



MANNASPA



SEE HOW BEAUTIFUL YOU CAN FEEL

YOUR HOME IS YOUR SANCTUARY.

It should be the first place you can go when you need to wind down from the worries and stressors of your day. With the products found in this guide, you'll be able to create a transcendent atmosphere of relaxation and rest in any room of your house.



Start with the Essentials

Combined with your favorite essential oils, our unique carrier oils allow you to create your own botanical fragrance, giving your skin a heavenly scent.

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



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



The Aloe Difference

For centuries, Aloe has been prized for its seemingly endless uses in supporting overall skin health. Called the "Plant of Immortality" by the ancient Egyptians, they used it for its skin-conditioning properties to soothe and hydrate the skin after extensive sun exposure. Now, only Mannatech offers carrier oils with the goodness of Aloe Vera, making the essential oil experience even more valuable to you and your body.

Relax with Natural Aromas

Mannatech 100% Essential Oils™

Natural oils found in plants have been used for thousands of years by cultures all over the world for their intoxicating fragrance and benefits. Our savory oils can be diffused, inhaled or applied topically to help support your physical, mental and spiritual wellness. These are just a few suggested uses:

Lavender

Calming lavender essential oil delivers a calming 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.



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.



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.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Whether you're reviving your mind with our fresh eucalyptus, purifying your thoughts with refreshing lemon or experiencing the euphoria of the other oils in our collection, let the enveloping bouquet of our essential oils carry you away. Featuring fragrant scents of lush botanicals, Mannatech 100% Essential Oils will transport you to a world of scented bliss that can help calm, exhilarate and cleanse you and your surroundings.*

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.



Orange

Cleansing orange, our newest 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.



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.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

See How Beautiful Your Skin Can Be

Recipes for Tranquility

Personalize your skin care regimen with these invigorating recipes that incorporate our revitalizing skincare ingredients.[†]

Body Lotion Recipe

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

In a bowl, combine 2 drops of our calming lavender and/or cleansing orange essential oil with 2 tablespoons of our moisturizing FIRM with Ambrotose® body crème. Finish the mixture off with 1 drop of your favorite Mannatech carrier oil. Rub into skin for a rejuvenating experience.



Foot Scrub Recipe

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. 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.



Hand Massage Recipe

Moisturize, revive and renew your hands with this quick massage cream recipe.

In a bowl, combine 2 drops of our lavender essential oil plus 2 tablespoons of our conditioning FIRM with Ambrotose body crème and 1 drop of your favorite carrier oil. Rub gently into hands to soothe the skin.

Substitute orange or any of the other Essential Oils recommended in these recipes to personalize your fragrance and change up your day.



Foot Massage Recipe

Create a euphoric sense of relaxation with this cleansing massage cream for your feet.

In a bowl, combine 2 drops of cleansing orange or calming lavender essential oil plus 2 tablespoons of our moisturizing FIRM with Ambrotose body crème and 1 drop of carrier oil. Slowly massage the mixture all over your feet to help dissolve stress.

For a really refreshing sensation, use peppermint essential oil instead.



Moisture Mask Recipe

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® gel with our calming lavender essential oil and your favorite carrier oil. 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 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.

[†]Those with almond or lavender allergies should not use the Sweet Almond and Aloe Carrier Oil or the Lavender Mannatech 100% Essential Oil products. For external use only. Keep away from eyes.

Share the Gift of Relaxation

Give the Perfect Hand Massage

- 

1 Place our Sweet Almond and Aloe Carrier Oil and a drop of orange essential oil in both of your hands. To begin, hold your partner's arm in place with one hand as you gently massage in the aromatic oil with the other. Glide your hand along your partner's arm all the way up to the elbow. Reverse the positioning of your hands and repeat. Repeat this process once more to make sure that the oil is fully blended into the surface of your partner's skin.
- 2 Continue to use one hand to hold your partner's arm in place as you massage with your other hand. This position will be useful throughout the treatment. Use your free hand, and with gentle pressure, massage the muscles from the wrist to just beneath the elbow. Repeat with the positioning of the hands reversed.
- 

3 Now, use your thumbs to lightly brush the surface of the back of the hand. As your thumb moves toward the base of the wrist, slightly increase the pressure.
- 4 Once more, utilize one of your hands to support your partner's arm while you continue to massage with the other. With the thumb of your free hand, apply a slightly firm pressure between the bones of the back of your partner's wrist and move slowly towards the base of the hand. Continue this motion but with a greater amount of pressure in order to loosen your partner's lymphatic veins.
- 

5 Continuing to use one of your hands as a support, use your free hand to massage each finger individually. Give the finger a gentle twist in both directions and then a quick pull to finish. Repeat this process on each of the fingers as well as the thumb.
- 6 Turn to the other side of your partner's hand. Use your thumbs to apply pressure throughout his/her palm. Devote extra attention to the base of your partner's thumb.
- 

7 Position your hands similarly to what you see pictured right. Use your fingers to support the hand by hooking them in between the little and ring fingers on your right, and the thumb and forefinger on the left (depending on which hand you are massaging). Use your thumbs to gently massage the base of your partner's palm.
- 8 Using one of your hands to steady your partner's arm at the wrist, interlock your other hand with him/her. Rotate your first hand to massage your client's wrist joints. Then move alternately in both directions and end by pulling gently towards your body.

Note: Avoid any areas that are injured or severely scarred as these could be disrupted by a massage.

Source: vivalanails.co.uk

Give the Perfect Foot Massage

The perfect foot massage not only releases stress and invokes feelings of relaxation, but it turns even the grumpiest individual into a grateful friend. Follow these instructions to tame stress with the perfect foot massage.

- 

1 Rub 1 – 2 drops of your favorite carrier oil with 3 drops of our vitalizing peppermint essential oil into your hands and apply to your partner's lower legs in long stroking movements, making sure the ankle is fully supported. Use both hands to stroke the oils onto the top and bottom of the feet, pulling your hands from the heels out through the toes. Repeat three times.
- 2 Supporting the ankle with one hand, knead the calf using long, upward stroking movements, alternating from the bottom of the leg to the top. Repeat three times.
- 

3 Cup the heel with one hand and use the thumb of the opposite hand to massage the heel in a circular motion. Starting at the heel, make a figure eight by stroking up outside the foot, across the bottom of the ball of the foot, over the top of the ball of the foot and then back down outside to the heel. Repeat three times.
- 4 With both hands, stroke up to the top of the leg, then down the back all the way to the heel. Repeat three times.
- 5 With fingers on the top of the foot and thumbs at heel, stroke gently from heel to toes, alternating hands. Repeat three times.
- 

6 Grip the base of each toe between the thumb and side of the index finger, while supporting the heel with the other hand, and pull out quickly through the ends of the toes. (Then, repeat #5).
- 7 Support the ankle with one hand and massage the arch with your fist using slow, circular motions. Keep in mind that some people are sensitive in this area, so care should be taken to not use too much pressure. Repeat three times. (Then, repeat #5).
- 

8 Finish the massage using long stroking movements down the leg and pulling all the way out through the toes. Repeat three times, slower and slower until completed.

Source: www.nailsmag.com

Enjoy a Healthy Home

Create a spa-like ambiance in your home with our Serenity Home Diffuser that lets you experience our essential oils in the ultimate setting of relaxation.

- 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 2.5 cups) reservoir capacity
- ◇ 10+ hours operating time
- ◇ 600 sq. foot coverage
- ◇ Adjustable mist output
- ◇ Nightlight underneath base
- ◇ Portable water tank for easy refilling



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

Storefront Rules:

- While supplies last.
- Available for one-time order purchases only.
- All purchases made will be placed in current BP only.
- No refunds or exchanges will be made at the event.
- Loyalty Redemption does not apply.
- Credit card must be present at time of purchase.

Distributed by Mannatech, Incorporated, Coppell, TX
© 2016 Mannatech, Incorporated. All rights reserved. Mannatech, Stylized M Design, Mannatech 100% Essential Oils, FIRM with Ambrotose, Emprizone and Uth are trademarks of Mannatech, Incorporated.

19475.0416

