

YOU DESERVE
PEACE.



YOU DESERVE
YOU.

The LADYBUG Home Spa

CREATING PEACE RIGHT
WHERE YOU LIVE

Simple ways to create your own
peaceful sanctuary—at any level
and any budget.

LESS IS MORE.

Peace begins
with what
matters most.

Start small.
Build slowly.
Live peacefully.



YOUR SPACE



YOUR RITUALS



YOUR PEACE

by WENDY LADYBUG



THELADYBUGSPA.COM

FAITH • WELLNESS • SIMPLE RITUALS • PEACE AT HOME





Welcome

FROM 

WENDY LADYBUG



I'm so happy you're here! 

I created **The Ladybug Home Spa** because I believe everyone deserves a peaceful place to relax, restore, and feel their very best—right where they live.

Inside these pages, I'll share my personal journey, simple rituals, and easy ideas to help you create your own home spa sanctuary—**no matter your space, your budget, or your season of life.**

You don't have to have a beautiful home or a lot of money to create peace. You just need a little intention, a little time, and a heart that's ready for more calm.

I'm here to walk beside you like a friend—encouraging you every step of the way.

Let's create peace together...
one ritual at a time. 



With love,

Wendy Ladybug 

LICENSED MASSAGE THERAPIST
WELLNESS ENTHUSIAST • TRAVELER
GRANDMOTHER • BELIEVER

MY HOPE FOR YOU

May this book inspire you to slow down, breathe deeper, and create a home spa sanctuary that brings you health, happiness, and a deeper connection with God.

You are so loved. 



YOU
are enough.
Just as you are.



YOUR SPACE
doesn't need
to be perfect.



YOUR RITUALS
don't need
to be complicated.



YOUR PEACE
is worth
every moment.

 **PEACE BEGINS AT HOME.** 



My Journey to Peace

Every peaceful life begins
with one small step.



My journey didn't start in a beautiful spa.
It started in real life.

I was a single mom to several of my **six children**
at home, working two jobs, doing my best every
day to make ends meet and create a good life
for my family.

I am a **mother** of six children, 20 grandchildren,
and **two great-grandchildren**. They are my greatest joy
and my biggest motivation.

I was tired—in my body, in my mind, and in my soul.
But deep down, I had a desire for something more.
I wanted to help people. I wanted to bring healing,
peace, and hope into the lives of others—just like
I desperately needed it in my own.

I began to pray. I asked God to show me the way.
I had no idea how He would answer,
but I knew He would.



*What I didn't know was that
He had an amazing plan already in motion...*



Peace
is always
possible—right
where you
are.



A LITTLE ABOUT ME



- ♥ Licensed Massage Therapist
- ♥ Wellness Enthusiast
- ♥ Traveler
- ♥ Mother of six children,
20 grandchildren, and
2 great-grandchildren
- ♥ Believer in God's faithfulness
- ♥ Lover of nature and simple rituals
- ♥ Passionate about helping you
create peace at home
- ♥ Lover of healthy herbal teas
and nourishing rituals



WHAT I LEARNED EARLY ON...



FAITH

Faith is the foundation
of every peaceful life.



PURPOSE

When you follow
God's calling, every
step has meaning.



SERVICE

Helping others heal
has always been
my greatest joy.



SIMPLICITY

Peace is found in the
simple things done
with love.

“

I didn't have all the answers.

I just had a heart that was willing.

And that was enough for God to start something beautiful.

”

And maybe... that's enough for you, too.





CHAPTER TWO



The Miracle That Changed My Life



WHEN YOU FOLLOW GOD'S PLAN,
HE OPENS DOORS YOU NEVER IMAGINED.

In the year 2000, I had a strong desire in my heart to go to massage school, learn massage therapy, and become a licensed massage therapist. The training was intense—over a year filled with different techniques and healing modalities.

At the time, I was living in Las Vegas and doing my best as a single mom to several of my children at home. Money was always tight, and I was working two jobs just to make ends meet.

Then I heard about a program in Las Vegas that would change everything.

They were giving away a full massage therapy scholarship—worth over \$10,000—to someone who was willing to learn, grow, and one day open their own spa and become an entrepreneur. Out of many applicants... I was chosen.

I felt so blessed.

They paid for my entire education.
My books, my training, my future.

It was the first miracle of many.
And it was only the beginning...



KEY LESSON



You don't have to have it all figured out.
You just have to take the next step
and trust that God is already
preparing the way.



A MOMENT OF GRATITUDE



*I didn't have the money.
I didn't have all the answers.
But I had a dream,
a willing heart,
and a God who saw my future
even when I couldn't.*



LADYBUG TIP



If you have a dream to create peace in your life and home, start where you are. You'll find encouragement, products, essential oils, wellness guides, and free classes to help you every step of the way at

TheLadybugSpa.com



FAITH  One small step. One open heart. One amazing journey. *God does the rest.*

THE LADYBUG HOME SPA  CREATING PEACE RIGHT WHERE YOU LIVE



CHAPTER THREE

One Prayer... One Phone Call... One Sunday ♡

GOD ANSWERS IN WAYS
WE NEVER EXPECT.

Life was busy, stressful, and exhausting.
I was working two jobs almost every day of the week.

One Sunday, I knelt beside my bed and prayed,
*"Lord, I wish I didn't have to work so much.
I wish I could have this day to worship You."* ♡

At that exact moment, the phone rang.
It was my boss from the Hilton.
"Wendy, don't come in today.
We scheduled too many people."

I was so surprised and so grateful! ♡
I knelt back down and whispered,
*"Lord, You're really hearing my prayers.
Where do You want me to go?"*

I heard a still, clear voice in my mind give me
directions—turn here, go there, then another turn.
I drove down a road I had never been on before.
Something led me to the International Church
of Las Vegas (ICLV).

That one decision changed the course
of my entire life. ♡

Faith
Leads
the Way

A REMINDER FOR YOU

*God cares about the little things
that matter to your heart.
He listens. He leads. He provides.* ♡

GOD OPENED ANOTHER DOOR I NEVER EXPECTED.

After I began attending ICLV, I met some beautiful people
who became dear friends. They knew I was gifted in cleaning,
organizing, and creating systems. One day, they surprised me
with an incredible gift— they gave me their business!
I became the new owner of White Glove, named after Dana White
from the UFC. I would be cleaning and organizing everything
for the UFC. I absolutely loved working for them and felt so
blessed to use my gift in such a meaningful way.



WHITE GLOVE
PREMIER SERVICES

A GIFT • A PURPOSE • A NEW JOURNEY ♡



PRAY
Talk to God about
everything—big or small.
He loves to hear from you.



LISTEN
Quiet your heart.
He often speaks in a still,
small voice.



TAKE THE NEXT STEP
Obedience opens doors
that you could never
open on your own. ♡

LADYBUG TIP

Create a quiet moment each day. Even five minutes.
Breathe. Pray. Listen. Write in a journal.
That's where peace begins. ♡



When we seek Him first, everything else falls into place. *Matthew 6:33* ♡



CHAPTER FOUR



Building Your Sanctuary



YOUR HOME IS YOUR FIRST HEALING PLACE.



You don't need a fancy space.
You just need intention.

A cozy corner. A soft towel.
A candle. A beautiful scent.
A quiet moment just for you.

When you create a space that feels peaceful,
you're telling your body and soul,

"You matter. You are worth this."

This is where your home spa journey begins—
not in a resort, but right where you live.

Make it simple. Make it beautiful.

Make it yours.



CREATE A SPACE THAT NOURISHES YOU



- Clear the clutter.
- Open the window.
- Add soft light.
- Bring in nature.
- Set an intention.

*You don't just create a space,
you create a feeling.*



TODAY'S INVITATION



Choose one small area in your home.
Add one thing that makes it feel peaceful.
Take five minutes just for you.



You deserve this.



WHAT MAKES A SANCTUARY?



CALM

A peaceful space
helps quiet your
busy mind.



COMFORT

Soft textures, gentle
light, and warmth
soothe your soul.



CARE

Small acts of care
remind you that
you matter.



NATURE

Bringing nature in
brings peace and
fresh energy.



INTENTION

Your intention
turns a space into a
sacred experience.

*You don't need to escape to find peace.
You just need to create it.*





CHAPTER FIVE

Your Home Spa Journey

THIS IS YOUR TIME.
THIS IS YOUR JOURNEY.

Home is
where your
peace begins.



Your home can be more than a place
where you live.
It can be a place where you heal,
rest, recharge, and grow.

You don't need a perfect home.
You don't need a lot of space.
You simply need a heart
that is ready for peace.

Every time you choose yourself,
you are creating a life
that feels better, lighter,
and more beautiful.

*This is your journey.
Make it gentle.
Make it meaningful.
Make it yours.*

YOUR HOME SPA JOURNEY CAN INCLUDE:

- ♡ Calming rituals that relax your body
- ♡ Healthy drinks and nourishing teas
- ♡ Natural DIY spa recipes
- ♡ Healing sounds and guided meditations
- ♡ Time in nature and quiet reflection
- ♡ Gratitude and simple daily habits

All at your pace. All for you.

A LOVING REMINDER

You are allowed to rest.
You are allowed to take care of you.
You are allowed to put yourself
at the top of your list.

You matter. Always.

SIMPLE WAYS TO START TODAY



SLOW DOWN
Give yourself
permission to
pause.



CREATE A SPACE
Even one small
corner can be
your sanctuary.



NOURISH YOUR BODY
Choose foods and
drinks that bring
you energy.



NOURISH YOUR SOUL
Read, journal,
meditate, or simply
sit in silence.



BE THANKFUL
Gratitude opens
the door to
more peace.



“ The most important relationship you will ever have
is the one you have with yourself.

Nurture it. Protect it. Love it. ”



CHAPTER SIX



Your Daily Rituals

SLOW DOWN. BREATHE.
COME BACK TO YOU.



Rituals are the heartbeat of a peaceful life.
They don't have to be long or complicated.
They just have to be consistent.

It's not about doing more...
It's about choosing what nourishes you most.

A few deep breaths in the morning.
A gentle stretch.
A cup of herbal tea.
A moment of quiet before the day begins.
These little moments create big change. ♡

You are worth the time.
You are worth the care.

You are worth it, every single day. ♡

DAILY RITUAL IDEAS



- ♡ Morning breathwork or prayer
- ♡ Gratitude journaling
- ♡ Gentle movement or stretching
- ♡ Healthy drink or herbal tea
- ♡ Outdoor time in nature
- ♡ Evening wind-down routine
- ♡ 5 minutes of silence

Small rituals. Big impact.



A GENTLE REMINDER



You don't need more hours in the day.
You just need more you in the hours you have.
Give yourself permission to slow down.
Give yourself permission to heal.

You are not behind.

You are becoming. ♡



CREATE A DAILY RITUAL THAT FEELS GOOD



MORNING

Start with sunlight,
a deep breath,
and gratitude.



NOURISH

Choose foods and
drinks that bring
you energy.



MOVE

Gentle movement
keeps your body
and mind happy.



PAUSE

Take breaks.
Breathe.
Be present.



REFLECT

Journal your
thoughts and
celebrate wins.



EVENING

Unwind, relax,
and prepare for
restful sleep.

“ Take care of your body. It's the only place you have to live.

Nourish it. Love it. Honor it. ♡

”





CHAPTER SEVEN



Wellness Doesn't Have to Be Expensive



SIMPLE INGREDIENTS.
BEAUTIFUL RESULTS.



You don't need a lot of money
to create a beautiful home spa.
You just need a few good ingredients,
a little creativity, and a lot of love.

Nature gives us everything we need
to feel good, inside and out.

Homemade is not just better for your body.
It's better for your soul.

It's simple.

It's natural.

It's from the heart.



MAKE IT SIMPLE



- Use what you already have.
- Choose quality over quantity.
- Keep it natural.
- Keep it safe.
- Keep it joyful.

*Simplicity is
the ultimate luxury.*



AFFORDABLE SPA ESSENTIALS



**BAKING
SODA**
Cleanses,
softens,
and balances.



**EPSOM
SALTS**
Relaxes sore
muscles and
soothes stress.



HONEY
Hydrates,
heals, and
nourishes skin.



**ESSENTIAL
OILS**
Uplifts mood
and supports
well-being.



LEMON
Refreshes,
cleanses, and
brightens.

Small choices. Big difference.

EASY DIY IDEAS



SUGAR SCRUB
Sugar + coconut oil
+ essential oil =
soft, glowing skin.



CLAY MASK
Clay + water or
herbal tea =
a clean, calm face.



BATH SOAK
Epsom salts +
essential oils +
flowers = pure bliss.



OATMEAL SOAK
Oatmeal + milk
+ lavender =
gentle and soothing.

You don't have
to spend more
to feel better.
You just have to
choose better.



“

The greatest wealth is health.
The greatest gift is peace.

Take care of yourself—you're worth it.





CHAPTER EIGHT

My New Zealand & Las Vegas Home Spa

TWO HOMES. ONE HEART.
ONE MISSION. PEACE.

I live in two wonderful places that have both shaped my journey and my heart.

Las Vegas, USA – where my story began and where I first became a licensed massage therapist.

New Zealand – where I now live, create, and share my love for wellness.

Different places.

Same purpose.

To help you create peace, wellness, and a home spa right where you live.

You don't have to travel the world to feel better...

You just have to create a space that feels like home.



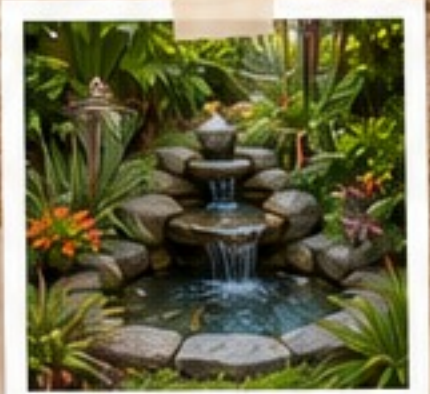
Meditation Garden



My Swing



My Hammock



Peaceful Fountains

WHAT MY HOME SPA MEANS TO ME

- ♥ A space to slow down and breathe
- ♥ A place to create, dream, and heal
- ♥ A daily reminder to care for myself
- ♥ A way to share peace with you
- ♥ A home filled with gratitude and love

*This is my sanctuary.
This is my happy place.*

MY JOURNEY

Las Vegas,
Nevada, USA



From the desert...
to the mountains.
From fast-paced...
to peaceful.
From working in spas...
to creating my own.

New Zealand



*Grateful for every chapter.
Excited for every new one.*

WHAT I LOVE ABOUT THESE PLACES



NATURE

Mountains, fresh air, and wide open skies in New Zealand.



SUNSHINE

The warm desert sun and beautiful sunsets in Vegas.



FAMILY

Both places keep me close to the ones I love.



FAITH

My faith is my foundation—no matter where I am.



PURPOSE

Helping others create peace in their own homes.

Home isn't just a place...
It's a feeling.
It's a choice.
It's the peace you create every day.

*“Wherever you are, you can create peace.
Your home can be your greatest gift.”*



CHAPTER NINE

Bringing the World Home

EVERY JOURNEY LEAVES A GIFT.
I BRING THEM HOME TO SHARE WITH YOU.

When I travel, I do more than take photos—I capture feelings, traditions, and the little things that bring peace.

I listen. I learn. I experience.
And then I bring it home.

Through sounds, rituals, recipes, and stories, I share pieces of the world so you can enjoy them right where you live.

You may not be able to travel everywhere...

But peace can come to you.



Every place taught me something beautiful.



BALI

Taught me the beauty of slowing down and living with devotion.



COOK ISLANDS

Taught me simplicity, gratitude, and the joy of island time.



VIETNAM

Taught me ancient healing traditions and the power of herbs.



NEW ZEALAND

Taught me the power of nature, fresh air, and inner peace.

SOUNDS I BROUGHT HOME FOR YOU

- ♥ Ocean waves from the Cook Islands
- ♥ Rain in the rice fields of Bali
- ♥ Temple bells and gongs
- ♥ Vietnam rivers and gentle markets
- ♥ New Zealand birds, wind, and streams

*Close your eyes. Take a breath.
Let the world calm your soul.*

HOW I CAPTURE & CREATE



I CAPTURE

Photos, videos, sounds, and moments that touch my heart.



I LISTEN

To nature, to traditions, and to the wisdom of the people.



I LEARN

Ancient rituals, healing techniques, and local wellness secrets.



I SHARE

Through recipes, meditations, and experiences you can enjoy at home.

My goal is simple: to bring peace, wellness, and the world's best home to you.

WAYS TO BRING THE WORLD HOME TO YOU



SOUND THERAPY

Let the sounds guide you to relaxation.



HERBAL TEAS

Sip healing teas inspired by traditions.



DIY SPA RECIPES

Use natural ingredients from around the world.



RITUALS

Create simple rituals that bring peace.



JOURNAL

Reflect, write, and dream about your next journey.



GRATITUDE

Be thankful for what you have right now.

The world is a beautiful place... and the best part is sharing it with you.

“

Travel isn't just about seeing new places.
It's about collecting moments that change your heart.
Let me bring those moments home to you.



CHAPTER TEN

Begin Today



YOU DON'T HAVE TO WAIT
FOR THE PERFECT TIME.
THE PERFECT TIME IS NOW.

You don't need more time, more
money, or more stuff to create
peace, wellness, and a home spa.

You just need a decision.

A decision to choose you.

A decision to slow down.

A decision to begin.

Small steps create big changes.

One breath. One moment. One choice.

*Begin today. Your future self
will thank you.*



My Swing



My Peaceful Garden



My Fountains



My Hammock



My Spa Room

TODAY, I CHOOSE...

- ♡ To slow down
- ♡ To breathe
- ♡ To be kind to myself
- ♡ To create peace
- ♡ To live with gratitude
- ♡ To love where I am

I choose me.

A SIMPLE START

- ♡ Light a candle.
- ♡ Take a deep breath.
- ♡ Play a calming sound.
- ♡ Make a cup of herbal tea.
- ♡ Enjoy five minutes just for you.

*Little moments
create a beautiful life.*

YOU ARE WORTH

- THE TIME**
To rest and recharge.
- THE CARE**
To nourish your body and soul.
- THE PEACE**
To create a space that heals.
- THE JOY**
To live a life you love.

You are so worth it.

A NOTE TO REMEMBER

There will be days when life
feels busy and overwhelming.
That's okay.

Come back to your rituals.
Come back to your breath.
Come back to you.

You are never too busy
to take care of yourself.

You are never alone.

DAILY REMINDERS FOR A PEACEFUL LIFE



BREATHE

Take a deep breath.
It brings you home.



NOURISH

Feed your body
foods that make
you feel good.



MOVE

Gentle movement
keeps your body
and mind happy.



BE KIND

Speak kindly to
yourself. You're
doing your best.



REFLECT

Write, dream, and
be grateful for
what you have.



REST

A good night's
sleep is a powerful
healing gift.



ENJOY

Find joy in the
simple things
every day.

“ The best journey is the one that leads you home to yourself.

Begin today. You've got this.





CHAPTER ELEVEN

Creating Your Sanctuary



YOUR SPACE. YOUR PEACE.
YOUR HOME SPA.

A sanctuary isn't about how much space you have or how much money you spend. It's about how your space makes you feel.

It's a place that supports your body, calms your mind, and feeds your soul.

It's a place that reminds you...

You are important.

You are worthy.

You are loved.



Your home doesn't have to be perfect.

It just has to be peaceful.



DESIGN YOUR SANCTUARY

- Find a space that feels calm to you.
- Let in natural light if you can.
- Bring in things that make you smile.
- Use soft textures, candles, and cozy touches.
- Add plants—they bring life and fresh energy.
- Keep only what supports your peace.

Make it a place you can't wait to come home to.



My Swing



My Peaceful Corner



My Fountains



My Hammock



My Relaxation Space



LESS REALLY IS MORE

CLEANING. ORGANIZING. DECLUTTERING.
MAKING ROOM FOR PEACE.

- Clutter creates stress. Simplicity creates calm.
- You don't need to do it all at once.
- Start small. One drawer. One shelf. One corner.
- Keep what you love and use.
- Let go of what you don't need.
- Make space for what truly matters.

When you clear the clutter, you create space for peace to fill in.



A SIMPLE DECLUTTER TIP

Take three items that you don't really use or care about.



Give them away so they can bless someone else's life.

It's amazing how good it feels to let go and know that you've made a difference for someone else.



QUESTIONS TO HELP YOU DECIDE

- Does this item support my peace?
- Do I love it?
- Do I use it?
- Does it make me feel good?
- If not, it's time to let it go.

Choose peace.

Choose what lifts you up.

Choose you.



IDEAS TO CREATE YOUR SANCTUARY



OPEN THE SKY

Let in fresh air and natural light. Look up and breathe.



SACRED CORNERS

Create a small space for prayer, meditation, or stillness.



WATER FEATURES

The sound of water brings calm, cleanses energy, and soothes the soul.



CALMING SOUNDS

Play soft music, nature sounds, or your favorite meditation.



NATURAL SCENTS

Use essential oils, herbs, and candles to create a peaceful atmosphere.



LOVE YOUR SPACE

This is your time, your space, your sanctuary.

Your sanctuary doesn't have to be big. It just has to be yours.



“When you create a sanctuary at home, you create peace inside.

This is your sanctuary. Nurture it. Enjoy it. Live in it.





CHAPTER TWELVE

Choose Your Space, Gather Slowly

CREATE PEACE WHERE YOU ARE.
BUILD BEAUTIFULLY OVER TIME.



You don't need a big house
or a perfect room to create
a home spa.

You just need a space
that feels like you.

Start with what you have.
Love it as it is.
Add to it slowly.
Let it grow with you.

*Peace is built
one intention at a time.*

CHOOSE YOUR SPACE



Bedroom

Create a calm
retreat for rest,
relaxation, and
deep sleep.



Bathroom

Turn your bath
or shower into
a soothing
spa experience.



Patio or Garden

Enjoy fresh air,
nature sounds,
and the beauty
around you.



Apartment

Small spaces
can still create
big feelings of
peace and joy.



One Corner

It only takes
one corner to
create your
sanctuary.

GATHER SLOWLY, BUILD OVER TIME

You don't have to buy everything at once.
The most beautiful sanctuaries are
gathered with love, little by little.

- Choose what speaks to you.
- Buy what you love.
- Use what you already have.
- Add one or two things at a time.
- Let your space grow with you.

*It's not about perfection.
It's about intention.*

SIMPLE WAYS TO START

- Set a budget you feel good about.
- Look for items that bring peace, not clutter.
- Shop your home first.
- Repurpose items in new ways.
- Pick quality over quantity.
- Remember—less really is more.

*Slow down. Enjoy the journey.
Make it yours.*

IDEAS TO GATHER BEAUTIFULLY



Candles

Set the mood.
Choose scents
that relax
and uplift.



Plants & Flowers

Bring life,
fresh air, and
natural beauty
into your space.



Soft Textures

Blankets, pillows,
robes, and towels
create comfort
and warmth.



Essential Oils

Scents can calm
your mind, lift
your mood, and
support wellness.



Calming Sounds

Music, nature
sounds, or
meditations
soothe your soul.



Meaningful Items

Things that inspire,
encourage, and
remind you of
what matters.

There is no rush.
There is no right
or wrong.
There is only
your sanctuary.

YOUR SANCTUARY, YOUR WAY

Whether it's a whole room or just a small corner,
your sanctuary is a reflection of you.

A place where you can...



Rest
your body



Calm
your mind



Nourish
your soul

You deserve this.

REMEMBER

The magic is in the moments you create.
The peace is in the space you build.
The power is in choosing you.

*Gather slowly.
Build over time.*

Live in peace every day.

Your sanctuary
doesn't have
to look a certain
way. It just has
to feel like
peace to you.

“ Your space can change your mood. Your mood can change your day.

Your sanctuary can change your life.





CHAPTER THIRTEEN

Set the Mood, Nourish Your Soul



CREATE A HOME SPA EXPERIENCE
THAT SOOTHES EVERY SENSE.

The right details transform your space into a sanctuary. You don't need a lot—just a few beautiful touches that speak to your heart.

Let's awaken your senses and create a peaceful, spa-like experience at home.

*You deserve this.
You are worth it.
You are enough.*



LIGHTING

- Use soft, warm lighting.
- Candles, salt lamps, or fairy lights.
- Natural light is beautiful during the day.
- Dim the lights and take a deep breath.



*Let the light
bring you calm.*



MUSIC & AFFIRMATIONS

- Choose music that relaxes and uplifts you.
- Listen to affirmations that fill your heart with peace and confidence.
- My meditation and affirmation videos are included for you.
- Let the words and music wash over your soul.



*Let every sound
support your healing.*



NATURE SOUNDS

- Enjoy the sounds of rain, ocean waves, birds, forests, waterfalls, and more.
- These are actual recordings I captured while traveling the world.
- They are included in your home spa experience.
- Close your eyes and let nature take you there.



*Nature has a way
of bringing us home.*



ESSENTIAL OILS

- Essential oils can calm your mind, uplift your mood, and support your wellness.
- Simple. Safe. Natural.
- I use doTERRA essential oils and share my favorites with you.
- Learn how to use them in easy, everyday ways.



*Small drops, big benefits.
Nature's gifts for your body
and your home.*



VIDEOS & MEDITATIONS

- You have access to a library of beautiful videos created just for you.
- Sound therapy with my travel recordings
 - Affirmations for confidence, peace, and self-love
 - Guided meditations for rest and renewal
 - Chakra balancing & energy healing
 - Relaxing nature scenes
- Use them during your spa rituals, or anytime you need a reset.



*Press play.
Take a breath.
Let healing begin.*



WHAT'S ON THE WEBSITE

Everything you need to create your home spa is right here.

- DIY Spa Recipes & Rituals (FREE)
- Home Spa Experience (\$99)
- Sound Therapy & Meditation Videos
- Essential Oils / Free Classes
- Wellness Drinks & Herbal Teas
- Tips, Guides & Inspiration

*I'm here to guide you
every step of the way.
You are never alone.*



Use what is simple and safe for you and your family.



Choose natural ingredients that nourish your body and your home.



Listen to your body. Do what feels good and honor your needs.



Be gentle with yourself. You are doing amazing.



Healing is a journey. Enjoy every beautiful step.

You don't have to be perfect. You just have to begin.



“ Create moments that make you feel like you.
Fill your space with things that bring you peace.

This is your time. This is your home. This is your sanctuary.





CHAPTER FOURTEEN

Tea Rituals, Spa Baskets & Your Wellness Routine



SIMPLE RITUALS. THOUGHTFUL TOUCHES.
A ROUTINE THAT NOURISHES YOU.

Small daily rituals bring big changes.

A warm cup of tea.

A cozy bath.

A quiet moment just for you.

You don't need a lot of time or money—just intention.

*You are worth the time.
You are worth the care.
You are worth it.*



TEA RITUALS

SIP. SLOW DOWN. NOURISH YOUR BODY & SOUL.

Enjoy a different tea for how you feel and what your body needs. These gentle herbal blends support relaxation, digestion, sleep, immunity and more.

- ♥ Morning Wellness Tea – start your day with clarity and calm
- ♥ Sweet Dreams Tea – relax and rest deeply
- ♥ Digestive Comfort Tea – soothe and support your tummy
- ♥ Stress Less Lavender Tea – calm your mind and heart
- ♥ Immune Support Tea – strengthen and protect
- ♥ Spa Day Herbal Tea – a luxury treat just for you

All tea recipes are included in your Home Spa Experience and available for download at TheLadybugSpa.com.



SPA BASKETS

A BEAUTIFUL WAY TO BRING SPA TO YOUR DAY.

Create a basket filled with things that help you relax, refresh, and feel cared for.

- ♥ Fill it with items you love and use
- ♥ Include teas, oils, candles, bath salts, soft cloths, journals, or anything that brings you peace
- ♥ Keep it in your bathroom, bedroom, or your special space
- ♥ Use it often and refill it with intention

Shop online at TheLadybugSpa.com for handpicked products and spa essentials. Or visit op shops (thrift stores) to find beautiful, unique treasures at a great price!



YOUR WELLNESS ROUTINE – SMALL STEPS, BIG IMPACT



MORNING – SET THE TONE

- ♥ Wake up a little earlier
- ♥ Drink warm lemon water or herbal tea
- ♥ Stretch or move your body gently
- ♥ Use your favorite essential oil
- ♥ Take a few deep breaths
- ♥ Set an intention for your day

Begin your day with peace and purpose.



EVENING – WIND DOWN

- ♥ Dim the lights and slow down
- ♥ Enjoy a calming tea
- ♥ Take a warm bath or foot soak
- ♥ Use relaxing essential oils
- ♥ Listen to a meditation or nature sounds video
- ♥ Write in your journal
- ♥ Be grateful for your day

End your day with gratitude and rest.



WEEKLY – YOUR TIME

- ♥ Choose one day just for you
- ♥ Enjoy a longer bath or spa ritual
- ♥ Try a new DIY recipe
- ♥ Listen to a sound therapy or meditation video
- ♥ Declutter a space
- ♥ Do something that makes you smile

Make self-care a regular part of your week.



REMEMBER

You don't have to be perfect.
You just have to be consistent.

Start small. Stay gentle.
Keep showing up for you.

You are your greatest investment.



LISTEN, RELAX & HEAL

Enjoy my collection of sound therapy, meditation, and affirmation videos—created with love from my travels around the world.

- ♥ Nature sounds from beautiful places
- ♥ Guided meditations for peace and healing
- ♥ Affirmations for confidence, self-love & joy
- ♥ Chakra balancing & energy healing

All videos are available for you at TheLadybugSpa.com.



SIMPLE. SAFE. NATURAL.

- ♥ Use simple ingredients
- ♥ Choose safe, natural products
- ♥ Avoid harsh chemicals
- ♥ Trust nature's wisdom
- ♥ Listen to your body

*Nature provides.
You enjoy.
You heal.*



Rituals bring rhythm. Routine brings peace. You bring it all together.

You are creating a beautiful life—right where you are.





CHAPTER FIFTEEN

Faith & Stillness, Scriptures for Peace & Your Wellness Journal



NOURISH YOUR SOUL. WRITE YOUR HEART. FIND YOUR PEACE.

True wellness begins within. When we quiet our hearts and connect with God, we find strength, peace, and perfect guidance.

Take time to be still. Listen. Reflect. Trust. He is always with you.

*You are never alone.
You are deeply loved.
You are held in His perfect care.*



FAITH & STILLNESS

Making space for God doesn't have to be complicated. It can be as simple as:

- ♥ A few quiet minutes in the morning
- ♥ A prayer of gratitude
- ♥ A deep breath and a trustful heart
- ♥ Knowing He walks with you through every moment



When you rest in Him, you are renewed in every way.

SCRIPTURES FOR PEACE

Let God's Word calm your heart and renew your mind.

- ♥ "Be still, and know that I am God."
Psalm 46:10
- ♥ "Come to Me, all who are weary and burdened, and I will give you rest."
Matthew 11:28
- ♥ "I can do all things through Christ who strengthens me."
Philippians 4:13
- ♥ "Cast all your anxiety on Him because He cares for you."
1 Peter 5:7
- ♥ "The Lord is my shepherd; I lack nothing."
Psalm 23:1

YOUR WELLNESS JOURNAL

Journaling is a beautiful way to care for your mind, body, and soul.

Use your journal to:

- ♥ Write down what you're grateful for
- ♥ Release worries and negative thoughts
- ♥ Set intentions and goals
- ♥ Reflect on what brings you joy
- ♥ Record prayers and answered prayers
- ♥ Celebrate small victories



Your journal is your safe space. Let it be honest, real, and always filled with kindness toward yourself.

IDEAS TO DEEPEN YOUR FAITH & JOURNAL PRACTICE



READ & REFLECT

Choose a daily scripture and meditate on it. Let it guide your day.



PRAYER TIME

Talk to God throughout your day. He loves hearing from you.



GRATITUDE

Write down 3 things you are thankful for each day.



WRITE FREELY

Write whatever is on your heart. There are no rules.



PAUSE & BREATHE

Take moments to breathe, to be still, and to listen.



TRUST HIS PLAN

Release what you can't control and trust that He is working all things for good.

Peace comes when you give it all to God and allow Him to carry it for you.

SIMPLE WAYS TO BEGIN

- ♥ Find a quiet place where you won't be disturbed.
- ♥ Keep your journal and a pen nearby.
- ♥ Set a timer for just 5–10 minutes to start.
- ♥ Light a candle and take a few deep breaths.
- ♥ Invite God into your time.
- ♥ Write from your heart.

Small steps lead to beautiful transformation.

GENTLE REMINDERS

- ♥ You are enough.
- ♥ You are loved beyond measure.
- ♥ You are forgiven.
- ♥ You are a child of God.
- ♥ You are not alone.
- ♥ You are becoming who He created you to be.

Hold on to His promises. They are your anchor.

A PRAYER FOR YOU

Lord,
Thank You for this day,
for Your love, Your grace,
and Your never-ending faithfulness.
Help me to be still,
to trust You more,
and to write a life that honors You.
Fill my heart with peace
that only You can give.
Amen.

“Be still. Write your heart. Trust His plan. *This is where peace begins.*”





CHAPTER SIXTEEN

Where to Begin Create Your Sanctuary



You don't need a perfect home.
You don't need a lot of money.
You simply need a peaceful space
that makes you feel good.

Your sanctuary will grow over time—
just as mine did.



ONE JAR. ONE CANDLE. ONE TOWEL.
ONE INTENTIONAL CHOICE.

Start today.

My home spa was created
little by little with love.



GRANDMA WENDY'S TIPS TO HELP YOU CREATE YOURS



LOOK IN UNEXPECTED PLACES



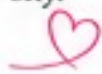
Some of my favorite
treasures came from op
shops for a fraction of
the price. My swing was
only \$15 and it became
one of my favorite
quiet places.



BE PATIENT



My large soaking tub
usually costs thousands
of dollars. I found it for
only \$100! My husband
Tony built my spa room
around it. Now I soak
while looking up at the
trees and sky.



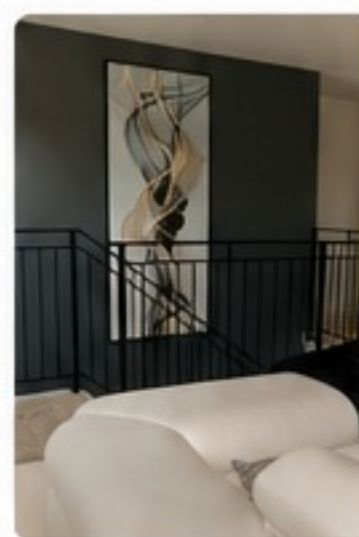
BRING NATURE INSIDE



Plants instantly bring
life, calm, and fresh
energy. Living in New
Zealand, I'm surrounded
by beautiful greenery
that makes my space
feel like a retreat.



INVEST SLOWLY



My fountains and special
pieces weren't cheap.
I waited until I could
afford what I truly loved.
Sometimes waiting
creates something even
more beautiful.



ONLY BUY WHAT YOU TRULY LOVE



I'm very selective. If
something doesn't make
me smile or bring peace,
I don't buy it. When
you surround yourself
with what you love,
it shows.



CREATE WITH INTENTION



Every candle, towel,
plant, and soft blanket
in my home has a
purpose—to help me
slow down, breathe deep,
and reconnect with
what matters most.



IDEAS TO USE AS YOU BEGIN

- ♡ Start with one thing you love.
- ♡ Choose a corner and make it yours.
- ♡ Use candles, soft lighting, and cozy textures.
- ♡ Add plants, water, and natural elements.
- ♡ Keep what brings you peace and let go of the rest.
- ♡ Shop online at TheLadybugSpa.com for spa essentials.
- ♡ Visit op shops and thrift stores to find unique, beautiful treasures.



*Your sanctuary
doesn't have to be
perfect.*

It only needs to be
perfect for you.



Take a deep breath.
You are creating a lifestyle
of peace, not just a room.

A FEW OF MY FAVORITE SPACES



Gather & Connect



Relax & Unwind



Soak & Breathe



Refresh & Renew



Heal & Restore



Peace & Stillness



REMEMBER...

You don't build a spa overnight.
You create it day by day,
with small, loving choices.
Trust the process.
Enjoy the journey.
You deserve this.



Light the candle.
Let it remind
you to slow
down.



Feel the plants.
Let nature
refresh your
soul.



Listen to water.
Let it wash
your worries
away.



Sip your tea.
Let it warm
your body
and heart.



Choose peace.
Let it be your
daily
intention.

You are worthy
of a beautiful
space that
nourishes your
body, mind,
and spirit.



“ Start where you are. Use what you have. Do what you can.

You are creating a sanctuary. You are creating a life you love.





CHAPTER SEVENTEEN

Your Next Adventure

Choose Your First Destination



THE WORLD IS BEAUTIFUL. SO ARE YOU.

Let's keep exploring—together. ♡

WHERE WILL YOUR HEART TAKE YOU NEXT?

Each place offers beauty, peace, and lessons for the soul.



Bali

Island of the Gods

Sacred temples, healing rituals, ocean breezes, and a slower way of life.



Vietnam

Land of Timeless Beauty

Vibrant culture, kind hearts, stunning landscapes, and flavors that warm the soul.



New Zealand

Land of Natural Wonders

Majestic mountains, hot springs, fresh air, and peaceful places that restore and renew.



More to Explore...

The World Awaits

From quiet beaches to bustling cities, every journey changes you in the most beautiful ways.



WHERE WILL YOU GO FIRST? ♡

Take the journey. Collect the memories.

Bring the inspiration home.

I'll be right here with you. ♡



A LETTER FROM GRANDMA WENDY

Hello, my beautiful friend,

If you've made it this far, I want you to know how proud I am of you.

You took time for yourself. You chose peace. You said "yes" to creating a life that feels good on the inside.

My prayer is that this Home Spa Experience becomes more than just ideas on pages... that it becomes part of your everyday life.

You are worthy of rest.
You are worthy of joy.
You are worthy of a beautiful life.

I have traveled the world collecting rituals, wisdom, and inspiration so that I could bring them home to you.

But the most powerful spa experience you can ever have...

is the one you create for yourself.



*With love,
Grandma Wendy* ♡



YOUR HOME SPA JOURNEY IS JUST THE BEGINNING



Keep learning.
Stay curious.
Keep growing.



Keep practicing.
Small rituals
create big
changes.



Keep believing.
You can create
peace right
where you are.



Keep shining.
The world needs
your light and
your beauty.



Keep exploring.
The world is full of
wonders waiting
for you.

*Thank you for
letting me be a part
of your journey.*

Until our next
adventure together!



“ You deserve peace. You deserve rest. You deserve this.
Create your home spa. Create your life. Create your joy. ♡

