

BOOK

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— THE LADYBUG SPA —

MĀNUKA HONEY

— . & . —

Native Botanicals SPA EXPERIENCE



NOURISHING RITUALS INSPIRED BY
NEW ZEALAND'S LAND, PEOPLE & PLANTS

Nature heals. Connection restores. Simplicity brings us home. ♡

HOLISTIC
TREATMENTS
TEA & DRINK
RITUALS
MEDITATION
SOUND THERAPY



BREATHE DEEP. SLOW DOWN.

Bring the wisdom of New Zealand
INTO YOUR HOME & YOUR HEART.



With love,



Wendy Ladybug



TheLadybugSpa.com



WELCOME TO YOUR MĀNUKA HONEY & NATIVE BOTANICALS SPA EXPERIENCE

From New Zealand's land... into your home. ♡

During my time in New Zealand, I discovered that some of the most meaningful wellness traditions are also some of the simplest—plants from the land, fresh air, warm water, nourishing food, quiet moments and time to slow down.



Mānuka became especially meaningful to me. I was fortunate to learn more about the mānuka plant and honey from local Māori people and to receive beautiful mānuka honey as a gift. It became something I regularly use in my own wellness rituals.



Now I want to share a New Zealand-inspired experience that you can create right where you live. ♡



YOUR EXPERIENCE WILL INCLUDE



Mānuka-inspired skin and body rituals



A relaxing bath or foot ritual



A massage / body experience



A mānuka wellness drink



A New Zealand-inspired tea ritual



Meditation & sound therapy



A 10-Minute Māori Music Reset Video
Inspired by a Māori elder and gifted to me for a New Zealand reset. ♡



Your complete Mānuka Home Spa Day



A GIFT FROM NEW ZEALAND



The Māori people have cared for this land for generations. Their respect for nature, connection to the elements and the art of slowing down are a beautiful part of New Zealand's wellness traditions. I am honored to share this with you.

We thank the Māori people for their wisdom, their kindness and their gifts. ♡

YOU DON'T HAVE TO TRAVEL TO NEW ZEALAND TO EXPERIENCE A LITTLE OF ITS PEACE.

Gather what you need. Slow down. And let your New Zealand spa experience begin. ♡

With love, ♡ Wendy Ladybug 



EXPERIENCE 1

MĀNUKA HONEY

Facial Ritual

NOURISH • HYDRATE • SOOTHE • GLOW

Mānuka honey is a treasured gift from New Zealand. It is known for its purifying, healing and deeply nourishing properties. Combined with gentle botanicals, it helps your skin feel clean, calm, and beautifully renewed.

*A little nature. A little time. A little love.
It's all your skin needs.* 

WHAT YOU'LL NEED

- ♥ 2 tsp mānuka honey
- ♥ 1 tsp plain yogurt
- ♥ 1 tsp finely ground oats
- ♥ 1 tsp aloe vera gel
- ♥ 1 drop doTERRA Lavender essential oil (optional)
- ♥ Small bowl
- ♥ Soft facial brush or clean fingers
- ♥ Warm, damp face cloth

Simple. Natural. Nourishing. 

HOW TO MAKE IT

1. Add the mānuka honey, yogurt, ground oats and aloe vera gel to a small bowl.
2. Mix until you have a smooth, creamy paste.
3. Add 1 drop of Lavender essential oil if using and mix again.

Fresh. Gentle. Made with
goodness from New Zealand.

THE RITUAL

- 1  Cleanse your face. Pat dry.
- 2  Apply the mask evenly to your face and neck, avoiding the eye area.
- 3  Relax and breathe while you let the mask work its magic for 10–15 minutes.
- 4  Use a warm, damp cloth to gently remove the mask. Rinse if needed.
- 5  Pat your skin dry and apply your favorite moisturizer or facial oil.

Breathe. Relax. Receive. 

WHY YOU'LL LOVE THIS

- ✓ Mānuka honey helps purify and hydrate the skin.
- ✓ Yogurt gently exfoliates and softens.
- ✓ Oats soothe irritation and calm sensitive skin.
- ✓ Aloe vera cools, hydrates and helps skin feel refreshed.
- ✓ Lavender essential oil promotes relaxation and balance.
- ✓ Helps your skin look brighter, smoother and more radiant.
- ✓ A beautiful way to slow down and care for yourself.



*Healthy skin. Happy heart.
Natural beauty from New Zealand.* 

GRANDMA WENDY'S TIP

- ♥ I love doing this facial after time in the sun, after salty ocean days, or anytime my skin needs a little extra love. It's simple, affordable, and your skin will thank you!

Self-care isn't selfish.
It's how we keep showing up
as our best selves. 

10-MINUTE MĀORI MUSIC RESET VIDEO 

Inspired by a Māori elder and gifted to me for a New Zealand reset. This beautiful 10-minute video with Māori music helps you breathe deeper, release stress and return to calm. *Use it before or after your facial.*



With love,  Grandma Wendy 



MĀNUKA HONEY BODY SCRUB & SKIN RITUAL

Nourish. Renew. Glow. ♥

A NEW ZEALAND RITUAL FOR SILKY, HEALTHY SKIN

Mānuka honey touches the skin with nature's goodness. ♥
Mixed with nourishing ingredients, it gently exfoliates,
hydrates and leaves your skin feeling soft, smooth
and beautifully renewed.

*Treat your skin. Slow down.
You deserve this moment.* ♥



WHAT YOU'LL NEED



- ♥ 3 Tbsp mānuka honey
- ♥ 3 Tbsp coconut oil (melted)
- ♥ 1/2 cup finely ground oats
- ♥ 2 Tbsp brown sugar
- ♥ 1 tsp almond meal (optional)
- ♥ 5 drops doTERRA Lavender or Wild Orange essential oil (optional)
- ♥ Bowl and spoon
- ♥ Warm shower

*Simple ingredients. ♥
Amazing results.*



HOW TO MAKE IT



1. In a bowl, mix mānuka honey, melted coconut oil, oats, brown sugar and almond meal.
2. Stir until you have a thick, scrubby texture.
3. Add essential oil if using and mix again.

♥
Fresh. Natural.
Made with love in your home.



THE RITUAL



1. Shower with warm water to open your pores and relax.
2. Massage the scrub all over your body in gentle, circular motions.
3. Pay extra love to dry areas like elbows, knees and feet.
4. Rinse well and feel your skin come alive.
5. Pat dry and apply your favorite body butter or oil.
6. Wrap yourself in a warm towel or robe. Breathe. Be still.
7. Take a few quiet minutes just for you.

You are worth this time. ♥

BENEFITS



- ✓ Exfoliates away dull, dry skin.
- ✓ Mānuka honey is naturally antibacterial and helps support healthy, clear skin.
- ✓ Deeply nourishes and locks in moisture.
- ✓ Improves skin texture and tone.
- ✓ Leaves skin feeling soft, smooth and beautifully radiant.
- ✓ A calming ritual that reduces stress and lifts your mood.



Healthy skin. Happy heart. ♥

CREATE THE NEW ZEALAND FEELING



You don't have to live near the ocean to enjoy this ritual.
Create your own New Zealand sanctuary wherever you are.

- ♥ Play the sounds of ocean waves, gentle rain or New Zealand bird sounds.
- ♥ Open a window and listen to the breeze or the rain.
- ♥ Light a candle and close your eyes.
- ♥ Take a deep breath and imagine you are in New Zealand.
- ♥ Sit under your own "meditation porch" and listen to the beauty of nature.

I captured the natural sounds of New Zealand—the waves, the rain and the birds—so you can bring that peace into your home. ♥
Enjoy them with our meditations anytime.





MĀNUKA HONEY BATH & RELAXATION RITUAL ♡

Soak. Restore. Reconnect. ♡

A NEW ZEALAND RITUAL TO CALM YOUR BODY AND MIND

A warm bath is one of the simplest ways to reset your body and quiet your mind.

Mānuka honey and natural botanicals help nourish your skin while the warm water melts away tension. Take this time to slow down and care for YOU.

You deserve this peaceful moment. ♡



WHAT YOU'LL NEED



- ♡ 3–4 Tbsp mānuka honey (plus extra for skin)
- ♡ 1 cup Epsom or sea salt
- ♡ 5 drops doTERRA Lavender or Wild Orange essential oil (optional)
- ♡ Slices of cucumber (optional)
- ♡ Fresh rosemary or native herbs (optional)
- ♡ A candle and quiet time
- ♡ Warm bath ♡



Simple. Natural. Pure relaxation. ♡

HOW TO CREATE IT



1. Add the Epsom or sea salt to your warm running bath.
2. Stir in the mānuka honey until it dissolves.
3. Add essential oil if using and swirl gently with your hand.
4. Add cucumber slices and herbs for an extra touch.

Step in. Breathe deep.
Let the warmth surround you.



THE RITUAL



- 1 Light a candle and set the intention to relax and restore.
- 2 Step into your warm bath slowly.
- 3 Soak for 20–30 minutes.
- 4 Relax your body and quiet your thoughts.
- 5 Play your New Zealand meditation or nature sounds.
- 6 When you're ready, rinse your body gently.
- 7 Pat dry and apply your favorite body butter or oil.

You are home. You are enough. ♡

BENEFITS



- ✓ Eases tired muscles and tension
- ✓ Supports better sleep
- ✓ Softens, hydrates and nourishes the skin
- ✓ Helps calm the nervous system
- ✓ Promotes relaxation and stress relief
- ✓ Creates a peaceful pause in your day for YOU

Rest is productive too. ♡



BRING NEW ZEALAND HOME



Even if you're not near the ocean, you can still enjoy the natural sounds of New Zealand.

- ♡ I captured the sounds of ocean waves from many beautiful places.
- ♡ I also captured the gentle rain that falls so often in New Zealand.
- ♡ You'll hear native New Zealand birds singing in the forests and near the water.
- ♡ Listen to these sounds and our meditations anytime to relax, reset and restore.

Close your eyes... and let New Zealand come to you. ♡



With love, ♡ Grandma Wendy



MĀNUKA HONEY & KIWI WELLNESS DRINK

Nourish. Refresh. Enjoy New Zealand. ♡

A DELICIOUS WAY TO CARE FOR YOUR BODY FROM THE INSIDE OUT

A gift from New Zealand. ♡

While I was traveling in New Zealand, I learned so much about the mānuka plant and the powerful honey it creates. The Māori people in the areas where mānuka grows generously shared their knowledge—and gifted me the most beautiful mānuka honey. I started using mānuka honey in my daily wellness drinks while I was there, and it quickly became a favorite part of my morning routine.

Now I'm so happy to share it with you. ♡



WHAT YOU'LL NEED



- ♡ 1 ripe kiwi (peeled and chopped)
- ♡ 1 tsp mānuka honey
- ♡ Juice of 1/2 lemon
- ♡ 1/2 tsp fresh grated ginger
- ♡ 1 cup warm water (not boiling)
- ♡ A few fresh mint leaves (optional)
- ♡ Ice cubes (optional)
- ♡ A beautiful cup for YOU

*Simple ingredients.
Extraordinary benefits. ♡*

HOW TO MAKE IT



- 1 Place the chopped kiwi in a glass or cup.
 - 2 Add lemon juice and grated ginger.
 - 3 Pour in warm water.
 - 4 Add the mānuka honey.
 - 5 Stir gently until the honey is dissolved.
 - 6 Add mint leaves or ice if desired.
- Enjoy slowly and mindfully.

*Made with love.
Made for YOU. ♡*

WHY MĀNUKA?



- ✓ Mānuka honey is known for its natural antibacterial properties.
- ✓ It supports a healthy immune system.
- ✓ It soothes the digestive system.
- ✓ It provides natural energy without the crash.
- ✓ It helps your body feel balanced and more resilient.

*A small step each day
creates big changes over time. ♡*

GRANDMA WENDY'S

New Zealand Morning Ritual

- ☀️ Make this drink each morning.
- ☕ Take it outside or sit near a window.
- 🌿 Breathe in the fresh air.
- ♡ Listen to the sounds of nature.
- 📖 Set your intention for a beautiful day.
- 📖 Sip slowly. Be present. Be grateful.

This is your time. You are worth it. ♡



DELICIOUS VARIATIONS



- ♡ Tropical Kiwi
Add a few chunks of pineapple or mango for extra tropical flavor.
- ♡ Cleansing Lemon
Add a slice of lemon and a pinch of turmeric.
- ♡ Cooling & Refreshing
Blend all ingredients with a few ice cubes for a refreshing smoothie.



BRING NEW ZEALAND INTO YOUR DAY



I captured the natural sounds of New Zealand so you can experience the peace of this beautiful land wherever you are.



Ocean Waves



Gentle Rain



Native Birds



Guided Meditations

Close your eyes, take a deep breath, and let New Zealand surround you. ♡



With love, ♡ Grandma Wendy



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MĀNUKA HONEY & KIWI FOOT SOAK RITUAL

Rest Your Feet • Quiet Your Mind • Bring New Zealand Home

SOOTHE. SOFTEN. RELAX. YOU DESERVE THIS.

After a day of exploring, walking, or simply doing life, your feet carry you every step. This beautiful foot soak with mānuka honey, kiwi and mineral salts will soften, refresh and renew tired feet—while calming your mind.

*Healthy feet. Happy heart.
A little time for YOU.* ♥



Take 15–20 minutes just for you. You are worth it.

WHAT YOU'LL NEED

- ♥ 2 tbsp mānuka honey
- ♥ 1 cup warm water
- ♥ 1/2 cup Epsom salt
- ♥ 1 ripe kiwi (sliced)
- ♥ 5 drops doTERRA Lavender or Wild Orange essential oil (optional)
- ♥ Fresh mint leaves (optional)
- ♥ A basin or foot spa
- ♥ Towel and moisturizer

*Simple ingredients.
Powerful results.* ♥



HOW TO MAKE IT

1. Fill a basin or foot spa with warm water.
2. Add Epsom salt and stir to dissolve.
3. Add mānuka honey and stir until the water turns silky.
4. Add kiwi slices, essential oil and mint leaves.
5. Gently stir and your foot soak is ready.

*Warm. Soothing.
Naturally refreshing.* ♥



THE RITUAL

- 1 Sit comfortably and place your feet in the warm soak.
- 2 Soak for 15–20 minutes.
- 3 Relax your body and quiet your mind. Breathe deeply.
- 4 Enjoy your New Zealand meditation or nature sounds.
- 5 Dry your feet gently.
- 6 Massage your feet with your favorite moisturizer or body butter.
- 7 Put on cozy socks if you like and rest for a few quiet minutes.

Grateful feet take you further. ♥

BENEFITS

- ✓ Mānuka honey moisturizes and softens rough, tired feet.
- ✓ Epsom salt helps ease sore muscles and reduce swelling.
- ✓ Kiwi is rich in natural enzymes and vitamins that refresh and invigorate.
- ✓ Essential oils relax the mind and promote rest.
- ✓ A warm soak improves circulation and leaves feet feeling renewed.

Happy feet. Happy you. ♥



GRANDMA WENDY'S Little Foot Spa

- ♥ Light a candle.
- ♥ Put on your robe.
- ♥ Make your mānuka honey drink or tea.
- ♥ Soak. Breathe. Be still.
- ♥ This is your time. Just for YOU.

It's amazing what a little self-care can do! ♥



DON'T HAVE A FOOT SPA?

No worries! You can still enjoy this ritual anywhere.

- ♥ Use a large bowl or basin.
- ♥ Sit on a comfortable chair.
- ♥ Add warm water and your ingredients.
- ♥ Enjoy every minute!

*Simple. Easy.
Always possible.* ♥



BRING NEW ZEALAND INTO YOUR HOME

I captured the natural sounds of New Zealand so you can experience the peace of this beautiful land wherever you are.



Ocean waves that calm your soul



Gentle rain that washes stress away



Native birds that sing you home

Close your eyes. Let the sounds and meditations bring New Zealand to you. ♥

With love, ♥ Grandma Wendy

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Make it.
Use it.
Love your
beautiful
skin.

MĀNUKA HONEY & KIWI GLOW BODY BUTTER

Nourish. Hydrate. Glow Naturally.

A RICH, CREAMY TREATMENT FOR SOFT, RADIANT SKIN

New Zealand is full of natural treasures.

Mānuka honey deeply nourishes, while kiwi fruit is packed with vitamins and antioxidants that help your skin look fresh and youthful.

This body butter is like a spa day in a jar—made with love for YOU.

Your skin will thank you.



WHAT YOU'LL NEED

- ♥ 3 Tbsp mānuka honey
- ♥ 1 ripe kiwi (mashed)
- ♥ 1/2 cup shea butter
- ♥ 1/4 cup coconut oil
- ♥ 1 Tbsp sweet almond oil
- ♥ 5 drops doTERRA Lavender or Wild Orange essential oil (optional)
- ♥ A clean glass jar with lid

*Simple ingredients.
Luxurious results.*



HOW TO MAKE IT

1. In a small saucepan, melt the shea butter and coconut oil on low heat.
2. Remove from heat and let cool slightly.
3. Stir in the mānuka honey and mashed kiwi.
4. Add almond oil and essential oil if using.
5. Stir until creamy and smooth.
6. Pour into a clean glass jar and let cool to room temperature.

*Made with love.
Made for YOU.*



HOW TO USE IT

1. After your bath or shower, pat your skin dry.
2. Take a small amount and warm it in your hands.
3. Massage all over your body using long, loving strokes.
4. Focus on dry areas like elbows, knees and feet.
5. Let your skin soak up the goodness.
6. Enjoy your soft, hydrated, radiant New Zealand glow!

You are beautiful. You are worth it.

WHY YOUR SKIN WILL LOVE THIS

- ✓ Mānuka honey deeply hydrates and soothes.
- ✓ Kiwi fruit is rich in vitamin C and antioxidants.
- ✓ Shea butter locks in moisture and protects skin.
- ✓ Coconut oil helps soften and smooth.
- ✓ Almond oil nourishes without feeling heavy.
- ✓ Perfect for all skin types.

Healthy skin. Happy heart.



GRANDMA WENDY'S SELF-CARE MOMENT

*Make this part of
your special ritual...*

- Light a candle.
- Sip your mānuka & kiwi wellness drink or tea.
- Put on calming music.
- Take your time. This is your moment.

*Slow down. Breathe.
You deserve this.*



Store in a cool,
dry place.
Use within
2-3 months.

BRING NEW ZEALAND INTO YOUR HOME

Every time you use this body butter, you are connecting with the natural beauty and healing wisdom of New Zealand.

Natural
ingredients

Made with
mānuka honey

Inspired by
New Zealand

Care for your body. Feed your soul.



With love, Grandma Wendy



MĀNUKA HONEY HAIR & SCALP RITUAL

Nourish. Massage. Slow Down. ♥

A NATURAL NEW ZEALAND REMEDY FOR
STRONGER, SHINIER, HEALTHIER HAIR

In New Zealand, I learned the beauty of using natural Mānuka honey for hair and scalp wellness. The honey gently nourishes your scalp, strengthens hair and leaves it feeling soft, healthy and naturally radiant.

*Healthy scalp. Beautiful hair.
Happy you. ♥*



Take time.
Your hair
and mind will
thank you. ♥

WHAT YOU'LL NEED

- ♥ 2 Tbsp mānuka honey
- ♥ 2 Tbsp coconut oil (or olive oil)
- ♥ 1 Tbsp aloe vera gel (optional)
- ♥ 4–6 drops doTERRA Lavender or Rosemary essential oil (optional)
- ♥ Shampoo and warm towel

Simple. Natural. Nourishing. ♥



HOW TO MAKE IT

- 1 Warm coconut oil (or olive oil) in a small bowl.
- 2 Stir in mānuka honey and aloe vera gel.
- 3 Add essential oil if using.
- 4 Mix well and let it cool slightly.

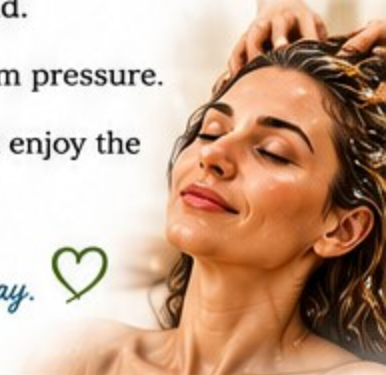
*Made with love,
Made for YOU. ♥*



GRANDMA WENDY'S 5-MINUTE SCALP MASSAGE

- 1 Use your fingertips (not nails).
- 2 Start at your forehead and gently massage in small circles.
- 3 Move to your temples, then the crown of your head.
- 4 Use light to medium pressure.
- 5 Breathe deeply and enjoy the relaxing moment.

Feel the tension melt away. ♥



BENEFITS

- ✓ Nourishes and hydrates the scalp.
- ✓ Strengthens hair from root to tip.
- ✓ Helps reduce dryness and irritation.
- ✓ Adds shine and softness.
- ✓ Creates a calm, spa-like hair experience.

*Stronger hair.
Healthier scalp. ♥*



HAIR CARE TIPS

- ✓ Use this Mānuka honey treatment once a week.
- ✓ Keep hair slightly warm with a towel while the honey works.
- ✓ Rinse with warm water and a mild shampoo.
- ✓ Drink plenty of water for healthy, shiny hair.

*Natural care.
Beautiful results. ♥*



HAIR RITUAL IN ACTION



*Slow down. Massage. Enjoy
the New Zealand calm. ♥*

BRING NEW ZEALAND HOME

A healthy scalp creates healthy hair, a calm mind and a more peaceful you.



Natural
nourishment



Stronger,
shinier hair



Relaxing
spa ritual

Love your hair. Love yourself. ♥



With love, ♥ Grandma Wendy

TheLadybugSpa.com



MĀNUKA HONEY HAND & FOOT RENEWAL RITUAL

Care for the parts of you that carry you through life. ♥

SOFTEN. RESTORE. NOURISH. YOU DESERVE IT.

Our hands and feet work hard for us every single day. This New Zealand-inspired ritual with mānuka honey will soften, smooth and deeply nourish your skin while giving you a moment to slow down and be present.

Small moments of care create big changes. ♥



Perfect for a cozy night in or a spa time with someone you love.

WHAT YOU'LL NEED



- ♥ 2 Tbsp mānuka honey
- ♥ 2 cups warm water
- ♥ 1/4 cup Epsom salt
- ♥ 1 Tbsp coconut oil (melted)
- ♥ 1 Tbsp finely ground oats
- ♥ 5 drops doTERRA Tea Tree or Wild Orange essential oil (optional)
- ♥ A basin for hands and another for feet
- ♥ Towel and moisturizer or body butter

*Simple ingredients.
Powerful care.* ♥



RITUAL – STEP BY STEP



- 1 **WARM SOAK**
Soak your hands or feet in warm water with Epsom salt for 10–15 minutes.
- 2 **MĀNUKA HONEY SCRUB**
Mix mānuka honey, coconut oil and ground oats. Gently exfoliate hands or feet in circular motions.
- 3 **NOURISH & MASSAGE**
Rinse with warm water. Massage a little extra mānuka honey or your favorite lotion into skin.
- 4 **RELAX & ENJOY**
Take a few deep breaths and enjoy the softness. You've earned it!

Slow down. Be kind to yourself. ♥

NEW IDEAS TO TRY



- Add a few drops of lemon essential oil for a bright, uplifting aroma.
- Try a cooling option: add a few slices of cucumber to your soak.
- Dry brush your feet before soaking to improve circulation.
- Follow with cozy socks or cotton gloves overnight for extra softness.
- Keep a small jar of mānuka honey by your bed for evening rituals.

Small extras make it special. ♥



GRANDMA WENDY'S 5-MINUTE FOOT MASSAGE

Give to yourself or trade with a friend or partner. ♥

- 1 **Thumbs:** Press into the arch in small circles.
- 2 **Toes:** Gently pull and release each toe.
- 3 **Soles:** Use your thumbs to glide from heel to toes.
- 4 **Sides:** Massage the outer edges of both feet.
- 5 **Ankles:** Finish with gentle circles around the ankles.

Love feels even better when it's shared. ♥



SHARE THE EXPERIENCE



Make it a connecting moment. Take turns giving each other a hand or foot soak and massage. It's relaxing, meaningful and fun!

Together time is wellness time. ♥



BENEFITS YOU'LL LOVE



- ♥ Mānuka honey deeply nourishes and heals.
- ♥ Soak and scrub soften rough, tired skin.
- ♥ Helps improve circulation and relieve tension.
- ♥ Leaves hands and feet feeling silky smooth.
- ♥ A calming ritual that reduces stress and promotes restful sleep.

Happy hands. Happy feet. Happy you. ♥

MAKE IT A COMPLETE RITUAL



- Dim the lights.
- Play soft music.
- Light a candle or use your diffuser.
- Sip your mānuka tea or drink.
- Wrap up in a cozy robe.
- Enjoy your special time.

You are worth this. ♥



DIFFERENT WAYS TO ENJOY



- ♥ **Quick Refresh (15 min):** Soak + honey massage + rinse.
- ♥ **Deep Renewal (30–40 min):** Soak + scrub + massage + moisturizer.
- ♥ **Overnight Softness:** Massage a little mānuka honey, wear cotton socks or gloves to bed.



BRING NEW ZEALAND INTO YOUR HOME



You may not be standing on a New Zealand beach, but you can still bring a little of its calm home with you.



Ocean breezes



Native nature



Pure ingredients



Simple rituals



Beautiful you

*Close your eyes. Breathe deeply.
Let New Zealand's peace surround you.* ♥



With love, ♥ Grandma Wendy

TheLadybugSpa.com





• EXPERIENCE 9 •

MĀNUKA HONEY GENTLE MASSAGE RITUAL

Relax. Restore. Connect.

A LOVING TOUCH. A CALM HEART.
A BEAUTIFUL YOU.

This is one of the ways I enjoy my own home spa in New Zealand. I taught Tony some simple massage techniques, and sometimes we exchange treatments. You can do the same with a partner, friend, or invite a mobile massage therapist to come to your home.

Because your home spa can also be something beautiful to share.



Touch is one of the most powerful ways to say: I care about you.

WHAT YOU'LL NEED

- ♥ 2–3 Tbsp mānuka honey
- ♥ 2 Tbsp coconut oil (melted)
- ♥ 1 Tbsp sweet almond oil
- ♥ 5 drops doTERRA Lavender essential oil (relaxing)
- ♥ 5 drops doTERRA Wild Orange or Ylang Ylang (uplifting)
- ♥ A warm, quiet space
- ♥ Soft towels and a blanket
- ♥ A partner, friend, or mobile therapist (optional)

*Simple ingredients.
Powerful connection.*



YOUR MASSAGE OIL

Melt and mix:

- ♥ 2–3 Tbsp mānuka honey
- ♥ 2 Tbsp coconut oil
- ♥ 1 Tbsp sweet almond oil
- ♥ Add essential oils.

Stir well and pour into a small bottle or bowl. Warm slightly in your hands before using.

Mānuka honey nourishes your skin while your heart feels the love.

Always do a patch test before using essential oils.



10–15 MINUTE GENTLE RELAXATION MASSAGE

- 1 Back & Shoulders – Long, slow strokes from neck down to lower back.
- 2 Neck – Gentle circles at the base of the skull and along the sides.
- 3 Arms & Hands – Massage from shoulders to fingertips. Include palms and each finger.
- 4 Legs – Long soothing strokes down the legs.
- 5 Feet – Focus on the soles, heels and toes.
- 6 Optional Scalp – Use fingertips to gently massage the scalp.
- 7 Breathe together. Stay present.
- 8 End with loving strokes and a moment of gratitude.

*You can trade, share or hire a professional.
What matters most is connection.*

HOW TO ENJOY THIS RITUAL

- Create a warm, quiet space.
- Play soft music or nature sounds.
- Light a candle or use your diffuser.
- Take turns giving each other a massage.
- Drink your mānuka tea or drink after.
- ♥ Rest and enjoy stillness together.

Spa time. Connection time. You time.

GRANDMA WENDY'S TIPS FOR GIVING & RECEIVING

When giving:

- Use slow, steady, strokes.
- Let your hands be warm.
- Listen to your partner.
- Less pressure is more relaxing.

This is NOT a deep tissue or therapeutic massage.

When receiving:

- Breathe deeply.
- Let go of tension.
- Communicate gently.
- Enjoy every moment.

*You both give.
You both receive.
That is the beauty of wellness.*

BENEFITS OF TOUCH

- ✓ Reduces stress and anxiety
- ✓ Relaxes tight muscles
- ✓ Improves circulation
- ✓ Promotes better sleep
- ✓ Strengthens emotional connection
- ✓ Enhances well-being and mood

A gentle touch heals body and soul.



AT-HOME ALTERNATIVES

- ✓ No partner? You can still enjoy this!
- ✓ Massage your own shoulders, arms, hands, legs and feet.
- ✓ Use a massage ball for your feet or tight spots.
- ✓ Watch a trusted massage tutorial on YouTube for guidance.



MOBILE MASSAGE THERAPIST

Treat yourself! Invite a licensed massage therapist to your home for the ultimate spa experience. Many therapists offer relaxation massage in the comfort of your own space.



BRING NEW ZEALAND HOME

You may not be in New Zealand right now, but you can bring its calm, its nature, and its beautiful rituals into your life.



Nature around you



Gentle touch & connection



Mānuka honey & natural ingredients



Quiet moments that restore



Gratitude and love



With love, Grandma Wendy

TheLadybugSpa.com



Closing Page ♡

INSIDE GRANDMA WENDY'S NEW ZEALAND HOME SPA

My Final Tips for Creating Your Sanctuary ♡

Over the years I have created this meditation area on our back porch. It is my home spa, my sanctuary and my place of peace. Many of the rituals in this book are what I do here.

You can create your own version anywhere you live, using what you have and what you love. ♡



WHAT MAKES MY SPACE SPECIAL

- ♡ Two fountains – the sound of flowing water brings calm and beautiful energy.
- ♡ A tall stone waterfall fountain that birds and kitties love. I keep it on all day.
- ♡ Lots of plants – they bring life, beauty and help us breathe easier.
- ♡ My favorite incense – Nag Champa (Champa) creates such a peaceful, uplifting aroma.
- ♡ Wind chimes – the music of the breeze.
- ♡ A hanging swing that Tony built for me.
- ♡ My hammock – perfect for reading, resting or meditating.
- ♡ Comfy pillows and soft blankets – coziness is part of self-care.
- ♡ Memories from around the world – I bring home one special thing from each country.
- ♡ Vietnam lanterns and treasures that remind me of my travels and the people I've met.



GRANDMA WENDY'S TRAVEL TRADITION

When I travel, I like to bring home something meaningful for my meditation space. It doesn't have to be expensive. When I see it, I remember the place, the people and what that journey taught me.



CREATE YOURS YOUR WAY

It can be as simple or as beautiful as you want it to be.

- ✂ A small tabletop fountain or even a bowl with water & stones.
- ✂ One or two plants you love.
- ✂ A candle or incense (use safely and mindfully).
- ✂ Wind chimes or soft music.
- ✂ A comfortable chair, cushion or mat.
- ✂ A cozy blanket for warmth and comfort.
- ✂ Something that reminds you of a place you love.
- ✂ Nature sounds or an open window when you can.
- ✂ Most of all – make it yours. Let it reflect YOU.



MY FAVORITE MOMENT

I love sitting on my porch, listening to the rain... the fountains flowing... the birds singing... the wind chimes... the incense... and simply being still. I meditate on my swing or relax in my hammock. It is my time to breathe, reflect and just BE.

*You can create moments like this too.
Your home. Your space. Your way.* ♡



A FEW MORE TIPS FROM ME TO YOU

- ♡ Unplug and put your phone away.
- ♡ Begin with a deep breath and set an intention for your time.
- ♡ Enjoy a mānuka honey drink or tea before or after your rituals.
- ♡ Share your spa time – trade massages and treatments with someone you love.
- ♡ Go with the flow... some days will be simple, some days longer.
- ♡ Honor yourself – you deserve this time.

You are worth it, my beautiful friend. ♡



New Zealand taught me that wellness doesn't always mean doing more. Sometimes it means slowing down enough to notice what is already around you.

*Take care of yourself.
Share the experience with someone you love.
And remember – you deserve a little peace too.* ♡



With love, ♡ Grandma Wendy ♡

Thank you for letting me share my New Zealand home spa with you.

May your days be filled with calm, beauty and joy. ♡

TheLadybugSpa.com

