

# EXPERIENCE NATURE'S GIFT OF WELLNESS



100% essential oils • naturally derived • quality guaranteed

You can't ignore the challenges of daily life or the pressures you experience along the way, but you *can* refresh your mind, soothe your skin and invigorate your body with the help of essential oils, now available from Mannatech in lavender, peppermint, lemon and eucalyptus. Designed to complement the trusted Mannatech supplements you already take and support you on your wellness journey, these natural botanicals can be applied topically or enjoyed aromatically with our ultrasonic diffuser.

## AROMATIC NOTES OF NATURE

Fill your home with the aromatic notes of some of nature's most fragrant botanicals: Mannatech 100% Essential Oils. Our ultrasonic diffuser uses high-frequency vibrations to create an ultra-fine mist — without the use of heat or chemicals — to maintain the integrity of our naturally derived essential oils.

Diffusing is one of the best ways to enjoy the fragrance and olfactory experience of our essential oils; however, when you are in a hurry, you can inhale the aroma directly from the bottle or rub a drop or two of oil in the palms of your hands (diluting as necessary) and slowly and deeply breathe it in.



DISCOVER FOR YOURSELF THE POWER, PLEASURE AND PROPERTIES OF THESE  
AMAZING 100% ESSENTIAL OILS.



## Lavender

(*Lavandula officinalis* Chaix.)

- Calming and versatile
- Can help condition skin and be used as a skin fragrance
- Can be massaged on temples, scalp and forehead
- Can be diffused for a light, but luxurious aromatic experience

Parts Used Extraction Method



Flower



Steam Distillation

Parts Used Extraction Method



Leaf



Steam Distillation

## Peppermint

(*Mentha piperita*)

Fresh, minty, hot •

Diffuse for a clean, exhilarating aroma •

After diluting with a carrier oil, can be applied to the abdomen •

After diluting with a carrier oil, can be massaged on temples, forehead and bridge of nose •

Approved for use in natural insect repellants •



## Lemon

(*Citrus medica limonum*)

- Known for its natural cleansing and purifying properties
- Can help condition skin and be used as a skin fragrance
- Can be used in your dishwasher or laundry for added freshness
- Can be diffused for a fresh, clean scent

Parts Used Extraction Method



Peel



Cold Pressed

Parts Used Extraction Method



Leaf



Steam Distillation

## Eucalyptus

(*Eucalyptus globulus*)

Fresh, penetrating, woody •

Diffuse for a cool, reviving aroma or add a few drops to your preferred humidifier •

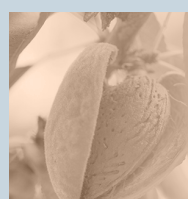
After diluting with a carrier oil, rub 2 drops in your palms and smell for a stimulating and clarifying experience; can also be massaged onto bottoms of feet and chest

Add to laundry for purifying and freshness •



## APPLICATION & DILUTION

Essential oils evaporate rapidly and contain the natural fragrance and characteristics of the plant from which they are derived. This can make some of them a little too strong to apply directly without dilution. Carrier oils, on the other hand, do not evaporate or have a strong aroma, making them an excellent medium for reducing the concentration of the essential oil without altering its qualities. Our kit comes with a soothing Sweet Almond carrier oil.



### Sweet Almond

(*Prunus amygdalus* Batsch)

Slightly sweet, nutty aroma •

Medium consistency •

Absorbs relatively quickly; leaves a slight hint of oil on the skin •

Moisturizing •



Mannatech 100% Essential Oils are some of the highest quality available. Our oils meet stringent quality specifications and are guaranteed free of synthetics, impurities, pesticides and heavy metals. If pregnant or nursing, consult your healthcare practitioner before use. Recommended for external use only. Avoid contact with eyes, mucous membranes, inner ear or sensitive skin. Discontinue use if irritation occurs. Not intended for infants or young children. Keep out of reach of children.

For answers to frequently asked questions, go to:  
[library.mannatech.com/7327](http://library.mannatech.com/7327).

### Dilution Guidelines

- Children age 4 and older, or sensitive skin: 1 drop essential oil + 1 tsp carrier oil
- General, daily use: 2 drops essential oil + 1 tsp carrier oil
- Periodic use: 3 drops essential oil + 1 tsp carrier oil