

THE LADYBUG SPA

BONUS E-BOOK

COMPLETE SPA GUIDE

TO THE *Mango, Coconut, Jasmine & Rice* EXPERIENCE

YOUR COMPLETE VIETNAMESE
HOME SPA JOURNEY

Relax • Restore • Rejuvenate

EVERYTHING
YOU NEED FOR A
Beautiful
SPA DAY AT
HOME



STEP-BY-STEP
SPA DAY GUIDE



TREATMENTS,
DRINKS & RECIPES



ATMOSPHERE
& RELAXATION TIPS



WEEKEND
SPA EXPERIENCE

With love,  *Grandma Wendy* 

LICENSED MASSAGE THERAPIST • WELLNESS EDUCATOR • WORLD TRAVELER

TheLadybugSpa.com

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COMPLETE SPA GUIDE

TO THE

Mango, Coconut, Jasmine & Rice EXPERIENCE

Your Complete Vietnamese Home Spa Journey

This guide brings together the beautiful traditions of Vietnam—mango, coconut, jasmine, rice, herbs, massage, reflexology, and peaceful relaxation—into one complete home spa experience.

Relax • Restore • Rejuvenate

BEFORE YOU BEGIN

Create a calm and peaceful atmosphere before your spa day begins.

Turn on your Vietnam meditation music. Enjoy the authentic Vietnam music and nature sounds I captured while traveling throughout Vietnam.

Play your Sound Therapy (Hz) recordings. Choose the frequency that feels most relaxing for you.

Start your diffuser with your favorite essential oil.

Prepare your wellness drink or herbal tea.

Gather your towels, robe, slippers, and spa supplies.

Silence your phone and give yourself permission to simply relax.

Today is about taking care of YOU. You deserve it! ❤️

MAKE IT YOUR OWN

- ✓ Invite a friend and enjoy a relaxing spa day together.
- ✓ Enjoy the wellness drinks together and have great conversations.
- ✓ Take turns giving each other a foot soak, hand massage, shoulder massage, or relaxing foot massage.
- ✓ For a more luxurious experience, consider hiring a licensed massage therapist or reflexologist who offers mobile services and can come to your home.

*The goal isn't perfection.
The goal is creating peace.*

YOUR VIETNAM SPA JOURNEY

Enjoy the treatments in whatever order feels best for you.

1 MANGO RITUALS
Nourish your skin with the natural vitamins and enzymes of mango.

2 COCONUT TREATMENTS
Deeply hydrate and soften your skin with coconut's natural goodness.

3 JASMINE TREATMENTS
Enjoy the beautiful aroma of jasmine to relax the mind and uplift the spirit.

4 RICE BEAUTY RITUALS
Rice gently exfoliates, brightens, and leaves skin silky smooth.

5 TRADITIONAL VIETNAMESE MASSAGE
Experience the healing touch of a traditional Vietnamese massage.

6 HERBAL COMPRESS EXPERIENCE
Warm herbal compresses help release tension and soothe the body.

7 FOOT SOAK & REFLEXOLOGY
Relax tired feet with a warm soak and enjoy a gentle reflexology massage.

8 HERBAL TEA RITUAL
Sip a warm herbal tea to support digestion and relax the body.

9 WELLNESS DRINK
Enjoy a delicious and nourishing mango coconut wellness smoothie.

10 RELAXING BATH (OPTIONAL)
A warm bath helps soothe muscles and calms the nervous system.

11 VIETNAM MEDITATION & SOUND THERAPY
Finish with your favorite meditation music and sound therapy.

12 QUIET REST & REFLECTION
Take a few quiet moments to rest, reflect, and give thanks to yourself.

Grandma Wendy's Tip

I've traveled throughout Vietnam collecting peaceful wellness traditions, authentic spa experiences, beautiful music, and natural sounds to help bring a little piece of Vietnam into your own home.

My hope is that every treatment, every recipe, every sound, and every quiet moment helps you slow down, breathe deeply, and remember that taking care of yourself isn't a luxury... it's one of the greatest gifts you can give yourself.

Take your time. Relax often. Enjoy every moment. ❤️

With love, ❤️ Grandma Wendy 🐞

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WEEKEND SPA EXPERIENCE

— TO THE — *Mango, Coconut, Jasmine & Rice* EXPERIENCE

A FULL
WEEKEND TO
RELAX, RESTORE
& REJUVENATE

Give yourself or someone you love the gift of a full weekend dedicated to rest, renewal, and wellness. Follow this simple guide or mix and match to create your perfect spa weekend.

FRIDAY

Unwind & Prepare

Let go of the week and begin your journey of relaxation.

-  Play your Vietnam meditation music and nature sounds.
-  Start your diffuser and light a candle or incense.
-  Enjoy a warm foot soak to release tension.
-  Sip your herbal tea and hydrate your body.
-  Do a gentle body exfoliation with your rice or coconut scrub.
-  End with a relaxing bath and quiet time.

Grandma Wendy's Tip

Tonight, go to bed early. A good night's sleep is part of your spa experience! 

SATURDAY

Nourish & Rejuvenate

Enjoy a full day of pampering and self-care.

-  Begin your day with meditation music and deep breathing.
-  Make and enjoy your mango coconut wellness smoothie.
-  Indulge in the jasmine aromatherapy experience.
-  Enjoy a rice facial or body mask to brighten your skin.
-  Experience your traditional Vietnamese massage.
-  Finish with a foot soak and reflexology or foot massage.
-  Sip your herbal tea and relax for 20–30 minutes.

Grandma Wendy's Tip

Listen to your body today. Take breaks and drink plenty of water. 

SUNDAY

Restore & Reflect

A gentle day to restore your body, mind, and spirit.

-  Start your morning with peaceful music and gratitude.
-  Enjoy a light coconut body treatment or wrap.
-  Sip your herbal tea slowly and enjoy the quiet.
-  Journal, write your thoughts, or reflect on your week.
-  Take time for meditation, prayer, or quiet rest.
-  Enjoy a warm jasmine or rice bath before bed.

Grandma Wendy's Tip

You deserve this time to care for YOU. The world needs you at your best! 

MAKE IT EVEN MORE SPECIAL


Invite a friend or loved one to join you. It's more fun together!


Prepare your spa space ahead of time. Keep everything close and easy to reach.


Take a photo or write down your favorite moments to remember this special weekend.


Be gentle with yourself. There is no rush. Just enjoy and relax.


Drink plenty of water and nourish your body with healthy, fresh foods.

This weekend is a gift to yourself. Take your time, breathe deeply, and enjoy every moment. 

With love,  *Grandma Wendy* 

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Quick Start CHECKLIST

Before You Begin Your
Vietnam Home Spa Experience

Before starting, take a few minutes to prepare your space.
A little planning will help you relax and enjoy
every moment.

- ☐  Put on your favorite comfortable robe and slippers.
- ☐  Turn on your Vietnam Music or Sound Therapy from The Ladybug Spa collection.
- ☐  Start your diffuser with your favorite essential oil (I love Jasmine, Lemongrass, or Lavender).
- ☐  Brew a cup of herbal tea.
- ☐  Prepare your wellness drink or smoothie.
- ☐  Gather warm towels and your massage oil or lotion.
- ☐  Set up your foot soak or bath if you're including one.
- ☐  Light a candle or incense if you enjoy gentle aromas.
- ☐  Silence your phone and give yourself permission to completely unplug.
- ☐  Take three slow, deep breaths...

Now your Vietnam
Home Spa journey begins.



Grandma Wendy's Tip

You don't have to do everything at once.
Even one peaceful hour can refresh
your mind, body, and spirit.

With love,
Grandma Wendy



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Vietnam SOUND THERAPY GUIDE

Bring Vietnam Into Your Home



One of my favorite parts of traveling is capturing the authentic sounds of each destination.

During my travels through Vietnam, I recorded peaceful sounds that you can enjoy while creating your own spa experience at home.

*For the most relaxing experience,
turn on one of these before you begin:*



Vietnam Nature Sounds
Immerse yourself in the calming beauty of Vietnam.



Gentle Rain
Let the soothing sound of rain wash away your stress.



Ocean Waves
Feel the rhythm of the ocean and let go of tension.



Temple Bells
Soft, peaceful temple bells to calm the mind.



Birds of Vietnam
The gentle songs of nature bring peace and joy.



Peaceful Meditation Music
Beautiful music to relax your body and mind.



Healing Frequencies
432 Hz, 528 Hz and more to support relaxation and healing.



Sleep & Relaxation Sound Therapy
Drift into deep rest and wake up refreshed.

*These recordings help
create an immersive experience,
making it feel as though
you're relaxing in a peaceful
Vietnamese spa.*



Grandma Wendy's Tip ♥

Close your eyes for a moment, breathe deeply,
and let the sounds transport you to
beautiful Vietnam.



Use headphones for
the deepest, most
immersive experience.

With love,



Grandma Wendy



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My Vietnam SPA REFLECTION

My Vietnam Home Spa Journal



Today's Date: _____



BEFORE MY SPA EXPERIENCE

How do I feel today?

.....

.....

.....



ONE THING I'M THANKFUL
FOR TODAY

What are you most grateful for today?

.....

.....

.....



AFTER MY SPA EXPERIENCE

How do I feel now?

.....

.....

.....



A PROMISE I'M MAKING
TO MYSELF

What is one way you will take care
of yourself this week?

.....

.....

.....



MY FAVORITE PART

What was your favorite part
of your Vietnam spa experience?

.....

.....



MY FAVORITE TEA
OR WELLNESS DRINK

What tea or drink did you enjoy most?

.....

.....

*Peace begins with
taking time to care
for yourself.*



With love, 
Grandma Wendy 

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Celebrate YOU. You are worth it. 

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