

What is an essential oil?

Essential oils are concentrated forms of oils found naturally in flowers, leaves, bark, stems, seeds and other parts of plants. Oils are generally extracted from the botanical through either careful steam distillation or cold pressing. When extracted, they maintain the characteristic fragrance, or essence, of that plant.

What is a carrier oil?

The term carrier oil is derived from their purpose; to help carry the essential oil onto the skin. They are oils derived from the fatty portion of a plant, like seeds, kernels or nuts.

Why is it important to use a carrier oil with an essential oil when applying to the skin?

Carrier oils are especially important because they ensure that essential oils, when applied topically, are comfortable for the skin. As an added advantage, carriers often contain fat soluble vitamins, minerals and other nutrients which are beneficial to the skin. So when pairing a carrier with an essential oil, you can receive the benefits of both.

Are Mannatech essential oils "therapeutic grade"?

If "therapeutic grade" or "certified therapeutic grade" were industry-recognized certifications for grading essential oil quality, Mannatech essential oils would qualify as such. However, these are nothing more than made-up marketing terms used by some essential oil companies.

"Therapeutic grade" and "certified therapeutic grade" testing standards are defined by the very companies who invented the terms and have no actual certification value. In fact, you'll likely find inconsistent definitions for these made-up terms. In some instances, "therapeutic grade" includes two quality tests, while other sources reference as many as seven tests. There is currently no governing body that certifies the production and quality of essential oils, nor a standard system for grading them.

Are Mannatech essential oils organic?

All Mannatech single essential oils, including lavender, orange, peppermint, lemon, tea tree and eucalyptus are designated as organic by Quality Assurance International (QAI) or the Oregon Tilth under the U.S. National Organic Program.

What are Mannatech's standards for essential oil quality?

Mannatech holds our essential oils to the same high expectations as the rest of our products. Our essential oils are not only tested for quality, identity and purity to meet stringent standards, they are also free from solvents, preservatives and synthetics. Our oils don't contain genetically modified DNA, are non-irradiated and are compliant with IFRA standards. Our oils are never tested on animals, and Mannatech single oils are 100% certified organic.



What kind of quality testing is done on Mannatech essential oils?

Mannatech essential oils meet stringent quality specifications and are put through these tests for identity and purity:

- Organoleptic testing (color, odor, appearance).
- Optical rotation and refractive index testing.
- Specific gravity testing.

What does it mean to be compliant with IFRA standards?

The IFRA (International Fragrance Association) is a certifying party in Europe. Essential oils actually have to be certified by the IFRA prior to being sold in the EU.

The IFRA standards are based on safety assessments by the panel of experts at the Research Institute for Fragrance Materials (RIFM). These standards are the basis for a globally accepted and recognized risk management system regarding the safe use of fragrance ingredients.

Should essential oils be ingested?

The internal use of essential oils should only be administered under the supervision of a healthcare practitioner. This recommendation is in no way a reflection on the quality of Mannatech essential oils. Instead, it follows the guidance of professional aromatherapy organizations and independent industry experts who specialize in essential oil safety.

Does Mannatech grow its own plants to make its essential oils?

Just as we have done for over 20 years, we carefully choose our product suppliers based on a strict set of guidelines to guarantee that you are getting the best quality products available. We have followed this same procedure for sourcing our essential oils.

How do I know if a particular essential oil should be diluted with a carrier oil for topical use?

Although some essential oils are well suited for direct application, Mannatech recommends that you always dilute your essential oil before applying topically. We suggest the following guidelines:

For children ages 4 and over and those with sensitive skin: Blend 1 teaspoon of carrier oil for every 1 drop of essential oil. For adults with normal skin: Blend 1 teaspoon of carrier oil for every 2 drops of essential oil.

Can essential oils be used by women who are pregnant or nursing?

While many essential oils appear to be safe for use while pregnant or breastfeeding, you should always consult your healthcare practitioner before introducing any new element into your pre- or postnatal care, including the use of essential oils.

Can essential oils be used on children?

Extra care should be taken with using essential oils on children. Mannatech essential oils are not intended for use on infants or toddlers. For children ages 4 and over and those with sensitive skin, Mannatech recommends a dilution of 1 teaspoon of carrier oil for every 1 drop of essential oil before applying topically.



How do I know where to apply an essential oil on my body?

Based on the composition of an oil, there may be areas of the body where it can be applied and other areas that should be avoided. Beneficial areas for application include the neck, forehead, temples, chest, abdomen, arms, legs and the bottom of feet.

As a general rule, essential oils should never be applied to the eyes, inner ear, sensitive skin or to the mucous membranes. Broken or damaged skin should also be avoided.

What should I do if I experience skin discomfort or irritation after using an essential oil?

You can dilute and calm essential oils that have already been applied to the skin by adding a few drops of a carrier oil to the affected area. If irritation continues, you should discontinue use of that particular oil and consult a healthcare professional if needed.

Do essential oils interact with prescription medications?

Generally, essential oils do not interact with prescription medications when applied topically or used aromatically. However, it's prudent to consult with your healthcare practitioner if you have a medical condition, are pregnant, nursing or on medication before using essential oils.

Can essential oils, when used topically, increase skin sensitivity?

Citrus oils, such as lemon and orange, may cause photo sensitivity when used topically. In other words, you can burn more easily when in the sun. We recommend that you avoid the sun for 12-48 hours after applying these citrus oils.

What is the shelf life of Mannatech essential oils?

The shelf life of essential oils can vary from product to product. In addition, the conditions that the oils will be stored under once they have been received by the customer can significantly affect their shelf life. As a general rule of thumb, essential oils usually retain their aromatic and beneficial qualities for two years from the date of purchase.

How are essential oils used?

There are numerous ways to use your essential oils:

- Aromatically: They can be diffused or inhaled directly.
- Topically: Essential oils are used to help support physical wellness through the use of massage as well as skin conditioning and moisturizing.
- In your home: A growing number of households prefer to use essential oils to create effective yet natural cleaning solutions and deodorizers for the home.

What are the optimum conditions to store my essential oils?

You should optimize your essential oil shelf life by storing them in a dark, cool place.

Why are Mannatech carrier oils offered in plastic bottles instead of glass?

The larger Mannatech carrier oil bottles are offered in plastic to avoid the risk of breakage during transit. Mannatech encourages all users to recycle these bottles.

