

Diet - Instar 6-Adult (cont'd): If you feed your mantis Blue Bottle fly larvae or moth larvae (I've done it many times without issues), some people have had issues with their mantis because the larvae can have bacteria on them. Please do your research and decide for yourself.

Hydration: –Mantises need to drink every day. Please use filtered / reverse osmosis water / bottled water (mineral free) to mist your mantis's enclosure 2-3x daily. You will see your mantis use it's raptors to drink from, or the sides of the enclosure (it's So cute to see them drink!). **Do not spray the mantis directly. Mantises breathe from their abdomen. If you spray them, they may not be able to breathe. ** Use spray bottles with a fine mist, not large water drops. Young mantises can drown.

Heat / Humidity: – Ghost mantises are an tropical species. They need higher heat of 75-80 degrees, and humidity of 50-70%. A heat light or mat works well. They do not need a day/night cycle as long as the room light is turned on/off during natural day and night. A hygrometer is helpful to check humidity in your home. Misting your mantis's home 2-3x daily is all you need, unless humidity falls below recommended levels. . You can use spaghnum moss and coco fiber as substrate. If your enclosure is not bioactive, clean out the enclosure once or twice a week. Mantises do poop! Poop can cause bacteria / mold in enclosure.

Enclosure: – Your mantis needs an enclosure that's a minimum of 3x it's body length, and 2x it's body width. Some enclosure options – Acrylic enclosures with lots of cross ventilation. We like Zilla habitats (available on Amazon). Glass enclosures (Reptizoo, Zilla) work well as long as they have mesh sides for cross ventilation. Mesh butterfly cubes are fine, as long as you can retain humidity. Glass jars are not suitable unless you can create ventilation on the sides.

- Your mantis likes to hang from the top of the enclosure. I recommend using hot glue to glue fine mesh (like organza) or shelf gripper (the rubber kind) so that your mantis has a good grip to molt safely. Metal mesh can harm a mantis's feet. You can hotglue mesh / gripper on metal.
- ** Hot glue is okay to use for your mantis enclosure. Try to pull out as many glue strands as you can. Let cool thoroughly before putting your mantis in.
- ** If you choose a very large enclosure for your mantis, it may not be able to catch it's prey successfully. – though it will enjoy exploring it's awesome home! You may want to feed it in a deli cup.

Enclosure considerations: – bioactive enclosures work great for mantises, as long as isopods don't hurt your mantis if it falls. Springtails are just fine.

- Mantises LOVE to climb and explore, so putting branches and flowers is great. Do not put branches too low to the bottom. Ghost mantises resemble dead leaves so getting reptile-safe leaves and gluing them to branches in your mantis's home will be best for your mantis to feel comfortable.
- You want your mantis to molt from the highest place possible so that it has plenty of space. Do not overcrowd the habitat with branches because your mantis will need room to molt.

Molting: – Mantises outgrow their exoskeleton as they eat and grow. They need to molt (wriggle out of their exoskeleton). Your mantis will molt 7-9 times depending on it's gender. Male mantises molt 7x, females molt 8-9x to reach adulthood. When they're adults, they get their wings!!**Mantises molt more frequently while they're younger. Their final molt to adult can take several months.

Main signs of Mantis getting ready to molt – It stops eating. It stays in one place. It's abdomen begins moving up and down a lot. It flicks away it's prey and seems bothered by the prey. Abdomen looks swollen even though the mantis has not eaten in a few days. Mantis turns more pink. **More signs info on Mantis Keepers Official.

- ** Do not disturb your mantis, move it, try to give it food when you see this behavior. Give your mantis a few days to molt. Do not feed it for 24-48 hours after it molts, though hydrate it as usual. (Info on FB groups) **Thank you! I hope you have a wonderful time learning & growing w/ your new pet!**



Ghost mantis - *Phyllocrania paradoxa*

- Care Guide!

Awesome Fun Fact!! I am one of the longest lived mantises! I can live up to 2 ½ years if you'll take good care of me! I am a beautiful dead leaf – you don't see me!!! I'm deeeeeead!! I'm just a leaf swaying in the breeze! Do you know I'm so pretty that when Luke showed me on CBS to Tiffany Haddish, she wanted a red carpet dress just like my wings! I am friendly, hardy, and a great beginner species.

Hi! I'm Luke. I've been raising praying mantises since I was 8 years old. I'm the kid whose mantises were shown on **Snake Discovery (Youtube)!!** I got to show amazing mantises on **CBS show Kids Say The Darndest Things with Tiffany Haddish (Season 2, Episode 12 - Jitterbug).** - My mission is to show people how amazing mantises are, and how fun and clever their behaviors are! If we love insects, we'll do more to save their environment! I've raised and bred many Orchid mantises and learned a lot along the way. I hope you find my guidelines helpful. I encourage you to find awesome groups like **Mantis Keepers Official** on Facebook if you need guidance in raising Orchid manties. I also plan to do a series of videos about their care. Please follow me on Youtube at **Luke's Bug and Animal Adventures** so you can hang with me as we raise mantises together! **#LukeBugAdventures**

You are buying an Instar 2-Instar 4 Mantis. Congratulations! Ghost Mantises are such fun to raise! They're amazing animals, with a fierce prey drive! Watching them swaying in the breeze and snagging a flying insect in 1/8th of a second an education in survival!! Ghost mantises are a beginner species! My family and I raised them to adult by getting lots of help from Mantis Keepers Official. Ghost mantises are long lived therefore they molt at a slower pace than other mantises.

Diet – Facts for successful molt - For your mantis to molt successfully, it needs a lot of internal moisture as well as external moisture.** The more moisture content your mantis can eat from their prey, the greater their chances for a good molt. Giving them juicy prey items are important for this reason (and they plain love them haha)

Diet - Instar 2 – 3- Mantises eat 2-3x weekly. They eat mainly Hydei fruit flies – the jucier and larger, the better! Mantises are fierce eaters, and will chase down their prey. They can be fed in their enclosure or in a separate deli cup, if you're keeping count of how many fruit flies they've eaten. **Put no more than 4 fruit flies in their enclosures – too many prey items can stress a mantis out. Too much prey can also hamper an mantis from molting safely, if the prey item is roaming around their enclosure while the mantis is trying to molt. ** **Do not ever feed your mantis Black Soldier Fly larvae or flies. They're problematic feeders, and many mantises have died after being fed that.**

Diet - Instar 4 – Instar 5 – Your mantis pet can now begin eating house flies. Ghost mantises prefer flying prey, but will adjust to size-appropriate crickets, moth larvae (occasional treat because it's fatty), small hornworms (from reptile stores, not from tomato plants), mealworms, butterworms, silk worms. Worms can bite, so make sure it's a small worm to introduce to your mantis. Feed your mantis a small amount first to make sure your mantis enjoys it's meal and can handle it. ** Make sure your crickets / waxworms have NOT been fed carrots, because that harms a mantis. **Feed your with tongs by wiggling prey in front of their face / raptors. Mantises respond to movement in order to find / grab their prey.

Diet - Instar 6-Adult – Your mantis can easily eat larger blue bottle nose flies, crickets, meal worms, moths, hornworms, silkworms, silkworm moths, other moths. Feeding wildcaught is risky because of pesticides.