

The *Ladybug* Spa 

WELLNESS • TRAVEL • AT HOME

Bringing the World Home to You

NEW ZEALAND HOME SPA RITUALS

HYDROTHERAPY • INFRARED SAUNA • SPA BATH EXPERIENCE

WARMTH • WATER • WELLNESS

at Home

*Real
Rituals.
Real Benefits.
A Happier You.*



INFRARED SAUNA
REVITALIZE



HYDROTHERAPY
REPLENISH



SPA BATH RITUAL
RELAX

SIMPLE RITUALS. LASTING WELLNESS.

*With love, 
Grandma Wendy *

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WELLNESS LIVES HERE

INSPIRED BY NEW ZEALAND • CREATED FOR YOU



Welcome to Your New Zealand — HOME SPA RITUALS —

I'm so happy you're here!

While I'm in New Zealand for part of the year, this is my time to slow down, rest, and take care of myself. I do these rituals several times a week, and they help me feel calmer, healthier, and more balanced. Now I'm sharing my favorite home spa rituals with you — so you can create your own peaceful sanctuary right where you live.

You don't need an expensive spa or special equipment to feel the benefits. I'll show you simple ideas, natural recipes, and practical options — including ways to enjoy these experiences at home or even at a local gym, wellness center, or hotel while traveling.

My hope is that this guide inspires you to make time for yourself, to rest, to recharge, and to bring a little New Zealand peace into your everyday life.

You deserve it!

With love, 
Grandma Wendy 

WENDY LADYBUG
Licensed Massage Therapist
Traveler • Grandmother • Wellness Advocate

*A calmer mind
A healthier you
A happier life *

INSIDE THIS GUIDE YOU'LL DISCOVER:



HYDROTHERAPY RITUALS

Refresh your body, boost circulation, and feel renewed.



INFRARED SAUNA RITUALS

Relax, release, and support your whole-body wellness.



SPA BATH EXPERIENCE

Create a soothing, sensory retreat in your own home.



NATURAL RECIPES & SELF-CARE IDEAS

Simple, natural ways to enhance your rituals.



OPTIONS FOR EVERYONE

Easy ideas for home, local gyms, wellness centers, or while traveling.

Small Rituals. Big Results. 



Why These Rituals Matter

MORE THAN JUST PAMPERING

These rituals are a big part of my life in New Zealand. They help me slow down, reduce stress, sleep better, and feel more balanced. I do them several times a week, and they’ve become my personal reset — mind, body, and spirit.

Whether you have all the equipment at home, only a few items, or simply want ideas you can enjoy while traveling, these pages will guide and inspire you. You don’t need a fancy spa to feel the benefits — just a little intention, creativity, and time for yourself.

Self-care isn't selfish...
It's how we show up better for the people we love.



A peaceful mind
creates a brighter
tomorrow.

My happy place...
New Zealand

THREE BEAUTIFUL RITUALS. ONE BIGGER YOU.

Warmth • Water • Wellness • Balance



HYDROTHERAPY

REFRESH • REVIVE • REPLENISH

Water therapy can help relax muscles, improve circulation, ease tension, and boost your overall sense of well-being.



INFRARED SAUNA

RELAX • RELEASE • RESTORE

Gentle heat can support relaxation, help you unwind, and leave you feeling refreshed and renewed.



SPA BATH EXPERIENCE

SOOTHE • UNWIND • REJUVENATE

A warm, mineral-rich bath can calm your mind, soften your skin, and create a peaceful, spa-like escape in your own home.

Small Rituals.
Big Results.

YOU CAN DO THIS!

Each section will include the benefits, simple at-home options, natural recipes, and tips. I'll also share ideas for local gyms, wellness centers, or hotels if you don't have the equipment at home.

Let's create a calmer, healthier, happier you — together!

With love,
Grandma Wendy

WENDY LADYBUG
Licensed Massage Therapist
Traveler • Grandmother • Wellness Advocate





Set Your Intention

MORE THAN A SPA DAY — A BETTER YOU

Your home spa rituals are more than routines — they're an invitation to slow down, breathe deeply, and take care of the most important person in your life ... **YOU.**



RELAX

Let go of stress and give your mind a peaceful break.



RENEW

Support your body with warmth, water, and healthy rituals.



REJUVENATE

Feel refreshed, more energized, and ready for what you love.



ENJOY

Create moments of joy, beauty, and gratitude — right at home.

*A quiet mind.
A calm heart.
A more beautiful you.*



*My New Zealand
Rest Time*

CREATE YOUR OWN SANCTUARY

IT'S NOT ABOUT PERFECTION — IT'S ABOUT PROGRESS



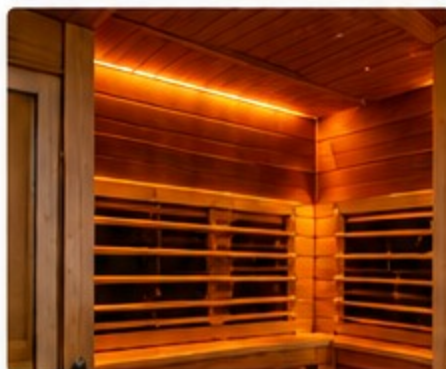
MIND

Quiet your thoughts with calming rituals, soothing sounds, and time to just be.



BODY

Use warmth, water, and natural treatments to relax tired muscles and feel refreshed.



SPIRIT

Take time for what fills your soul — prayer, meditation, gratitude, or simply peace.



NATURE

Let New Zealand's beauty inspire you — ocean air, sunshine, and a slower pace of life.



*"Self-care is a gift you give yourself,
and it touches every part of your life."*



With love, 
Grandma Wendy 



HYDROTHERAPY

HOT & COLD FOR A HEALTHIER, HAPPIER YOU

— REVIVE • CIRCULATE • RELAX • REPLENISH —

Hydrotherapy is one of my favorite rituals, and I use it often here in New Zealand. In my shower, I have cold water from the ceiling (rainfall) and warm/hot water from the side wall, so I can enjoy both at the same time. It's invigorating, relaxing, and makes me feel amazing!



KEY BENEFITS

- ✓ Enhanced range of motion
- ✓ Increased strength and endurance
- ✓ Reduced joint stress and inflammation
- ✓ Pain relief and muscle relaxation
- ✓ Improved balance, circulation, and coordination
- ✓ Supports immune function
- ✓ Weight support and resistance training effect
- ✓ Promotes relaxation and reduces stress
- ✓ Improved sleep quality
- ✓ A greater sense of well-being and vitality

Feel better. Move better. Live brighter. ♥



WARM WATER RELAXES.
COLD WATER REVITALIZES.
TOGETHER THEY TRANSFORM.



HOW TO DO IT AT HOME

- 1 Start with warm water (1–2 minutes) to relax muscles and open pores.
- 2 Switch to cool or cold water (30 seconds–1 minute) from a rainfall shower head or handheld shower.
- 3 Alternate 3–5 cycles, always ending with cool water.
- 4 Breathe deeply and enjoy the sensation. Take your time and listen to your body.
- 5 Don't have a dual shower? Try a handheld shower with adjustable temperature, or visit a local gym, wellness center, spa, or hotel while traveling. Many have cold plunges, contrast showers, or hydrotherapy pools.



Travel Tip:

I often use local gyms or wellness centers while traveling. You'd be surprised what's available!

NEW ZEALAND INSPIRED RECIPE

Detox Mineral Body Scrub

THE PERFECT COMPANION TO HYDROTHERAPY



YOU'LL NEED:

- 1 cup Epsom salt or sea salt
- ½ cup raw sugar
- 2 Tbsp coconut oil
- 5 drops doTERRA Eucalyptus oil
- 5 drops doTERRA Peppermint oil (optional for extra cooling)
- Zest of 1 lemon (or lime)
- 1 Tbsp finely chopped manuka honey (optional)

HOW TO USE:

- 1 Before your hydrotherapy shower, gently massage the scrub onto damp skin in circular motions.
- 2 Focus on dry areas like arms, legs, and shoulders.
- 3 Rinse off during your warm–cold shower, allowing the water to remove the scrub and invigorate your skin.
- 4 Pat dry and enjoy soft, refreshed, glowing skin!

*Natural
Simple
Effective* ♥

Small Rituals. Big Results. ♥

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EXPLORE
RELAX
BE YOU

SPA TUB RITUALS

SOAK • RELAX • REJUVENATE

— A LITTLE TIME. A BIG DIFFERENCE.

A warm, soothing bath is one of my favorite ways to relax and care for myself, especially while I'm in New Zealand. I love to create a peaceful atmosphere, light a fire, add beautiful scents, play soft music, and simply soak. It's like a mini vacation right at home!

Warm water.
A calm heart.
A brighter you.



KEY BENEFITS

- ✓ Relaxes muscles and eases tension
- ✓ Promotes better sleep
- ✓ Supports heart health and circulation
- ✓ Helps detoxify through the skin
- ✓ Soothes joint pain and inflammation
- ✓ Reduces stress and anxiety
- ✓ Leaves your skin soft and glowing

HOW TO CREATE YOUR PERFECT SPA TUB

- 1 Clean your tub and set the mood (candles, soft lighting, music).
- 2 Fill with warm water (around 100–104°F / 38–40°C).
- 3 Add one of the bath recipes below.
- 4 Soak for 15–30 minutes (or as advised by your doctor).
- 5 Enhance your ritual with a face mask, herbal tea, or gentle stretching.
- 6 Rinse if desired, moisturize, and rest.



Don't have a spa tub at home?

Consider a local gym, wellness center, spa, or hotel for a night of relaxation while traveling, I do this often!

Helpful Tips

- ✓ Drink water before and after.
- ✓ Limit soak time to 15–30 minutes (especially if you have health conditions).
- ✓ Keep the water comfortably warm.
- ✓ Add Epsom or sea salt to help soothe muscles.
- ✓ You can combine your soak with a face mask, hair treatment, or a good book.
- ✓ If you have heart conditions, low blood pressure, or are pregnant, consult your doctor.

Safety first, always.

MY FAVORITE SPA TUB RECIPES

SIMPLE INGREDIENTS. REAL RESULTS.



1. CALMING LAVENDER SOAK

Relax • Unwind • Sleep Better

- 1 cup Epsom salt
- ½ cup sea salt
- 5–10 drops lavender essential oil
- 1 tbsp dried lavender (optional)

Add to warm water and soak for 15–30 minutes. Breathe deeply and let go of the day.



2. ROSE & COCONUT MILK SOAK

Nourish • Soften • Feel Beautiful

- 1 cup coconut milk (canned)
- ½ cup Epsom salt
- Handful of fresh or dried rose petals
- 5 drops rose essential oil (optional)

Add to warm water. Soak and enjoy silky soft skin. Perfect for a special self-care night.



3. DETOX CITRUS SOAK

Refresh • Cleanse • Energize

- 1 cup Epsom salt
- ½ cup baking soda
- Juice of 1 orange or lemon (or slices)
- 5 drops doTERRA Lemon or Grapefruit oil (optional)

Add to warm water. Soak for 15–30 minutes to help your body feel refreshed and renewed.



4. SOOTHING OATMEAL SOAK

Soothe • Hydrate • Calm Skin

- 1 cup colloidal oatmeal (or blended oats)
- ½ cup Epsom salt
- 1 tbsp honey (optional)
- 5 drops chamomile or lavender oil (optional)

Add to warm water and soak to help relieve dry or irritated skin. So gentle and comforting.

With love,
Grandma Wendy



“Taking time for yourself isn't selfish — it's essential.”

A happier, healthier you...
right where you are.



Nourish
Replenish
Glow 

Green Kelp & Manuka Radiance Facial

OCEAN NUTRITION FOR GLOWING SKIN

This unique facial uses nutrient-rich New Zealand ingredients from the ocean and land to deeply cleanse, hydrate, and renew your skin. It's like a gentle trip to the coast — right in your own home.

Healthy skin.
A calmer you. 

My New Zealand
spa time 

KEY BENEFITS



Deeply cleanses and detoxifies



Hydrates and nourishes



Helps improve skin tone and texture



Rich in vitamins, minerals, and antioxidants from the sea



Leaves skin soft, smooth, and radiant

YOU'LL NEED



- 1 Tbsp dried New Zealand kelp powder (or finely ground seaweed)
- 1 Tbsp Manuka honey
- 1 Tbsp kaolin clay or French green clay
- 1 Tbsp plain yogurt (or aloe vera gel)
- 1 tsp cucumber juice (fresh)
- 3 drops geranium essential oil (or frankincense)

STEP-BY-STEP INSTRUCTIONS

- 1 PREPARE YOUR SPACE**
Fill your tub with warm water, light candles, play soft music, and get comfortable.
- 2 MIX THE MASK**
In a small bowl, combine kelp powder, Manuka honey, clay, yogurt, cucumber juice, and essential oil. Stir until smooth.
- 3 CLEANSE YOUR FACE**
Gently wash your face with warm water and pat dry.
- 4 APPLY THE MASK**
Use clean fingers or a brush to apply an even layer, avoiding the eye area.
- 5 RELAX & SOAK**
Let the mask sit for 10–15 minutes while you enjoy your spa bath. Breathe deeply and relax.
- 6 RINSE & MOISTURIZE**
Rinse with warm water and pat dry. Apply your favorite moisturizer or a few drops of facial oil.

EXTRA TIPS

- ✓ Use 1–2 times per week.
- ✓ Perfect to do while soaking in your spa tub.
- ✓ Follow with a cool rinse to help tighten pores.
- ✓ Add cucumber slices over your eyes for extra relaxation.
- ✓ You can also use this mask in the shower or while seated in a steam room.
- ✓ Adjust ingredients for your skin type (more honey for dry skin, more clay for oily skin).


Self-care is a beautiful
form of self-respect.

With love, 
Grandma Wendy 



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RELAX
EXPLORE
BE YOU

*A little
time for
a brighter
you.*

Kiwifruit Enzyme Renewal Facial

NATURE'S GLOW FROM NEW ZEALAND

This refreshing facial uses New Zealand kiwifruit — rich in natural enzymes and vitamin C — combined with gentle, nourishing ingredients to exfoliate, brighten, and hydrate your skin. It's a simple, luxurious treatment you can enjoy in your spa tub, shower, or quiet relaxation time.

Fresh ingredients. Real results.

KEY BENEFITS



Gently exfoliates with natural enzymes



Brightens and evens skin tone



Hydrates and softens



Helps reduce the look of fine lines



Leaves your skin fresh, smooth, and glowing

Healthy, glowing skin — at any age!

YOU'LL NEED



- 1 ripe New Zealand kiwifruit
- 2 Tbsp plain yogurt (or coconut yogurt)
- 1 Tbsp finely ground oats (or oat flour)
- 1 tsp cold-pressed jojoba oil (or avocado oil)
- 1 tsp raw honey (local if available)
- 3 drops citrus essential oil (e.g., wild orange or bergamot) (optional)



All natural ingredients to nourish your beautiful skin.

STEP-BY-STEP INSTRUCTIONS

1

PREPARE

Cleanse your face and set the mood in your spa tub with candles, soft music, and your favorite drink.

2

MAKE THE MASK

In a small bowl, mash the kiwifruit until smooth. Mix in yogurt, ground oats, honey, jojoba oil, and essential oil (if using).

3

APPLY

Using clean fingers or a soft brush, apply a generous layer to your face and neck, avoiding the eye area (or use eye patches like mine).

4

RELAX

Let the mask sit for 15–20 minutes while you enjoy your warm bath. Breathe, soak, and let the nutrients work their magic.

5

RINSE

Gently remove with warm water and a soft cloth. Pat dry and apply your favorite moisturizer or facial oil.

Take time to care for the skin you're in.



"Self-care is a gift you give yourself."

EXTRA TIPS

- ✓ Use 1–2 times per week.
- ✓ Perfect to do while soaking in your spa tub.
- ✓ Follow with a cool rinse to help tighten pores.
- ✓ You can also use this mask on your hands, chest, or décolletage.
- ✓ If you have sensitive skin, do a small patch test first.
- ✓ Adjust ingredients: try adding mashed avocado (extra moisture) or a few drops of vitamin E oil for dry skin.

Glowing skin is always in.

Magnesium & Rose Restorative Bath

DEEP RELAXATION FOR BODY, MIND & SKIN.

This luxurious bath combines mineral-rich magnesium with the delicate beauty of rose and nourishing botanicals to melt away tension, ease tired muscles, and leave your skin soft and hydrated. It's one of my favorite rituals to do in New Zealand — especially at the end of the day, with soft music, a cozy fire, and time just for me.

Relax. Restore. Be You. 

KEY BENEFITS



Relaxes muscles and eases tension



Supports better sleep



Helps reduce stress and anxiety



Detoxifies and soothes the skin



Replenishes magnesium levels



Leaves skin soft, smooth, and radiant

A calmer mind. A healthier you. 

YOU'LL NEED

- 1–2 cups Epsom salt (magnesium sulfate)
- ½ cup Himalayan pink salt (or sea salt)
- 1 cup dried rose petals (or fresh if available)
- 5 drops doTERRA Rose essential oil (or Geranium)
- 5 drops Ylang Ylang essential oil
- 2 Tbsp coconut milk or oat milk (for silky skin)
- 1 Tbsp jojoba oil or almond oil
- Optional: a few slices of fresh strawberries (for a gentle fruity aroma and skin-nourishing vitamins)



Nature's
Luxury
in Your
Home 

 All natural ingredients to nourish your body, mind, and spirit.

STEP-BY-STEP INSTRUCTIONS

1

PREPARE YOUR SPACE

Clean your tub, dim the lights, light candles, and play soft music. If you have a fireplace, light it for a cozy atmosphere.

2

FILL THE TUB

Use warm water (around 100–104°F / 38–40°C). Make sure it's a comfortable temperature for you.

3

ADD THE INGREDIENTS

Stir in Epsom salt, pink salt, rose petals, essential oils, coconut milk, and jojoba oil. Add strawberry slices if using.

4

SOAK AND RELAX

Enjoy your bath for 15–30 minutes (or as advised by your doctor). Breathe deeply, let go of the day, and allow the minerals and botanicals to work their magic.

5

RINSE AND REST

Rinse with clean water if desired. Pat your skin dry and apply a favorite moisturizer.



Take time. You're worth it. 

EXTRA TIPS

- ✓ Drink a glass of water before and after your bath.
- ✓ Keep bath time to 15–30 minutes.
- ✓ Perfect to do in the evening to support sleep.
- ✓ Add a face mask, eye gel, or hair treatment while you soak.
- ✓ If you don't have a spa tub, try a local spa, wellness center, or hotel with a nice tub for a special treat.
- ✓ Always consult your doctor if you have health conditions such as heart issues, low blood pressure, or if you are pregnant.

 Safety first, always.

"Sometimes the most productive thing you can do is simply relax."

— Grandma Wendy 

New Zealand Sea Mineral & Pine SPA BATH RITUAL

FRESH. RESTORATIVE. DEEPLY RENEWING.

This invigorating spa bath combines mineral-rich sea salts with the fresh, forest aroma of New Zealand pine. It's my go-to ritual after a day of exploring, hiking, gardening, or simply when my body needs a reset. The ocean and forest work together to relax tired muscles, clear the mind, and leave your skin feeling refreshed and renewed.

*Nature's Reset
Right at Home.* 

KEY BENEFITS



Soothes tired, sore muscles



Supports recovery after outdoor activities



Helps reduce inflammation and joint stiffness



Calms the mind and eases stress



Detoxifies and nourishes the skin with natural minerals



Supports easier breathing with the refreshing pine aroma



Leaves you feeling grounded, energized, and renewed

Fresh air. Warm water. A healthier you. 

STEP-BY-STEP INSTRUCTIONS

- 1 PREPARE YOUR SPACE**
Clean your tub, set the mood with candles or a fire, and play relaxing music.
- 2 FILL THE TUB**
Use warm water (around 100–104°F / 38–40°C).
- 3 ADD THE INGREDIENTS**
Stir in sea salt, baking soda, essential oils, herbs, and ginger. Add citrus slices if using.
- 4 SOAK AND RELAX**
Enjoy for 15–30 minutes (or as advised by your doctor). Breathe deeply and let the minerals and aromas work their magic.
- 5 RINSE (OPTIONAL)**
A quick rinse with clean water can help remove any herbs from your skin.
- 6 REST AND HYDRATE**
Pat dry, apply your favorite moisturizer, and drink a glass of water or herbal tea.

Take time. You're worth it. 

YOU'LL NEED



- 1–2 cups New Zealand sea salt (or Epsom salt)
- ½ cup baking soda (optional, for extra softness)
- 5–10 drops doTERRA Douglas Fir essential oil (or pine, rosemary, or cypress)
- 1 Tbsp fresh or dried rosemary (or native herbs if available)
- 1 tsp fresh grated ginger (or 3–5 drops ginger essential oil)
- 2 Tbsp jojoba oil, almond oil, or fractionated coconut oil
- Optional: a handful of fresh pine needles (if accessible and safe)
- A few slices of fresh lemon or orange (optional)



AT HOME OPTIONS

- ✓ Use your home bathtub or spa tub.
- ✓ Don't have a tub? Consider a local spa, wellness center, or hotel for a special treat.
- ✓ You can trade with a friend or family member who has a tub — offer a massage, a home-cooked meal, or a favor.
- ✓ Even a warm foot soak with these ingredients can give you many of the same benefits!

Wellness is better together. 



EXTRA TIPS

- ✓ Perfect after hiking, swimming, or gardening.
- ✓ Use 1–2 times per week.
- ✓ Follow with a hydrating body butter or oil.
- ✓ If you have health conditions, are pregnant, or have sensitive skin, consult your doctor.
- ✓ Adjust essential oils to your preference.

NEW ZEALAND
HOME SPA RITUALS



*Nature
Heals
Soak it In
You Deserve This* 

Relax

*My
Happy Place* 

*"The ocean
recharges my soul
and the forests
restore my spirit."
— Grandma Wendy* 

Relax

Refresh

Renew

Be You 

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BE YOU

Vanilla Oat & Chamomile Evening Soak

SOFT SKIN. CALM MIND. DEEP REST.

This soothing spa bath blends creamy oats, calming chamomile, and warm vanilla for the ultimate evening ritual. It gently nourishes your skin, relaxes your body, and helps quiet a busy mind so you can drift into a peaceful, restful night. It's like a warm hug at the end of the day — a little piece of New Zealand luxury, right at home.

Rest well. You deserve it. ♥

KEY BENEFITS



Calms the nervous system and promotes better sleep



Soothes and softens dry or sensitive skin



Helps reduce stress, anxiety, and mental fatigue



Oats create a natural, silky moisture barrier for your skin



Leaves you feeling relaxed, nurtured, and ready for a restful night

A peaceful mind. A softer you. ♥

YOU'LL NEED



- 1 cup colloidal oats (finely ground oatmeal)
- ½ cup dried chamomile flowers (or 4–6 chamomile tea bags)
- ½ cup Epsom salt (optional)
- 2 Tbsp raw honey
- 1 Tbsp vanilla extract (pure)
- 2 Tbsp coconut milk or almond milk (for extra silkiness)
- 5 drops Roman chamomile essential oil (optional)
- 3 drops sweet orange or cedarwood essential oil (optional)

♥ *Simple, natural ingredients for a more peaceful you.*

STEP-BY-STEP INSTRUCTIONS

- 1 PREPARE YOUR SPACE**
Clean your tub, dim the lights, light candles, and play soft, calming music.
- 2 MAKE A CHAMOMILE INFUSION**
If using loose chamomile flowers, steep them in a large bowl of hot water for 10–15 minutes, then strain (or simply use chamomile tea bags).
- 3 FILL THE TUB**
Use warm water (about 100–104°F / 38–40°C).
- 4 ADD THE INGREDIENTS**
Stir in colloidal oats, chamomile infusion (or tea bags), Epsom salt, honey, coconut milk, vanilla extract, and essential oils. Mix well.
- 5 SOAK AND RELAX**
Enjoy your bath for 15–30 minutes (or as advised by your doctor). Breathe deeply, let go of the day, and feel your body and mind unwind.
- 6 RINSE AND REST**
A quick rinse is optional. Pat your skin dry and apply your favorite moisturizer. Then, slip into something comfortable and head to bed with a peaceful mind.

Sweet dreams start with self-care. ♥



More than a bath... it's a bedtime blessing. ♥

EXTRA TIPS

- ✓ Perfect to do in the evening before bed.
- ✓ Use 1–2 times per week.
- ✓ Add a warm blanket and a cup of herbal tea afterward.
- ✓ If you don't have a tub, try a local spa, wellness center, or hotel for a special treat.
- ✓ You can also create a mini version with a foot soak using the same ingredients.
- ✓ Always consult your doctor if you have skin conditions, allergies, or are pregnant.

VARIATIONS TO TRY

- ✓ Add a few drops of lavender essential oil (for extra relaxation).
- ✓ Mix in dried calendula petals (great for sensitive skin).
- ✓ Use oat milk instead of coconut or almond milk.
- ✓ Add a spoonful of ground flaxseed for extra skin nourishment.

With Love, ♥
Grandma Wendy 

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RELAX
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BE YOU

Bright Eyes Naturally

NOURISH INSIDE AND OUT

When you care for your whole body — with good hydration, nourishing foods, restful sleep, and natural skin care — your eyes look brighter, feel refreshed, and you feel more like you. This simple New Zealand-inspired eye gel and wellness guide helps reduce puffiness, soothe tired eyes, and support a youthful, radiant look — naturally.

Healthy choices. Happier eyes. A brighter you. 

NATURAL EYE GEL RECIPE

Cucumber, Green Tea & Aloe Eye Gel

Cooling. Soothing. Refreshing.



INGREDIENTS

- 2 Tbsp pure aloe vera gel (unscented)
- 1 Tbsp cooled green tea (strongly brewed)
- 1 tsp cucumber juice (or finely grated cucumber, strained)
- 3 drops chamomile essential oil (roman)
- 2 drops frankincense essential oil (optional)
- 1 clean, small glass jar

Simple ingredients. Real results. 

HOW TO MAKE IT

- 1 Brew green tea and let it cool completely.
- 2 Mix aloe vera gel, cucumber juice, and green tea in a small bowl.
- 3 Add essential oils and stir well.
- 4 Store in a clean jar in the refrigerator (keeps for up to 1 week).

HOW TO USE

- ✓ Apply a small amount under the eyes with clean fingers.
- ✓ Use morning and/or evening.
- ✓ You can also store in the fridge and apply with clean, cool cotton pads for extra cooling.
- ✓ Always do a small patch test first, especially if you have sensitive skin.

KEY BENEFITS

-  Helps reduce puffiness and inflammation
-  Soothes tired, strained eyes
-  Hydrates and cools delicate under-eye skin
-  Helps brighten the appearance of dark circles
-  Leaves eyes looking refreshed, smoother, and more youthful

Look Well. Feel Well. Be You. 

NUTRITION & DRINKS FOR BRIGHTER EYES

What you put in your body matters!



HYDRATE

Drink plenty of water throughout the day. Dehydration can make under-eye circles more noticeable.



ANTIOXIDANT-RICH FOODS

Enjoy blueberries, kiwifruit, leafy greens, bell peppers, and colorful fruits and vegetables to help fight free radicals and support collagen.



OMEGA-3 FATTY ACIDS

Include foods like salmon, flaxseeds, chia seeds, and walnuts. Omega-3s help reduce inflammation and keep skin healthy.



GREEN TEA

Rich in antioxidants and may help reduce puffiness. Enjoy 1–2 cups daily.



NATURAL DIURETIC FOODS

Cucumber, watermelon, celery, and parsley can help your body naturally release excess fluid.



GOOD SLEEP & LESS SALT

Aim for 7–8 hours of sleep and try to limit excess salt, which can cause water retention and puffiness.

Nourish your body. It shows in your eyes. 



Refresh from the Inside Out 

Glowing eyes start with healthy choices.

EXTRA TIPS

- ✓ Use a cold spoon or chilled jade roller to boost circulation.
- ✓ Try sleeping with an extra pillow to reduce fluid buildup.
- ✓ Avoid rubbing your eyes.
- ✓ Wear sunglasses outdoors to protect the delicate skin around your eyes.
- ✓ Stay consistent — healthy habits make a big difference over time.
- ✓ If puffiness or dark circles persist, consult your healthcare provider.



Always do a patch test before using any new ingredient, and avoid use if you have known allergies or sensitivities.

With love, 
Wendy Ladybug 



*Rested Eyes
Brighter Days
A More Vibrant You* 

*Self-care
looks good
on you!* 

Infrared Sauna Wellness Ritual

DETOX. RELAX. REJUVENATE.

My infrared sauna is one of my favorite parts of my New Zealand home spa. It's more than just heat — it's a time to detox, relax, pray, and take care of my body, mind, and spirit. I love combining it with my PEMF mat, essential oils, calming music, and a glass of infused water. It's my personal reset button — and I know you'll love it too!

Good Health. A Calmer Mind. A Happier You. ♥

KEY BENEFITS OF INFRARED SAUNA

- ♥ Supports natural detoxification (sweat out toxins)
- 🌿 Improves circulation and heart health
- 🧘 Helps reduce inflammation and joint pain
- 🌸 Relaxes muscles and eases tension
- 🌙 Supports better sleep
- 🧠 Calms the mind and reduces stress
- 💡 Promotes clearer, healthier skin
- ⚡ Increases energy and overall well-being

A healthier, happier you — from the inside out. ♥

MY INFRARED SAUNA RITUAL STEP-BY-STEP

- 1 **Prepare** — Drink a glass of water. Set the mood with soft music, dim lights, or your favorite essential oils.
- 2 **Optional** — Use your PEMF mat for 15–30 minutes before or after your sauna session.
- 3 **Set the Temperature** — 100–140°F (38–60°C).
- 4 **Enjoy Your Session** — 20–40 minutes (or as advised by your doctor). Relax, breathe deeply, and let go.
- 5 **Cool Down** — Take a cool shower, rest, and rehydrate with water or herbal tea.
- 6 **Feel the Benefits** — Notice how good you feel! Your body, mind, and spirit will thank you.

Self-care isn't selfish — it's essential. ♥

New Zealand Naturally Inspires Wellness. ♥

INFRARED vs. TRADITIONAL SAUNA WHAT'S THE DIFFERENCE?

INFRARED SAUNA (My Favorite!)

- ✓ Uses infrared light to gently heat your body (not the air)
- ✓ Lower temperature (100–140°F / 38–60°C)
- ✓ Penetrates deeper into the body (up to 1.5 inches)
- ✓ More comfortable and easier to breathe
- ✓ Great for longer sessions
- ✓ Supports detox, pain relief, skin health, and relaxation

TRADITIONAL SAUNA

- Heats the air around you with steam or hot rocks
- Higher temperature (150–195°F / 65–90°C)
- Heats the surface of the body
- Can feel hotter and more intense
- Shorter sessions are usually recommended
- Great for relaxation but doesn't penetrate as deeply as infrared

Both are wonderful — but infrared is my go-to for everyday wellness! ♥

DO'S AND DON'TS

- ✓ DO stay hydrated before, during, and after.
- ✓ DO start with shorter sessions (15–20 minutes) if you're new.
- ✓ DO listen to your body.
- ✓ DO use clean towels and a comfortable seat or towel.
- ✓ DO consider using calming essential oils (e.g., eucalyptus, orange, or cedarwood).
- ✓ DO consult your doctor if you have any health conditions.
- ✗ DON'T overdo it — longer isn't always better.
- ✗ DON'T use the sauna if you're dehydrated, pregnant, or have certain medical conditions (check with your doctor).
- ✗ DON'T drink alcohol before or during your session.
- ✗ DON'T push yourself if you feel dizzy, lightheaded, or uncomfortable.

AT HOME OR ON THE GO



- ✓ If you don't have an infrared sauna at home, look for one at a local gym, wellness center, or spa.
- ✓ Many hotels and resorts offer infrared saunas — a great way to enjoy the experience while traveling.
- ✓ You can also visit with a friend and trade a massage or make it a special self-care day together.
- ✓ Some wellness centers even offer private suites for a more personal experience.

Wellness is better together. ♥



A Healthier You
A Brighter Tomorrow ♥

Relax
Renew
Be You ♥

Rested
Refreshed
Renewed
More You

Until Next Time...

THANK YOU FOR JOINING ME ON THIS NEW ZEALAND JOURNEY

It has been so special to share a piece of New Zealand with you — a place that fills my heart with peace, beauty, and inspiration. My hope is that these rituals help you slow down, care for yourself, and bring a little of New Zealand's natural wellness into your everyday life, no matter where you are in the world.

Remember, self-care isn't a luxury — it's a gift you give yourself. A calmer mind, a healthier body, and a happier you can change everything. You deserve time to rest, to recharge, and to do the things that make you feel good.

*Wherever you are today,
create your own little piece of New Zealand.
Breathe. Be present. Be you.*

A FEW FINAL REMINDERS



Be Kind to Yourself

Progress, not perfection, is what matters.



Keep It Simple

Small, consistent rituals create big changes.



Stay Connected to Nature

Fresh air, movement, and natural ingredients nourish the body and soul.



Share the Joy

Wellness is even more special when we inspire and encourage each other.



UP NEXT...

NEW ZEALAND SPA PARTIES

In the next book, we'll explore how to create a fun and relaxing spa party — at home or wherever you are! I'll share ideas, tips, recipes, and everything you need to bring friends and family together for a memorable wellness experience.

Because everything is better together!

*"He gives strength
to the weary and increases
the power of the weak."*

ISAIAH 40:29

*May you always find peace
in the simple things, strength in each new day,
and joy in taking care of the beautiful person
God created you to be.*

With love,
Grandma Wendy

THELADYBUGSPA.COM

WELLNESS LIVES HERE NEW ZEALAND INSPIRES US

RELAX
EXPLORE
BE YOU