naturally Wonderful**—Add a few drops of orange essential oil to a warm rag when cleaning.
19. **Deodorize Air Filters**—Add eucalyptus essential oil to the new air filters in your home to help deodorize the out-coming air.
20. **Freshen Your Painting Experience**—Add 10 ml of peppermint essential oil to a gallon of paint to help neutralize the smell.
21. **Washer Smelling Musty?**—Add a few drops of no. 1 protective blend to your detergent to help eliminate the smell.
22. **Make the Perfect Potpourri**—Add a few drops of orange, lavender and lemon essential oils to your favorite dried arrangements.
23. **Give Your Wood a Shine While Making It Smell Great**—Add 6 drops of orange essential oil to your favorite polish.
24. **Refresh Your Old Cutting Boards**—Rub in a few drops of lemon or orange essential oils with a warm, damp cloth.

25. **Recycle Your Candles**—Scented candles can be expensive. Melt down leftover candles; add a new wick and drops of your favorite essential oil to customize your new candles.
26. **Revive Stale Wax Tarts**—Add a couple of drops of your favorite essential oil to your fizzled out wax scents to give them a second life.
27. **A Cleaner Dog**—Some dog breeds have skin folds that can be easily irritated. Fractionated coconut and aloe can act as a gentle cleanser to keep these areas calm and moisturized.
28. **Moisturize Your Leathers**—Fractionated coconut and aloe oil can be used to polish handbags, belts and shoes.
29. **Plants Need Protection Too**—Repel bugs by adding 5–10 drops of eucalyptus essential oil to a few ounces of water in a spray bottle. Spray on your favorite indoor plants.
30. **Bring Dusty Silk Flowers Back to Life**—Just rinse with warm water and a few drops of your favorite essential oil.
31. **Help Reduce Trash Odors**—Add a few drops of peppermint essential oil to cotton balls and place at the bottom of the trash. It's especially useful for keeping odors at bay during a dinner party.
32. **Keep Your Laundry Fresh**—Add 10–20 drops of lemon or orange essential oil per load.
33. **Air Coming Out of Your Vacuum Cleaner Can Smell Stale**—Just add 10 drops of your favorite essential oil to the vacuum bag.

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## BRIGHTER MORNINGS AHEAD

34. **Wake Yourself Up Naturally**—Add orange essential oil your favorite body scrub first thing in your morning shower.
35. **Perk Up a Sleepy Mind**—Diffuse peppermint essential oil in your bathroom diffuser.
36. **Condition for the Day**—Before dressing, hydrate your skin with a few drops of lavender essential oil added to your body lotion.
37. **Smell Amazing!**—Have your own fresh, natural fragrance at the ready before dressing. Add a few drops of lavender essential oil to a teaspoon of carrier oil and massage into your neck and wrists.
38. **Start Your Kids' Day Right**—Spray a blend of orange essential oil and water in their bedrooms. In a small water bottle, combine 10 drops of orange with water, shake and spray. The scent of orange has been scientifically proven to be calming.





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## ON THE JOB

39. **Rough Day?**—Diffuse 10–15 drops of lemon essential oil at your desk to help enhance your mood.
40. **Wake Up Your Commute**—Combine 6 drops of peppermint essential oil and 6 drops of eucalyptus essential oil per 1 oz. of water. Pour into glass spray bottle and shake. Spray the interior of your car to provide a mental perk for the long drive.
41. **Clear the Cobwebs**—Add 5 drops of peppermint essential oil into a small bowl at your desk. Inhale deeply to help improve memory and alertness.
42. **Clean a Nasty Desk**—Quick, chemical-free desk clean ups call for 8 drops of no. 1 protective blend or eucalyptus essential oil. Add to a small spray bottle of water, shake, spritz and clean your office space naturally.
43. **Office Air Can Be Dry**—Be ready to soothe chapped skin while at your desk. Blend four drops of lavender essential oil mixed with 1 oz. of fractionated coconut and aloe oil. Keep in your own personal blending bottle to condition dry skin anywhere.
44. **For the Afternoon Slump**—This calls for an uplifting break. Combine 2 drops of lemon essential oil, 2 drops of peppermint essential oil and a teaspoon of fractionated coconut and aloe carrier oil. Rub your hands together and inhale, then rub on the back of your neck. It's a natural way to help improve focus.
45. **Business Traveling**—Make that hotel room cleaner and fresher. When traveling, don't forget to bring your lemon essential oil. Simply add 5–10 drops to a damp cloth and give your room a cleansing wipe down before settling in.
46. **Tight Deadlines?**—The scent of orange has been proven to help de-stress and promote calm. Diffuse 10–15 drops of orange essential oil in your diffuser and power through it.
47. **How Often Have You Touched That Phone Today?**—Wipe it down with a few drops of lemon essential oil on a damp rag.

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## AFTER A LONG DAY

48. **Create a Bedtime Linen Spray**—Blend 5–10 drops of lavender or orange essential oil in a spray bottle with a few ounces of water and spray on bed linens to support a restful sleep.
49. **A Cool Unwind**—Massage peppermint essential oil into the scalp and temples with a few drops of your favorite carrier oil to help moisturize, refresh and calm.
50. **Rub and Relax**—Dilute a few drops of eucalyptus essential oil with your favorite carrier oil and pamper each other with a gentle shoulder and neck massage.
51. **Relief from a Hot Day**—Add a few drops of peppermint essential oil to your body scrub with a carrier oil after a long, hot summer day to help you feel refreshed.

- 52. Wake Up Your Skincare**—Refresh your skin by adding a few drops of lemon essential oil to your favorite body cleanser or lotion.
- 53. A Better Bath**—Add 10–15 drops eucalyptus and lavender essential oils to bath water for a well-deserved, refreshing soak at the end of the day.
- 54. For Restful Sleep**—Diffuse lavender essential oil in your bedroom diffuser to help you wind down after a long day.
- 55. Build Your Own Shower Bomb<sup>4</sup>**—A soothing shower experience after a cold day is just a few ingredients away! Simply combine 1 cup baking soda with  $\frac{1}{3}$  cup distilled water. Blend well in a mixing bowl. Press mixture into four equal portions in a muffin tin (either lined or made of silicon for non-sticking). Bake at 350° for 20 minutes. Allow to cool. Makes four disks.

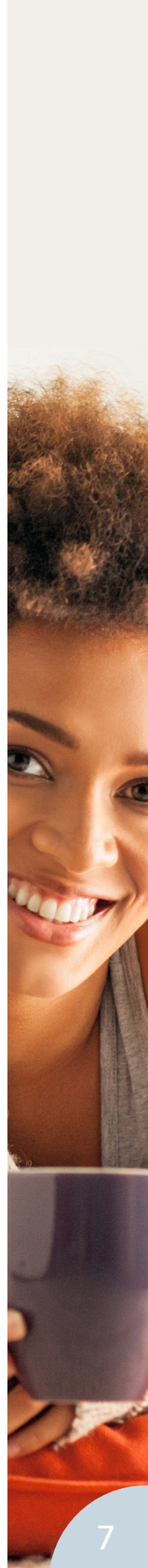
Before showering, add 15 to 20 drops of essential oil to a disk (we suggest eucalyptus to help clear a stuffy head). Place in the bottom corner of your shower and let the steam slowly dissolve, allowing the soothing vapor to rise.


- 56. Condition Your Skin While You Sleep**—Improve your sleep while you moisturize your skin with 3 drops lavender essential oil added to 1 teaspoon fractionated coconut and aloe oil. Lavender is a natural skin conditioner and the scent will help support relaxation.
- 57. Foot Relief**—Soothe and cool dry feet at the end of the day by adding 3 drops of peppermint essential oil to 1 teaspoon sweet almond and aloe oil. Massage into feet. Put light cotton socks on. Retire.
- 58. Take a Relaxing Steam**—Add a few drops of orange essential oil to the corner of your shower and let the warm steam surround you with a relaxing fragrance.
- 59. Bring on the Focus**—Diffuse 10–15 drops of peppermint essential oil in your children’s room while they finish their homework to help improve memory and alertness.
- 60. Standing All Day?**—Your feet need a soak. In a small foot tub of water, add 1 tablespoon of Epsom salts and 10 drops of peppermint essential oil.

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## DIFFUSE SOME HAPPINESS

- 61. Sunny Day Recipe**—5 drops lemon essential oil, 5 drops lavender essential oil, 5 drops peppermint essential oil.
- 62. Purity Recipe**—8 drops lemon essential oil, 7 drops peppermint essential oil.
- 63. Calm Breathing Recipe**—6 drops eucalyptus essential oil, 6 drops lavender essential oil, 3 drops peppermint essential oil.
- 64. Balance Recipe**—6 drops orange essential oil, 6 drops lavender essential oil, 3 drops peppermint essential oil.



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- 65. Warm and Happy Recipe**—10 drops orange essential oil, 5 drops no. 1 protective blend.
- 66. Outdoors Recipe**—6 drops orange essential oil, 6 drops eucalyptus essential oil, 3 drops no. 1 protective blend.
- 67. Invigorate Recipe**—6 drops lemon essential oil, 6 drops eucalyptus essential oil, 2 drops lavender essential oil.
- 68. Stuffy rooms?**—Diffuse 10–15 drops of no. 1 protective blend in your humidifier to revitalize a stuffy bedroom during the winter months.
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## AFTER THE GYM

- 69. Refresh Your Equipment**—Time out at the gym means that its time to refresh a smelly gym bag. Add 5–10 drops of peppermint essential oil to your bag to clear odors.
- 70. Keep It Clean**—Once a week, wipe down your equipment with a small spray bottle containing 10 drops of no. 1 protective blend mixed with water.
- 71. Massage Away Soreness**—After a workout, a massage with lavender essential oil is a great way to support muscle and joint well-being.
- 72. Avoid the Rub**—Use your favorite essential oil mixed with a carrier wherever your tank top rubs to help avoid chaffing.
- 73. Balance Yoga Odors**—Spritz a mixture of lemon essential oil and water to wipe down your yoga mats after class.
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## FOR THE ENTIRE FAMILY

- 74. Stuffy Head?**—Mix 3 drops of eucalyptus essential oil with 8 drops of carrier oil, rub on the chest to help support clear breathing.
- 75. Care for Your Scalp**—Add a few drops of eucalyptus essential oil to fractionated coconut and aloe oil and give your scalp a natural, moisturizing pick-me-up.
- 76. Skincare**—Eucalyptus essential oil and fractionated coconut oil with aloe is great for keeping skin feeling fresh and youthful.
- 77. Soothe Fussy Children**—Wipe a few drops of lavender essential oil on their favorite toys.
- 78. Wellness Support**—The no. 1 protective blend combined with sweet almond and aloe carrier oil can be rubbed on the soles of the feet or the chest to help support the body's natural immunity.
- 79. Boost Your Hair Conditioner**—Add just 5 drops of sweet almond and aloe carrier oil to your hair conditioner to add extra moisture and luster to hair.
- 80. Cleanse and Soften**—Fractionated coconut carrier oil is excellent for removing eye make-up without drying skin. Add 5 drops of carrier oil to a cotton ball and gently smooth over the eyelids. Wipe with a clean cloth. It doesn't clog pores and leaves skin soft.



- 81. Healthy Looking Nails**—Applying sweet almond carrier oil to your nails and cuticles at night supports healthy, conditioned nails.
- 82. Sooth Kids' Boo Boos!**—In a designated ice cube tray, fill each cube holder half way with Witch Hazel. Add 3 drops of no. 1 protective blend to each and freeze. Now you're ready for those summer scrapes.
- 83. A Fresh Cure for Kids' Smelly Shoes**—Add a few drops lemon essential oil to a cotton ball and place inside their shoes to help clear odors.
- 84. Rub Away the Stress of the Day!**—In a small bowl, combine 2 tablespoons of our soothing Uth Cleanser with 2 drops of peppermint essential oil and 1 drop of fractionated coconut and aloe carrier oil. Mix well. Apply scrub mix to your feet and massage to cleanse. Rinse.
- 85. Let's Not Forget Your Favorite Guy.** Try these moisturizing beard oil recipes—
- Refresh Blend**—In a ½ oz. (15 ml) glass-tinted blending bottle, combine 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.
- 86. Awaken Blend**—In a ½ oz. (15 ml) glass-tinted blending bottle, combine 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 and 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.
- 87. Impress Blend**—In a ½ oz. (15 ml) glass-tinted blending bottle, combine ½ oz. (15 ml) sweet almond and aloe 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.
- 88. For the Guys Without Beards!** Make an easy pre-shave oil to keep the stubble soft; helping to alleviate razor burn and providing a smooth cut.
- Clean Slate Blend**—In a ½ oz. (15ml) glass-tinted blending bottle, combine ¼ oz. (15 ml) sweet almond and aloe 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.
- 89. Pre-Shave Oil for Her**—Use it to help alleviate razor burn and leave skin smooth and soft. In a ½ oz. (15ml) glass-tinted blending bottle, combine ¼ oz. (8 ml) sweet almond and aloe carrier oil, 3 drops lavender essential oil, 1 drop of lemon essential oil, Apply a few drops to your legs prior to shaving cream. Shave as usual.



- 90. Unstick Without Chemicals**—Use lemon essential oil to loosen sticky substances like gum. This will make removing it from unwanted places—like hair—a cinch.
- 91. Your Best Friend Deserves Some Love**—Apply a few drops of fractionated coconut and aloe oil directly to your dogs coat for luster and shine.
- 92. Calm Your Kids for Those Long Road Trips**—Spray a few drops of lavender essential oil on their car headrests and seats.
- 93. Refresh Sweaty Baseball Hats**—Simply apply a few drops of lemon essential oil to a cloth and rub the inside of the cap.
- 94. A Fragrant Masterpiece**—Add a drop of your favorite essential oil to children’s watercolors so they can create a great-smelling work of art.
- 95. A Nourishing Facial Scrub**—Sweet almond oil is rich, moisturizing and has a non- greasy finish, making it the perfect ingredient for a face scrub. Add a ½ teaspoon of sugar to 10 drops of almond oil in your hand. Blend together. Gently massage into face avoiding eye area. Rinse.
- 96. Is Baby Restless?**—Diffuse 5–8 drops of lavender essential oil near his crib so you’ll both rest better.
- 97. Soothe a Sunburn**—Relieve dry, irritated skin by gently applying a blend of 1 tablespoon fractionated coconut and aloe carrier oil, 1 teaspoon Emprizone and 5 drops of lavender essential oil. Apply gently.
- 98. Make Your Own Lip Balm**—Make your own double boiler by placing a stainless steel bowl over a pot of steaming water. In the bowl, melt together beeswax, shea butter, fractionated coconut and aloe carrier oil and your favorite essential oil. Place in a small container with a lid and you have balm at the ready.
- 99. Keep Baby’s Skin Soft without Chemicals and Synthetics**—A gentle massage with fractionated coconut and aloe carrier oil will relax baby and keep skin moisturized.
- 100. Calm Your Kids Before Bed**—Add a few drops of orange essential oil to Play-Doh, and let them have some quiet, calming play time. The scent of orange has been proven to relax and de-stress.

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

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

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

4. Recipe Source: [pinterest.com/source/myessentialoiladventure.blogspot.com](http://pinterest.com/source/myessentialoiladventure.blogspot.com)

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