

The
Ladybug
SPA



BALI



Coconut Cucumber Spa Experience

A JOURNEY OF
NATURE, WELLNESS & HEALING



*Inspired by the natural
beauty and healing traditions
of Bali. A refreshing, nourishing
experience for your body,
mind, and spirit.*



REFRESH
NOURISH
RENEW
Naturally

Spa Rituals, Recipes, Massage,
Meditation & Complete Spa Day Guide



CREATING PEACE RIGHT WHERE YOU LIVE

With love, Grandma Wendy





BALI

Coconut Cucumber

WELLNESS DRINK



Hydrate, Refresh, Nourish.

Inspired by the tropical beauty and healing traditions of Bali.

INGREDIENTS

- ✓ 1 cup fresh coconut water
- ✓ 1/2 cucumber, peeled and sliced
- ✓ 1 tbsp fresh lime juice
- ✓ 1 tsp honey or raw agave
- ✓ 4-6 fresh mint leaves
- ✓ (Optional) 1/4 tsp grated fresh ginger
- Ice cubes

BENEFITS

- Hydrates & recharges your body
- Supports glowing, healthy skin
- Reduces bloating & inflammation
- Natural electrolytes for energy
- Soothes & cools the body
- Promotes digestion & detox
- Uplifts your mood & reduces stress

HOW TO MAKE

- 1 Add cucumber, mint, lime juice and ginger to a blender.
- 2 Pour in coconut water and blend until smooth.
- 3 Add honey or agave and stir.
- 4 Pour over ice and enjoy your tropical Bali goodness!

GRANDMA WENDY'S TIP

Sip this slowly while listening to your Bali meditation. Let each sip remind you that you deserve to feel amazing from the inside out.

"I choose health, happiness and self-love every day."

VEGAN

GLUTEN FREE

DAIRY FREE

NATURAL

MADE WITH LOVE



COCONUT CUCUMBER Spa Day

— Your Complete Home Spa Experience —

RELAX • REFRESH • REJUVENATE • RENEW

Take time for YOU. Follow these simple steps to enjoy a complete coconut cucumber spa experience from head to toe.

You deserve it!



1

BREW YOUR SPA TEA



Prepare your Coconut Cucumber Spa Tea. Sip slowly and allow yourself to relax and enjoy the moment.



2

SOAK YOUR FEET



Enjoy a warm Coconut Cucumber Foot Soak. Let your feet relax and soak away the stress of the day.



3

REFRESH YOUR FACE



Pamper your skin with the Coconut Cucumber Facial. Cleanse, refresh, and let your natural beauty glow.



4

RELAX IN YOUR BATH



Sink into your Coconut Cucumber Bath. Breathe deeply and let the warmth and aroma melt away tension.



5

EXFOLIATE & NOURISH



Exfoliate your skin with the Coconut Body Scrub. Rinse, then nourish with Coconut Body Butter for soft, hydrated skin.



6

FINISH WITH GRATITUDE



Take a few quiet moments to appreciate yourself. Gratitude completes your spa day.



TIPS FOR THE BEST EXPERIENCE

- ✓ Set aside at least 1–2 hours for uninterrupted time.
- ✓ Create a peaceful atmosphere with candles, soft music, and dim lighting.
- ✓ Use your favorite towel, robe, and cozy slippers.
- ✓ Stay hydrated by drinking water throughout your spa day.
- ✓ Go at your own pace. This is your time.
- ✓ Remember: Self-care is not selfish. It is essential.



BENEFITS OF YOUR SPA DAY

- ♥ Deep relaxation
- ♥ Healthier, glowing skin
- ♥ Reduced stress and tension
- ♥ Improved mood
- ♥ Better sleep
- ♥ Increased energy
- ♥ A stronger connection with yourself



GRANDMA WENDY'S TIP

You don't have to travel far to create your own spa experience. Everything you need is already inside YOU—your intention, your self-care, and your beautiful heart.

*Small moments.
create big changes.*



UPLIFTING THOUGHT

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



*A little time for you
creates a lifetime of wellness.*



With Love,

Grandma Wendy

— TheLadybugSpa.com —





DIY WELLNESS RECIPE

Coconut Cucumber Spa Tea Ritual

REFRESH • HYDRATE • RESTORE

This light, refreshing tea is the perfect companion for your coconut cucumber spa day. Cool, calming ingredients help hydrate your body, relax your mind, and support your overall wellness from the inside out.



INGREDIENTS

- ♥ 1 green tea bag (or caffeine-free green rooibos)
- ♥ 3–4 thin cucumber slices
- ♥ 4 fresh mint leaves
- ♥ 1 slice lemon
- ♥ 1 teaspoon coconut water powder (optional)
- ♥ 1 teaspoon honey (optional)
- ♥ 1 cup hot water



MAKE IT YOURS!

- Use lime instead of lemon
- Add a few basil leaves
- Add a splash of coconut milk for a creamy twist
- Enjoy hot or iced!

HOW TO MAKE IT

- 1 Place tea bag, cucumber slices, and mint leaves in a favorite mug.
- 2 Pour hot water over ingredients.
- 3 Steep for 5–7 minutes.
- 4 Remove tea bag.
- 5 Add lemon, coconut water powder, and honey if desired.
- 6 Stir gently.
- 7 Sip slowly while enjoying your facial, bath, or foot soak.



A warm cup of tea makes every moment of self-care feel even more special.

BENEFITS

- Supports hydration and replenishes fluids
- Refreshes the body and mind
- Provides antioxidants to help protect cells
- Promotes relaxation and reduces stress
- Complements your spa treatments beautifully
- Supports healthy, radiant skin
- Helps create a calming self-care ritual



GRANDMA WENDY'S TIP

Prepare your tea before your spa treatment begins. As your bath soaks, facial mask works, or feet relax, enjoy a warm cup of tea and allow yourself a few moments of quiet gratitude. Sometimes wellness is simply slowing down.



UPLIFTING THOUGHT

"Peace doesn't come from doing more. It comes from giving yourself permission to pause."



PERFECT PAIRINGS

- ♥ Enjoy during your facial, bath, or foot soak
- ♥ Sip in the morning for a fresh start
- ♥ Enjoy in the afternoon for a pick-me-up
- ♥ Sip in the evening to relax and unwind



*Take time for you.
You deserve it!*



With Love,

Grandma Wendy

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10 Minute Coconut Foot Bath Retreat

Relax • Refresh • Rejuvenate

Give your feet the love they deserve with this soothing coconut foot bath inspired by the **beauty rituals of Bali**. It softens, soothes tired feet, reduces inflammation, and leaves your skin feeling refreshed, nourished, and deeply relaxed—perfect for busy days or a restful spa night at home.

INGREDIENTS

- ♥ 2 cups warm water (as warm as comfortable)
- ♥ 1/2 cup coconut milk (full-fat or canned)
- ♥ 1 tablespoon coconut oil (melted)
- ♥ 2 tablespoons Epsom salts
- ♥ 1 tablespoon sea salt
- ♥ 1 tablespoon honey
- ♥ 1/2 cucumber, sliced
- ♥ 5 drops peppermint essential oil
- ♥ 5 drops lavender essential oil (optional)
- ♥ Fresh flower petals (optional)



GRANDMA WENDY'S TIP

This foot bath is wonderful after a long day, after exercise, or before bed to help your body relax and your mind unwind. Add your favorite calming music, light a candle, and enjoy your 10 minutes of pure bliss.



BENEFITS

-  Softens and nourishes tired, dry feet
-  Helps reduce swelling and inflammation
-  Eases stress and promotes relaxation
-  Detoxifies and refreshes aching feet
-  Leaves feet feeling smooth, light, and beautiful

HOW TO MAKE IT

- 1 Fill a foot basin with warm water.
- 2 Add coconut milk, coconut oil, Epsom salts, sea salt, and honey. Stir until well dissolved.
- 3 Add essential oils and mix gently.
- 4 Add cucumber slices and flower petals for a spa touch.
- 5 Your foot bath is ready!



HOW TO USE IT

- 1 Sit in a comfortable chair and place your feet in the foot bath.
- 2 Soak for 10 minutes, relaxing completely.
- 3 Close your eyes, take deep breaths, and enjoy the calming aromas.
- 4 After 10 minutes, dry your feet with a soft towel.
- 5 Follow with your favorite moisturizer or coconut oil for extra softness.

Just 10 minutes for happier, healthier feet!

LADYBUG TIP

Make this a weekly ritual! Consistent self-care helps reduce stress and keeps your feet (and your spirit) feeling light and happy.

"Take time to care for your feet—they carry you through life's beautiful journey."

Love,

Grandma Wendy



"Small moments of self-care today create a better you tomorrow."

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Cucumber Coconut Facial

Refresh • Hydrate • Glow

This soothing facial is inspired by the natural beauty secrets of Bali. Cool cucumber, creamy coconut, and gentle botanicals work together to hydrate, calm, and nourish your skin—leaving you with a fresh, **radiant glow**.

INGREDIENTS

- ♥ 1/4 cup coconut milk (full-fat)
- ♥ 1/4 cup plain yogurt
- ♥ 1/4 cucumber, peeled and blended
- ♥ 1 tablespoon honey
- ♥ 1 teaspoon aloe vera gel
- ♥ 1 teaspoon shredded coconut
- ♥ 1/2 teaspoon coconut oil (melted)
- ♥ 1–2 drops cucumber essential oil (optional)
- ♥ 1–2 drops lavender essential oil (optional)



GRANDMA WENDY'S TIP

For an extra cooling boost, chill your cucumber and coconut milk before making this facial. Always use gentle, upward strokes and finish with a splash of cool water to close your pores and refresh your skin.



BENEFITS

- Deeply hydrates and nourishes the skin
- Soothes irritation and reduces redness
- Helps improve skin tone and radiance
- Rich in antioxidants and vitamins
- Leaves skin soft, smooth, and glowing

HOW TO MAKE IT

- 1 In a bowl, combine coconut milk, yogurt, and cucumber.
- 2 Add honey, aloe vera gel, shredded coconut, and coconut oil.
- 3 Add essential oils if using.
- 4 Stir well until smooth and creamy.
- 5 Transfer to a clean glass jar.
- 6 Store in the refrigerator and use within 5 days.



HOW TO USE IT

- 1 Start with a clean face.
- 2 Apply the mixture evenly with your fingers or a soft brush.
- 3 Relax and enjoy for 15–20 minutes.
- 4 Place cucumber slices over your eyes for extra cooling and relaxation.
- 5 Gently rinse with cool water.
- 6 Pat your skin dry with a soft towel.
- 7 Follow with your favorite moisturizer or face oil.

Use 1–2 times a week for beautiful, glowing skin!

"Beautiful skin begins with self-care, love, and a little time just for you."



"Take time for yourself today. Your body will thank you, your mind will relax, and your soul will shine."

LADYBUG TIP

Always do a patch test before using any new facial. Natural ingredients are powerful and beautiful, but your skin will love a little extra care.

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Love,

Grandma Wendy





DIY HOME SPA RECIPE



Bali Coconut Bath

with Cucumber & Tropical Flowers

SOOTHE ♥ HYDRATE ♥ RENEW

Escape to the island of Bali with this luxurious coconut bath that nourishes your skin, calms your mind, and refreshes your spirit. The creamy richness of coconut combined with cooling cucumber and delicate flowers creates the perfect **paradise experience** right in your own home.



INGREDIENTS

- ♥ 1 cup full-fat coconut milk (canned)
- ♥ 1/2 cup coconut oil
- ♥ 1/2 cup Epsom salts
- ♥ 1/4 cup sea salt or Himalayan salt
- ♥ 1/2 cucumber, thinly sliced
- ♥ 1 tablespoon honey
- ♥ 10 drops lavender essential oil
- ♥ 5 drops ylang ylang essential oil
- ♥ Fresh flower petals (hibiscus, rose or jasmine)
- ♥ Optional: 1/4 cup coconut water for extra hydration



GRANDMA WENDY'S TIP

For an extra cooling and hydrating effect, chill the coconut milk in the refrigerator for a few hours before adding it to your bath. This helps reduce any redness and leaves your skin feeling incredibly refreshed and silky smooth.



BENEFITS

- Deeply hydrates and softens skin
- Cools, calms and soothes the body
- Helps reduce stress and relax the mind
- Rich in antioxidants and minerals
- Leaves skin radiant, smooth and refreshed

HOW TO MAKE IT

- 1 In a large bowl, combine coconut milk, coconut oil and honey.
- 2 Stir until smooth and well blended.
- 3 Add Epsom salts and sea salt. Mix well.
- 4 Add essential oils and stir gently.
- 5 Fold in cucumber slices and flower petals.
- 6 Store in an airtight container in the refrigerator for up to 5 days.



HOW TO USE IT

- 1 Fill your bathtub with warm water.
- 2 Add 1–2 cups of the coconut bath mixture to the water.
- 3 Swirl the water gently to release the goodness.
- 4 Step in, relax and soak for 20–30 minutes.
- 5 Close your eyes, breathe deeply and imagine the gentle waves of Bali surrounding you.
- 6 Rinse your skin lightly after the bath and pat dry.

Enjoy your tropical self-care escape!



*"Take time for yourself today.
You are not a luxury,
you are a necessity."*

Love,

Grandma Wendy

LADYBUG TIP

Create a calming atmosphere! Dim the lights, light a candle, play soft island music, and let your worries melt away as you soak in your tropical oasis.



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BALI



Coconut Body Scrub Ritual

EXFOLIATE • RENEW • GLOW

Transport yourself to the beautiful island of Bali with this natural coconut body scrub.

It exfoliates, nourishes, and leaves your skin silky soft, glowing, and beautifully refreshed.

INGREDIENTS

- ♥ 1/2 cup shredded coconut (unsweetened)
- ♥ 1/2 cup coconut sugar
- ♥ 1/4 cup coconut oil (melted)
- ♥ 2 tablespoons honey
- ♥ 1 teaspoon vanilla extract
- ♥ A pinch of sea salt (optional)
- ♥ 3-5 drops of your favorite essential oil (Try vanilla, citrus, or ylang ylang!)



HOW TO MAKE IT

- 1 In a bowl, combine shredded coconut and coconut sugar.
- 2 Add melted coconut oil, honey, vanilla extract, sea salt, and essential oil.
- 3 Stir everything together until well blended.
- 4 Store in a glass jar with a lid. Use within 1 month.

HOW TO USE IT

- 1 In the shower or bath, scoop a small amount into your hands.
- 2 Gently massage onto damp skin in circular motions.
- 3 Focus on rough or dry areas.
- 4 Rinse thoroughly with warm water.
- 5 Pat your skin dry and enjoy your soft, glowing skin!

BENEFITS

-  Exfoliates and removes dead skin cells
-  Coconut oil deeply hydrates and softens
-  Leaves skin smooth, radiant, and healthy
-  Natural ingredients nourish and rejuvenate
-  Uplifts your mood and promotes relaxation

"Take time for yourself today. Your body will thank you and your soul will smile."

LADYBUG TIP

For an extra tropical experience, enjoy your scrub with soft music, a candle, and a cup of herbal tea. You deserve this moment of bliss!



Love,

Grandma Wendy

TheLadybugSpa.com





DIY HOME SPA RECIPE



Coconut Body Wrap

Hydrate ♥ Nourish ♥ Glow

This luxurious, tropical body wrap deeply hydrates, nourishes, and softens your skin while surrounding you in the **soothing scent of coconut**. It's like a mini vacation for your body and mind!

INGREDIENTS

- ♥ 1/2 cup full-fat coconut milk (canned)
- ♥ 1/4 cup coconut oil, melted
- ♥ 1/4 cup raw honey
- ♥ 2 tablespoons unsweetened shredded coconut
- ♥ 1 tablespoon aloe vera gel
- ♥ 1 teaspoon vanilla extract (optional)



HOW TO MAKE IT

- 1 In a bowl, whisk together coconut milk and melted coconut oil until smooth.
- 2 Add honey, shredded coconut, aloe vera gel, and vanilla extract. Stir well.
- 3 Store in an airtight glass jar in the refrigerator for up to 1 week.
- 4 Let the mixture come to room temperature before using.



HOW TO USE IT

- 1 Take a warm shower or bath to open your pores.
- 2 Apply the coconut wrap generously to clean, dry skin.
- 3 Wrap yourself in plastic wrap or an old sheet to keep warm.
- 4 Relax for 20–30 minutes.
- 5 Rinse off in the shower with warm water and pat your skin dry.
- 6 Moisturize lightly if desired and enjoy your radiant glow!

BENEFITS

-  Deeply moisturizes and hydrates skin
-  Nourishes with vitamins and healthy fatty acids
-  Helps improve skin texture and elasticity
-  Soothes and calms dry, tired skin
-  Leaves skin soft, smooth, and glowing

LADYBUG TIP



For an extra cooling and soothing effect, chill the mixture for 10 minutes before applying. Perfect after sun exposure!

"Coconut is nature's gift for soft, healthy, beautiful skin."

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Tropical Bali Coconut Body Butter Treatment

Deeply Nourish • Soften • Glow

Indulge in the rich, creamy goodness of **coconut** with this luxurious body butter treatment inspired by the tropical beauty of Bali. This nourishing blend melts into your skin, leaving it soft, smooth, radiant, and beautifully hydrated.

INGREDIENTS

- ♥ 1/2 cup virgin coconut oil (unrefined)
- ♥ 1/4 cup shea butter
- ♥ 1/4 cup cocoa butter
- ♥ 2 tablespoons sweet almond oil
- ♥ 1 tablespoon honey
- ♥ 1 teaspoon pure vanilla extract
- ♥ 5–10 drops coconut essential oil (optional)
- ♥ 2–3 drops frangipani or ylang ylang essential oil (optional)



GRANDMA WENDY'S TIP

For an extra cooling and soothing sensation, store your body butter in the refrigerator and let it soften slightly before use.



BENEFITS

-  Deeply hydrates and nourishes dry skin
-  Helps improve skin elasticity and softness
-  Rich in antioxidants and healthy fats
-  Soothes and calms the skin
-  Leaves skin silky, smooth, and glowing

HOW TO MAKE IT

- 1 In a heat-safe bowl, gently melt the coconut oil, shea butter, and cocoa butter together using a double boiler on low heat.
- 2 Stir until completely melted.
- 3 Remove from heat and let cool for 5–10 minutes.
- 4 Add sweet almond oil, honey, vanilla extract, and essential oils.
- 5 Whip the mixture with a hand mixer or whisk for 2–3 minutes until light, creamy, and fluffy.
- 6 Spoon into a clean glass jar and let set.



HOW TO USE IT

- 1 After a shower or bath, scoop a small amount of body butter.
- 2 Warm it between your hands.
- 3 Massage it into your skin using slow, loving motions.
- 4 Focus on dry areas like elbows, knees, and feet.
- 5 Take a deep breath, relax, and enjoy your tropical self-care moment.
- 6 Use daily for beautifully nourished, radiant skin.

Take time for yourself today. Your body will thank you, your mind will relax, and your soul will smile.

*"You deserve this moment.
You deserve this care.
You are worth it."*

Love,

Grandma Wendy

TheLadybugSpa.com



Balinese Massage & Relaxation Ritual

RELAX • RESTORE • RENEW

“ One of the most relaxing wellness experiences I enjoyed during my travels was a traditional Balinese massage. ”

Balinese massage combines flowing massage strokes, gentle stretching, aromatherapy, and deep relaxation techniques designed to calm the body and quiet the mind.

If you cannot find a therapist trained in Balinese massage, a traditional Swedish relaxation massage creates many of the same benefits and can be enjoyed as part of your Home Spa Experience.



OPTION 1

TRADITIONAL BALINESE MASSAGE



A Balinese massage often includes:

- Long flowing massage strokes
- Gentle stretching
- Aromatherapy oils
- Pressure point techniques
- Deep relaxation

BENEFITS

- Reduces stress and tension
- Encourages relaxation
- Improves circulation
- Helps soothe tired muscles
- Supports better sleep
- Creates a feeling of calm and balance

OPTION 2

RELAXATION OR SWEDISH MASSAGE



A Swedish massage is one of the most widely available massage styles around the world.

It uses:

- Long gliding strokes
- Gentle kneading
- Light stretching
- Relaxation techniques

BENEFITS

- Relaxes the body
- Eases muscle tension
- Improves circulation
- Supports wellness and self-care
- Promotes emotional well-being

HOW TO ENJOY THIS EXPERIENCE AT HOME



OPTION A

TRADE MESSAGES WITH A FRIEND

Take turns offering a simple shoulder, hand, foot, or back massage using coconut oil or your favorite body butter.



OPTION B

BOOK A PROFESSIONAL MASSAGE THERAPIST

Many massage therapists offer mobile services and can create a relaxing spa experience right in your own space.



OPTION C

VISIT YOUR LOCAL MASSAGE CLINIC

Enjoy a professional massage and continue your spa day at home afterward with tea, a bath, and relaxation.



GRANDMA WENDY'S TIP

Before your massage:

- Light a candle
- Play relaxing music or nature sounds
- Prepare a cup of herbal tea
- Create a peaceful atmosphere

*The goal is not perfection.
The goal is relaxation.*

BENEFITS OF MASSAGE

- Relieves stress
- Supports healthy circulation
- Encourages relaxation
- Helps reduce muscle tension
- Promotes better sleep
- Supports overall wellness
- Creates a deeper connection between body and mind

UPLIFTING THOUGHT

"Sometimes the most productive thing you can do is rest, relax, and allow yourself to receive care."

With Love,

Grandma Wendy

TheLadybugSpa.com





BALI

Coconut Cucumber

Spa Day Ritual

A COMPLETE WELLNESS JOURNEY

A refreshing, hydrating experience inspired by the natural healing traditions of Bali. Coconut nourishes. Cucumber cools. Together, they bring balance, renewal, and deep relaxation for your body, mind, and spirit.

This spa day is your time to slow down, let go, and soak in the goodness of nature. You are worthy of this peaceful moment.

Enjoy your journey!

YOUR COCONUT CUCUMBER SPA DAY

1

SET THE MOOD

Create a peaceful space. Light a candle, play soft Balinese music, and take a few deep breaths.



2

FOOT SOAK RITUAL

Soak your feet in warm coconut water with cucumber slices and flowers. Relax and release the day.



3

COCONUT CUCUMBER SCRUB

Exfoliate with our coconut cucumber body scrub. Rinse with warm water and feel your skin come alive.



4

COCONUT BODY BUTTER

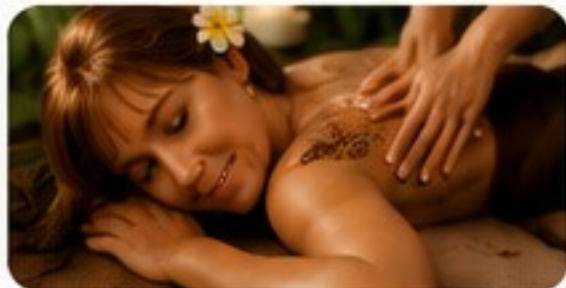
Nourish your skin with our creamy coconut cucumber body butter. Breathe in the tropical scent and relax.



5

RELAXING MASSAGE

Enjoy a soothing massage using warm coconut oil infused with cucumber. Let go of all tension.



6

COCONUT CUCUMBER FACIAL

Refresh your skin with our cooling coconut cucumber facial. Hydrate, tone, and glow naturally.



7

COCONUT MILK FLOWER BATH

Soak in a warm bath with coconut milk, cucumber, and flowers. Pure bliss for your body and soul.



8

REST & HYDRATE

Rest, sip your coconut cucumber tea, and enjoy this peaceful moment. You deserve it!



ENJOY YOUR WELLNESS DRINK

Coconut Cucumber Wellness Drink

Hydrating, refreshing, and perfect for glowing from the inside out.



ENJOY YOUR HERBAL TEA

Coconut Cucumber Spa Tea

A gentle blend to calm your mind and support your wellness.



AFFIRMATION FOR YOU

*I release stress.
I embrace peace.
I am refreshed, renewed,
and deeply loved.*



You have completed your Coconut Cucumber Spa Day Ritual.

Carry this feeling with you today and always.

With love, *Grandma Wendy*

