

SPA'rtty At Home

SIMPLE RITUALS. MEANINGFUL CONNECTIONS.
A HAPPIER YOU.

Self-Care
is Better
Together 

Relax
Refresh
Reconnect
Celebrate
Be You 

IDEAS
RECIPES
CHECKLISTS
& MORE
for Your Own
Spa Party 

Relax
Renew
Be You 

Spa
Friends
Make Life
Brighter 

The Ladybug S

The Ladybug Spa

Relax  Connect  Celebrate

WELLNESS GATHERINGS FOR EVERYONE

FRIENDS  FAMILY  PARTNERS  YOU

INSPIRED
BY
NEW ZEALAND
LIVING 

Because everything
is better together. 

THELADYBUGSPA.COM

WELLNESS LIVES HERE  NEW ZEALAND INSPIRES US

Welcome to Your SPA'rtly Guide

RELAX. CONNECT. CELEBRATE.

A SPA'rtly (Spa Party) is more than just pampering — it's about creating special moments with the people you love. Whether it's a girls' day, a family gathering, a couple's retreat, or a quiet self-care celebration, a spa party brings relaxation, laughter, and connection into your home.

You don't need a professional spa or expensive equipment. With simple rituals, natural ingredients, delicious healthy treats, and a little creativity, you can create a beautiful spa experience anywhere.

Wellness is even more meaningful when shared.

New Zealand
SPA'RTY MAGIC

Good
Friends
Kind People
Great Spa Days

Relax
Connect
Celebrate
Be You

People
Make Life
Brighter

THE SPA'RTY VIBE

IT'S ALL ABOUT THE FEELING!

- ♥ A peaceful, welcoming space
- 🌿 Relaxing music and calming scents
- 🌸 Simple, feel-good spa treatments
- 👥 Healthy food and refreshing drinks
- ☀️ Meaningful conversations
- 🌙 Laughter, connection, and fun
- ★ Everyone leaves feeling refreshed, renewed, and loved

Good People. Good Energy. Great Spa'rtly!



"Sometimes the most productive thing you can do is relax and enjoy the moment."

SPA'RTY OPTIONS

- ✓ Friends' Day In
- ✓ Mother & Daughter Time
- ✓ Family Wellness Gathering
- ✓ Couples' Spa Date
- ✓ Birthday Celebration
- ✓ Seasonal Themed SPA'rtly
- ✓ Just Because... You Deserve It!

QUICK START GUIDE

5 SIMPLE STEPS

- 1 Choose your date and invite your guests.
- 2 Set the mood (space, music, scents, lighting).
- 3 Plan your spa treatments and activities.
- 4 Prepare healthy snacks and drinks.
- 5 Relax, enjoy, and make beautiful memories!

It doesn't have to be perfect... just heartfelt.

A SPA'rtly is a gift — to yourself and to the people you love.





Good
Friends
Kind People
Great Spa Days

Happiness
Looks Good
On You

SPA'RTY Checklist

*Everything You Need for a Relaxing, Fun
and Memorable Home Spa Party*



INVITES & GUESTS

- ☐ Decide on date and time
- ☐ Create a guest list (2–6 is perfect)
- ☐ Send invitations (text, email, or handwritten)
- ☐ Share that it's a spa'rtty and what to expect
- ☐ Let guests know if they should bring a dish to share



SPA SPACE SETUP

- ☐ Clean and declutter the space
- ☐ Create a relaxing atmosphere (lighting, candles, music)
- ☐ Set out robes, slippers & towels
- ☐ Prepare seating and cozy areas
- ☐ Provide a place for personal bags (The Ladybug Spa bags are perfect!)
- ☐ Add fresh flowers or greenery



SPA TREATMENTS

- ☐ Foot soak stations (bowls, Epsom salts, herbs, flowers)
- ☐ Face masks (variety for different skin types)
- ☐ Facial steam or warm towels
- ☐ Neck, shoulder & hand massage oils
- ☐ Optional: manicure/pedicure supplies
- ☐ Extras: cucumber slices, eye gel, lip scrub, etc.



FOOD & DRINKS

- ☐ Ask guests to bring a healthy dish to share
- ☐ Prepare fresh, nourishing snacks
- ☐ Infused water (fruit, herbs, cucumber)
- ☐ Herbal teas
- ☐ Healthy treats (dark chocolate, fruit, nuts, etc.)
- ☐ Fun drinks (e.g., mocktails, smoothies)
- ☐ Use pretty serving dishes and labels (if you like)



ATMOSPHERE & EXTRAS

- ☐ Play calming music
- ☐ Use essential oil diffuser (lavender, eucalyptus, etc.)
- ☐ Provide cozy blankets or throws
- ☐ Have a journal or conversation cards
- ☐ Set up a photo area (fun memories!)
- ☐ Consider a short guided meditation, yoga stretch, or gratitude moment
- ☐ Add special touches (e.g., spa playlist, kind notes, small gifts)



GUEST COMFORTS

- ☐ Spa robes (variety of sizes, winter and summer)
- ☐ Slippers
- ☐ Headbands or hair ties
- ☐ Heated towels or eucalyptus towels
- ☐ Water, tea, and extra refreshments
- ☐ A place to relax between treatments
- ☐ A take-home gift (optional) — such as a small spa item, essential oil, or tea bag



WELLNESS ACTIVITIES

- ☐ Aromatherapy
- ☐ Mini facials
- ☐ Hand & foot massage
- ☐ Infrared sauna (if available)
- ☐ Gentle yoga, stretch, or breathing
- ☐ Journaling or sharing circle
- ☐ Simply relax and enjoy!



DON'T FORGET...

- ☐ Take photos and make memories
- ☐ Allow time to relax (no rushing)
- ☐ Be present and enjoy the moment
- ☐ Celebrate the special people in your life
- ☐ Remember — it doesn't have to be perfect, just heartfelt!

*Because everything
is better together.*

*New Zealand
Naturally Inspires
Wellness.*

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WELLNESS LIVES HERE  NEW ZEALAND INSPIRES US

RELAX
EXPLORE
BE YOU





Relax
Connect
Celebrate
Be You 

Your SPA'rtly Begins

THE WELCOME RITUAL

Set the tone for a beautiful, relaxing and unforgettable experience.

1



Welcome Your Guests

Greet each guest with a warm welcome and give them their Ladybug Spa bag for their personal items.

2



Choose a Robe & Settle In

Let your guests pick a fluffy robe, slippers and headband. (Have a variety of sizes and seasonal robes if you can.)

3



Serve a Welcome Drink

Offer a refreshing, healthy drink as everyone arrives. It's a simple way to help everyone unwind and feel special.

4



Create the Atmosphere

Start calming music, diffuse your favorite essential oils, light candles, and let the relaxation begin.

5



Take a Few Moments Together

Gather everyone, share a few words about the day, and remind them that this time is about relaxing, connecting, and having fun.

6



Begin the First Ritual

Start with a simple, shared activity — such as a relaxing foot soak — to ease into the SPA'rtly experience.

*It's not just a spa day...
it's time well spent with
special people. *

Good
Friends
Good Drinks
Great
SPA'rties 

The Ladybug Spa

Signature SPA'rtly Drink Cucumber Mint Refresher

A light, refreshing drink to welcome your guests.

Ingredients (serves 6)

-  1 cucumber (sliced)
-  1 lemon or lime (sliced)
-  Fresh mint leaves
-  1–2 tablespoons honey (or to taste)
-  6 cups filtered water
-  Optional: a few slices of fresh ginger

Instructions

1. Add cucumber, lemon/lime, mint (and ginger if using) to a large pitcher.
2. Add filtered water and honey. Stir well.
3. Let it infuse for at least 30 minutes (or longer in the fridge).
4. Serve over ice in pretty glasses. Garnish with a mint sprig.



You can also set up a drink station with other options like herbal tea, fruit-infused water, or a fun mocktail.

*When we slow down together,
we make space for what really matters. *

With love, 
Grandma Wendy 



Group Treatment 1 *Relaxing* Foot Soak Ritual

Soothe Your Feet. Calm Your Mind.
Enjoy the Moment Together.

Calming Foot Soak Recipe

NATURAL INGREDIENTS FOR SOFT, HAPPY FEET

- ☐ 2 cups Epsom salts
- ☐ ½ cup sea salt (optional)
- ☐ 1 tablespoon dried lavender (or 10 drops lavender essential oil)
- ☐ 5–10 drops eucalyptus essential oil
- ☐ 5–10 drops peppermint essential oil
- ☐ A few slices of lemon or orange
- ☐ Fresh herbs (mint, rosemary, or basil)
- ☐ Optional: rose petals or flower heads



Prepare the ingredients in each foot tub ahead of time. When your guests arrive, simply add warm water and it's ready to enjoy!



How to Create the Experience

- 1 Prepare each foot tub with the ingredients listed on the left.
- 2 When your guests arrive, add warm water to the tubs.
- 3 Offer a cool eucalyptus face cloth (a clean, white cloth soaked in cool water with a few drops of eucalyptus oil) to refresh their face, neck, and shoulders.
- 4 Give each guest a chilled gel eye mask (keep them in the freezer ahead of time) so they can relax and block out the light.
- 5 Turn on calming music and diffuse your favorite essential oils (lavender, eucalyptus, or a relaxing blend).
- 6 Encourage everyone to take a few deep breaths, close their eyes, and simply enjoy the moment.

Let the cares of the day melt away. ♥



Extra Touches

- ☐ Provide cozy seating and warm blankets
- ☐ Offer herbal tea or infused water
- ☐ Invite quiet conversation or a short meditation
- ☐ Have a basket of extra towels available
- ☐ Take photos and make memories!

Good Friends ♥ Self-Care ♥ Great Spa Days

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BE YOU



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Kind People
Great Spa Days ♥

Group Treatment 2

Refresh & Relax ♥

From Happy Feet to Total Relaxation

Now that your feet have soaked and softened, it's time to refresh, warm, and relax even deeper with soothing touches and simple luxuries.



A little time to relax... makes a big difference. ♥

1



Dry & Warm

After the foot soak, gently pat feet dry with a soft towel. Provide a warm, cozy towel for each guest. (You can heat towels in a towel warmer, dryer, or microwave if you'd like.)



2



Roll & Refresh

Invite guests to use a foot roller for a gentle reflexology massage. This feels amazing and helps stimulate circulation, release tension, and continue the relaxation.



3



Warm Face Mask

Offer a heated, reusable cloth face mask (ready in the microwave). Guests can place it over their eyes and face while they relax. (Keep extras ready for each guest.)

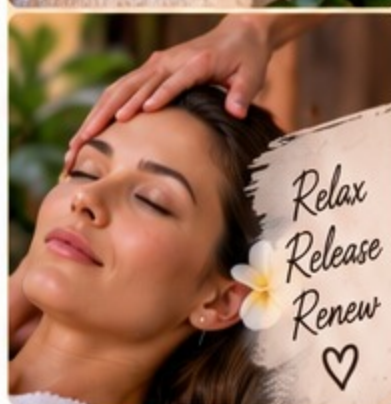


4



Relax & Receive

Let your guests get comfortable with blankets, pillows, and soothing music. This is the perfect time for a head massage, shoulder massage, or a few moments of quiet rest.



5



Meditation Option

Play one of Grandma Wendy's 20-minute meditations — choose from beautiful country inspired meditations (Bali, Vietnam, New Zealand) or calming relaxation meditations.



Extra Touches & Ideas

- ☐ Fluffy blankets or throws
- ☐ Pillows for extra comfort
- ☐ Heated face masks (reusable)
- ☐ Foot rollers for each guest
- ☐ Essential oil diffuser (lavender, eucalyptus, or your favorite)
- ☐ Head, neck or shoulder massage (optional)
- ☐ One of Grandma Wendy's 20-minute meditations (country or general)
- ☐ Soft lighting (candles, salt lamps, etc.)
- ☐ A quiet space to simply be



Benefits for Your Guests

- ☒ Softer, refreshed feet
- ☒ Reduced stress and tension
- ☒ Improved circulation
- ☒ Relaxed mind and body
- ☒ A sense of connection and well-being

When we take time to care for ourselves and each other, life just feels better. ♥

Small Rituals
Big Joy! ♥

Good Perufe ♥ Self-Care ♥ Great Spa Days

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Group Treatment 3

Choose Your Wellness Station

DIFFERENT EXPERIENCES.
ONE AMAZING SPA'RTY. ♡

Now it's time to enjoy some deeper relaxation. Your guests can choose the wellness station(s) that feel best for them. Take your time, rotate in pairs, and enjoy — there is no rush! ♡



STATION 1 HYDROTHERAPY

SOOTHE • RELAX • REJUVENATE



Invite guests to enjoy a relaxing soak in a hot tub, spa, or jetted tub. Two people can go at a time, so everyone gets a turn.

BENEFITS

- ✓ Relaxes muscles and eases tension
- ✓ Improves circulation
- ✓ Supports better sleep
- ✓ A wonderful time to chat and unwind

♡ Warm water, good company and wonderful conversations are good for the soul.



STATION 2 INFRARED SAUNA

DETOX • SWEAT • FEEL GOOD



Enjoy a gentle, deep heat experience. Two people can relax in the infrared sauna at a time, so take turns and stay hydrated.

BENEFITS

- ✓ Helps the body detox naturally
- ✓ Relaxes muscles and joints
- ✓ Supports circulation and overall wellness
- ✓ Many people enjoy deeper, more restful sleep

♡ Sit back, sweat a little, let go a lot.



STATION 3 GRANDMA WENDY'S 10-MINUTE MASSAGE

RELAX • RELEASE • RESTORE



Guests who would like a short massage can lay on the table for a 10-minute session focusing on the back, neck, shoulders, hands, and upper body only. (That's all — and it's wonderful!)

BENEFITS

- ✓ Eases tension in the upper body
- ✓ Helps you feel relaxed and cared for
- ✓ Supports better posture
- ✓ A perfect little reset

♡ Sometimes 10 minutes of kind touch can change your whole day.



NO SPECIAL EQUIPMENT? NO PROBLEM!

You can still create an amazing experience at home. Try these simple alternatives:

- ☐ A warm bath or relaxing shower
- ☐ Warm/cool contrast showers
- ☐ A warm towel wrap (neck, shoulders, or feet)
- ☐ Gentle stretching or yoga
- ☐ Self-hand or foot massage
- ☐ Use a foot roller
- ☐ A cozy rest with a heated eye mask
- ☐ One of Grandma Wendy's 20-minute meditations
- ☐ Or simply relax with music, candles, and a good book



TRADE-A-TREATMENT IDEA

Friends can take turns giving each other a gentle hand, shoulder, or foot massage. It's a beautiful way to connect, and everyone gets to enjoy the experience.



SAFETY & WELLNESS TIPS

- ☐ Sauna and hydrotherapy are optional.
- ☐ Stay hydrated and avoid overheating.
- ☐ If you have any health concerns, check with your healthcare professional.
- ☐ For massage, only do what feels comfortable.
- ☐ If you are not a trained therapist, stick to simple, gentle comfort techniques.
- ☐ Everyone's comfort and safety come first. ♡



Gather, Nourish & Connect

GOOD FOOD FEEDS THE BODY.
GREAT COMPANY FEEDS THE SOUL.

After your spa treatments, it's time to relax, refuel, and enjoy one another. Share delicious, healthy food, refreshing drinks, and uplifting conversation. Keep the music playing, the diffuser going, and simply enjoy the moment.

Relax • Laugh • Share • Be Present

SPA'RTY MOMENTS
*Good Food ♥ Great Friends
♥ A Happier You*

*Good
Friends
Good Food
Great
Conversations*

*Nourish
Connect
Celebrate*

*Healthy
Food
Happy Friends
Brighter Lives*

Tropical Fruit Salad

A FRESH & COLORFUL TREAT



Ingredients

- ☐ 2 cups pineapple (chunks)
- ☐ 2 cups fresh berries
- ☐ 2 kiwis (sliced)
- ☐ 1 mango (cubed)
- ☐ Juice of 1 lime
- ☐ Fresh mint leaves (optional)

*Simple
Fresh
Delicious*



Instructions

1. Combine all ingredients in a large bowl.
2. Drizzle with lime juice.
3. Add fresh mint and gently toss.
4. Serve chilled.

A little taste of paradise!

Cucumber Mint Detox Water

HYDRATE • REFRESH • GLOW



Ingredients

- ☐ 1 cucumber (sliced)
- ☐ 1 lemon or lime (sliced)
- ☐ Fresh mint leaves
- ☐ 6 cups filtered water
- ☐ Optional: a few slices of fresh ginger

Instructions

1. Add all ingredients to a large pitcher.
2. Let it infuse for at least 1 hour (or overnight in the fridge).
3. Serve over ice and enjoy all day!

Hydration is self-care!

Spa Day Energy Bites

A HEALTHY, NO-BAKE SNACK



Ingredients

- ☐ 1 cup rolled oats
- ☐ ½ cup almond butter (or peanut butter)
- ☐ ½ cup honey
- ☐ ¼ cup chia seeds
- ☐ ¼ cup shredded coconut
- ☐ ½ cup dark chocolate chips (optional)
- ☐ 1 tsp vanilla extract

Instructions

1. Mix all ingredients in a bowl.
2. Roll into small balls.
3. Refrigerate for at least 30 minutes.
4. Keep chilled and enjoy!

Small bites. Big benefits!



Serving Ideas

- ☐ Ask guests to bring a healthy dish to share
- ☐ Use pretty serving bowls and labels (if you like)
- ☐ Offer a variety of options (fruit, veggies, dips, salads)
- ☐ Include herbal teas, infused water, or fun mocktails
- ☐ Don't forget any dietary preferences (gluten-free, nut-free, etc.)



Set the Mood

- ☐ Keep your favorite music playing
- ☐ Use essential oil diffusers (lavender, citrus, or a relaxing blend)
- ☐ Create a cozy, comfortable space to sit and talk
- ☐ Candles, soft lighting, and fresh flowers add a special touch



Conversation Starters

- ☐ What's one place you'd love to travel?
- ☐ What's your favorite way to relax at home?
- ☐ Share a favorite spa or travel memory.
- ☐ What's something you're grateful for today?
- ☐ What's one fun thing you want to do this year?

*Good conversations
are a special kind of medicine.*



Make It Extra Special

- ☐ Set a beautiful table or picnic-style setup
- ☐ Use cloth napkins or fun spa-themed napkins
- ☐ Add fresh flowers or greenery
- ☐ Create a signature drink for your SPA'rtly
- ☐ Take photos to remember the day!

*It's not just food...
it's the joy of being together.*



A Little Spa Love ♥ to Take Home

Thoughtful touches to remember
a special day.

A little self-care goes a long way! Sending your guests home with a small SPA'rtly gift is a beautiful way to say "thank you" and remind them to keep taking care of themselves.

Self-Care Travels Home ♥



SPA'rtly Gift Bag Ideas

Pick a few favorites or create your own!

- ☐ Dry foot soak blend (in a small sachet)
- ☐ Herbal tea bag or wellness tea blend
- ☐ Cooling eye mask or gel eye pad
- ☐ Mini hand & cuticle cream (homemade or store-bought)
- ☐ Lip balm or natural moisturizer
- ☐ A small essential oil roller (lavender, stress less, etc.)
- ☐ A printed spa recipe card
- ☐ A positive affirmation card or scripture card
- ☐ A few chocolates, dried fruit, or healthy treat
- ☐ A little something from your travels (shell, keychain, etc.)
- ☐ A small candle or tea light
- ☐ A "Today I Choose Me" reminder card ♥

It doesn't have to be expensive...
it just has to come from the heart. ♥



Gift Exchange

Add a little extra fun!

If you'd like, invite each guest to bring a small, wrapped gift to share and exchange with one another. It can be something simple, meaningful, or spa-related — a favorite lotion, a book, a tea, a travel treasure, or anything they think another guest would enjoy.

Thoughtful Gifts
Create Lasting Connections ♥



Simple Packaging Ideas

- ☐ Use small gift bags, organza bags, or boxes
- ☐ Add a ribbon and a ladybug tag
- ☐ Include a handwritten note or quote
- ☐ Keep it simple, pretty, and practical
- ☐ You can prepare them ahead of time or let guests create their own

Sometimes the smallest things
take up the most room in our hearts.

♥ A.A. Milne

Good Friends ♥ Kind Hearts ♥ Beautiful Days

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RELAX
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BE YOU



Create • Sip • Share

A Hands-On SPA'rtty ♥

Make it. Take it. Enjoy it.

A SPA'rtty can be more than just treatments — it can be a fun, hands-on experience!

Gather your friends, create some of Grandma Wendy's favorite spa recipes together, make a wellness drink, and take home your beautiful creations.



Popular Recipes to Make Together

Choose one or two (or more!) from Grandma Wendy's collection.



Relaxing Bath Soak



Coconut-Lemon Sugar Scrub



Whipped Body Butter



Refreshing Foot Soak Blend



Nourishing Face Mask



Herbal Tea Blend (for later)



How It Works

1

Choose a Recipe

Pick one of the spa recipes or wellness drinks to make together.

2

Gather Supplies

Set out all the ingredients, bowls, jars, and labels.

3

Create & Enjoy

Mix, stir, and make your creations while chatting and sipping a healthy drink.

4

Package It Up

Place your creation in a pretty jar or bag, add a label and ribbon.

5

Take It Home

Each guest leaves with something special they made (and memories too!).

*Simple Ingredients
Beautiful Results* ♥



Wellness Drink Workshop

Make a healthy drink together!



- ☐ Cucumber Mint Detox Water
- ☐ Coconut-Cucumber Refresher
- ☐ Berry Antioxidant Smoothie
- ☐ Immune Support Tea
- ☐ Or one of Grandma Wendy's 12 Wellness Drinks!

Sip, nourish, and toast to friendship! ♥



Recipe Exchange SPA'rtty

Invite each guest to bring a favorite recipe to share — a healthy drink, tea, snack, or self-care idea. You'll all leave with new ideas and inspiration!

*New ideas ♥ New friends
A healthier, happier you!* ♥ 



Your SPA'rtty Bar

Set up a beautiful station with:

- ☐ Ingredients in pretty bowls or jars
- ☐ Mixing bowls and utensils
- ☐ Small containers, jars, or bags
- ☐ Labels, markers, and ribbon
- ☐ Recipe cards (printouts)
- ☐ Essential oils (optional)
- ☐ A sign or menu of recipe choices
- ☐ Good music and a happy atmosphere!



Tips for Success

- ☐ Keep it simple and choose 1–2 recipes.
- ☐ Use affordable, easy-to-find ingredients.
- ☐ Prepare your space ahead of time.
- ☐ Let everyone participate at their own pace.
- ☐ Don't worry about perfection — it's about fun!
- ☐ Take photos and make it a special memory.
- ☐ Enclose a recipe card so they can make it again at home.

Good Company Makes Everything Better ♥

Relax ♥ Create ♥ Nourish ♥ Share ♥ Be You

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Grandma Wendy's SPA'rtly Recipe Cards

FUN, SIMPLE RECIPES TO MAKE TOGETHER
AND TAKE HOME

Lavender Vanilla Relaxing Bath Soak

SOOTHE • SOFTEN • UNWIND



Ingredients (makes 4-6 small jars)

- ☐ 2 cups Epsom salt
- ☐ 1 cup sea salt (or pink Himalayan salt)
- ☐ 2 tbsp dried lavender buds
- ☐ 1 tbsp dried rose petals (optional)
- ☐ 10 drops lavender essential oil
- ☐ 5 drops vanilla essential oil

Instructions:

1. In a large bowl, combine all ingredients.
2. Mix well and divide into small jars or bags.
3. Add a label: "Relaxing Bath Soak."

♥ *A little soak goes a long way.*

Citrus Coconut Sugar Scrub

EXFOLIATE • BRIGHTEN • GLOW



Ingredients (makes about 2 cups)

- ☐ 1 cup organic sugar (white or brown)
- ☐ 1/2 cup coconut oil (melted)
- ☐ Zest of 1 orange (or lemon)
- ☐ 2 tbsp fresh orange or lemon juice
- ☐ 5 drops doTERRA Wild Orange (or Lemon)
- ☐ 5 drops doTERRA Fractionated Coconut Oil (if desired for extra moisture)

Instructions:

1. Mix all ingredients in a bowl.
2. Spoon into jars and let cool.
3. Add a label: "Citrus Coconut Sugar Scrub."

♥ *Exfoliate today. Radiate tomorrow.*

Rose Petal Whipped Body Butter

NOURISH • HYDRATE • LOVE YOUR SKIN



Ingredients (makes about 2 cups)

- ☐ 1 cup shea butter
- ☐ 1/2 cup coconut oil
- ☐ 1/4 cup almond oil (or jojoba oil)
- ☐ 10 drops doTERRA Geranium or Lavender
- ☐ Dried rose petals (optional)

Instructions:

1. Melt shea butter and coconut oil (low heat).
2. Let cool, then whip with a hand mixer until fluffy.
3. Add almond oil and essential oil. Mix well.
4. Spoon into jars and top with a few rose petals.
5. Add a label: "Whipped Body Butter."

♥ *Nourished skin. Happy you.*

Peppermint Eucalyptus Refreshing Foot Soak

COOL • REFRESH • REJUVENATE



Ingredients (makes 4-6 uses)

- ☐ 1 cup Epsom salt
- ☐ 1/2 cup baking soda
- ☐ 2 tbsp dried peppermint leaves
- ☐ 2 tbsp dried eucalyptus leaves
- ☐ 10 drops doTERRA Peppermint
- ☐ 5 drops doTERRA Eucalyptus

Instructions:

1. Mix all ingredients in a bowl.
2. Store in a jar or bag.
3. For use: add 1/2 cup to a basin of warm water.
4. Add a label: "Refreshing Foot Soak."

♥ *Take care of your feet...
they take you to amazing places.*

Oatmeal Honey Nourishing Face Mask

CALM • SOOTHE • RENEW



Ingredients (makes 4-6 uses)

- ☐ 1/2 cup finely ground oats (oat flour)
- ☐ 2 tbsp honey
- ☐ 2 tbsp plain yogurt (or aloe vera gel)
- ☐ 1 tbsp milk (or rose water)
- ☐ 5 drops doTERRA Lavender (optional)

Instructions:

1. Mix all ingredients in a bowl until smooth.
2. Use right away or store in a sealed jar in the refrigerator for up to 5 days.
3. Apply to clean skin, leave on 10-15 minutes, then rinse with warm water.
4. Add a label: "Nourishing Face Mask."

♥ *Healthy, glowing skin
at any age!*

Tropical Friendship Wellness Drink

HYDRATE • ENERGIZE • SHARE



Ingredients (serves 6-8)

- ☐ 1 pitcher of filtered water (about 8 cups)
- ☐ 1 orange (sliced)
- ☐ 1 cup fresh pineapple (chunks)
- ☐ 1 cucumber (sliced)
- ☐ Fresh mint leaves
- ☐ Juice of 1 lime
- ☐ Optional: a few slices of fresh ginger

Instructions:

1. Add all ingredients to a large pitcher.
2. Let it infuse in the refrigerator for at least 1 hour.
3. Serve chilled and enjoy together!

♥ *Good friends. Healthy drinks. Brighter lives.* ♥

Create ♥ Sip ♥ Share ♥ Be Well

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♥

Grandma Wendy Spa Nights On the Go

TAKE THE SPA'rtY WITH YOU!

Whether you're traveling to see family, visiting friends, or planning a girls' getaway, you can create a special Grandma Wendy Spa Night anywhere! It's a beautiful way to connect, relax, and make memories together — no matter where you are in the world.

Pack a Little Spa Love

Create simple spa kits to take with you:

- ☐ Travel-size face masks or sheet masks
- ☐ Small jar of sugar scrub or body butter
- ☐ Herbal tea bags or wellness drink mix
- ☐ Essential oil roller (lavender, stress less, etc.)
- ☐ Eye masks or cooling gel pads
- ☐ A printed recipe card or two
- ☐ A small candle or tea light (battery ones are great!)
- ☐ A little treat (chocolate, dried fruit, etc.)
- ☐ A kind note:
"You are special!"

Small
Packages
Big Joy!

Good
Friends
Travel Well!

A Little
Spa Love
Just for You

Self-Care
Travels Well

Different Places
Same Spa Love
Family ♥ Friends ♥
Making Memories
Together

Kind People
Beautiful Places
Happier Hearts ♥

Good
People
Good Food
Good Spa
Good Memories ♥

The Grand Finale

It's Not Just a SPA'rtY...
It's a Celebration of You!

You don't need a perfect home, expensive equipment, or a big group to create a meaningful SPA'rtY. It can be as simple as a quiet evening with one friend, a fun gathering with family, or a special night just for you. What matters most isn't the treatments or the things — it's the laughter, the conversations, the kindness, and the time you spend together.

Wherever life takes you, take a little spa with you. Create calm, share joy, and leave a little more love in every place you go.

Friends, Family, Near or Far... ♥
A SPA'rtY Always Feels Like Home.

Same
Beautiful Souls
Different Places ♥

New Zealand
Inspires Us ♥

"Let all that you do
be done in love."
1 Corinthians 16:14

With love, ♥
Grandma Wendy 

Relax ♥ Explore ♥ Be Well ♥ Stay Connected

THELADYBUGSPA.COM

WELLNESS LIVES HERE ♥ NEW ZEALAND INSPIRES US

RELAX
EXPLORE
BE YOU ♥