



NEW ZEALAND GEOTHERMAL & LAVENDER HEALING EXPERIENCE

*Inspired by the natural healing traditions
of Aotearoa New Zealand*

WARMTH • NATURE • RELAXATION • RENEWAL



NATURE
RELAXES,
NEW ZEALAND
HEALS



A SPA JOURNEY FOR BODY, MIND & SOUL



*With love, ♥
Grandma Wendy*

TheLadybugSpa.com





MY NEW ZEALAND Lavender Story

From the Lavender Fields of Waihi Beach
to My Home Spa



Waihi Beach
NEW ZEALAND



Lavender Heaven ♥



Simple
Natural
Beautiful ♥

One of my favorite places in New Zealand is **Waihi Beach**, and one of the things I look forward to whenever we are there is visiting the beautiful lavender farm.

January is especially magical. Because New Zealand is in the Southern Hemisphere, January is summertime—and the lavender fields come alive in gorgeous shades of purple.

I love walking through the rows of lavender, breathing in the fresh fragrance, seeing the flowers in bloom, and discovering the wonderful lavender products made there. It has become one of those simple New Zealand experiences I look forward to again and again.

Lavender represents so much of what I believe a home spa should be: **peaceful, natural, simple and unhurried.**

Over the years, I've brought that inspiration into my own home spa through relaxing baths, body treatments, lavender tea and quiet moments of rest.

In this experience, I'm bringing together two things that remind me so much of wellness in New Zealand—lavender and the soothing warmth of geothermal-inspired bathing.

You don't have to travel all the way to New Zealand to enjoy the experience.

Come with me. I'll show you how to bring a little piece of New Zealand home.



Grandma Wendy's Wellness Tip

"Creating a sanctuary doesn't have to be complicated. Sometimes all you need is warm water, a cup of tea, a calming scent—and permission to slow down."

With love, ♥
Grandma Wendy





NEW ZEALAND Lavender & Geothermal SPA RITUAL

A Soothing Experience for Body, Mind & Soul

Relax
Renew
Reconnect
♡

A LITTLE
PIECE OF
NEW ZEALAND
AT HOME

*Warm Water
Happy Soul
♡*

This spa ritual brings together the best of New Zealand—the soothing warmth of geothermal-inspired bathing and the calming, healing qualities of lavender. Create this peaceful experience at home and let the stress of the day simply melt away.

WHAT YOU'LL NEED

- ♡ Epsom salts or mineral bath salts (for a geothermal feel)
- ♡ Dried lavender buds or lavender essential oil (doTERRA Lavender is perfect)
- ♡ A bathtub or your own spa space
- ♡ A cozy robe and soft towels
- ♡ A calming drink (see page 5)
- ♡ Quiet music or nature sounds
- ♡ A candle or two
- ♡ Time just for you

*Simple
Natural
Relaxing
♡*

*New Zealand
Spa Vibes
♡*

*Inspired by New Zealand's natural beauty,
geothermal waters and the calming scent of lavender.*

THE RITUAL

Slow Down ♡ Breathe ♡ Be Present

1 PREPARE YOUR SPACE



Light a candle, play soft music and create a peaceful atmosphere. This is your time.

2 THE GEOTHERMAL INSPIRED BATH



Fill your tub with warm water and add 1–2 cups of Epsom salts or mineral bath salts. Add a few drops of lavender essential oil or a handful of dried lavender buds. Soak for 20–30 minutes and let the warmth melt away tension.

3 BREATHE & RELAX



Close your eyes, take deep breaths and enjoy the calming scent of lavender. Visualize New Zealand's natural beauty—the beaches, the lavender fields and the peaceful surroundings.

4 FINISH WITH SELF-CARE

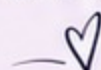


After your bath, gently pat your skin dry and apply a moisturizing body lotion or a few drops of lavender oil. Wrap yourself in a cozy robe and enjoy a cup of lavender tea (recipe on page 5).



Grandma Wendy's Wellness Tip

"When you give yourself time to slow down, you create space for peace, clarity and a happier you. A warm bath, the scent of lavender, and a quiet moment can do wonders for your mind, body and soul."



*Self-Care
is a Beautiful
Thing
♡*

*With love, ♡
Grandma Wendy*





NEW ZEALAND

Lavender Bath Ritual

A Soothing Soak for Body, Mind & Soul

Relax
Renew
Restore
♡

BRING
A PIECE OF
NEW ZEALAND
HOME

Self-Care
Looks Good
on You ♡



LAVENDER BATH SOAK RECIPE

Simple ingredients. Powerful results. ♡

- ♡ 1–2 cups Epsom salts or mineral bath salts
- ♡ 5–10 drops doTERRA Lavender essential oil (or your favorite high-quality lavender oil)
- ♡ 1/2 cup dried lavender buds (or a few sprigs)
- ♡ Optional: 1/2 cup sea salt (for extra minerals)
- ♡ Optional: 1/4 cup baking soda (to soften skin)
- ♡ A warm bath and a quiet space just for you

STEP-BY-STEP

♡ Create Your Moment

- 1 Fill your bathtub with warm water.
- 2 Add Epsom salts, sea salt (if using) and baking soda. Stir until dissolved.
- 3 Add the lavender essential oil and dried buds.
- 4 Soak for 20–30 minutes, breathing deeply and letting the warmth melt away tension.
- 5 Close your eyes, relax, and enjoy a few minutes of peaceful stillness.

*This is more than a bath...
It's a reset for your whole being. ♡*

THE BENEFITS

- ♡ Helps reduce stress and anxiety
- ♡ Soothes tired muscles and joints
- ♡ Supports better sleep
- ♡ Calms the mind and nervous system
- ♡ Nourishes and softens the skin
- ♡ Brings a sense of peace and balance

Nature
Heals
Always
♡

Take Time
to Just Be
♡



Grandma Wendy's Wellness Tip

"A warm lavender bath is like a reset button for the body, mind and soul. Give yourself permission to slow down—you deserve it." ♡

Peace
Lives
Here
♡

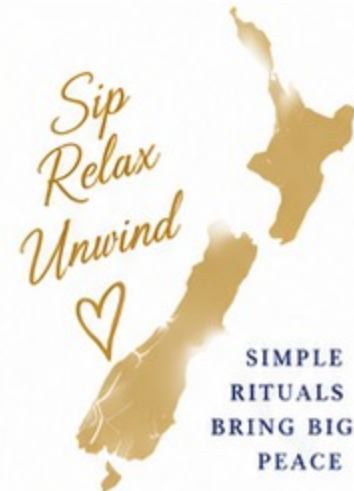
With love, ♡
Grandma Wendy ♡





NEW ZEALAND Lavender Tea & Evening Ritual

A Quiet Cup from Waihi Beach to Your Home Spa



*Good Tea
Brighter Days ♥*



*Lavender
A Little Piece of New Zealand
in Every Cup ♥*

There's something so special about sitting with a warm cup of lavender tea. It reminds me of the peaceful days in Waihi Beach — the fresh air, the beautiful lavender fields, and the slower pace of life.

This simple tea ritual is one of my favorite ways to unwind, especially in the evening. It's a gentle, natural way to calm the mind, ease the body and bring a little piece of New Zealand into your home.

GRANDMA WENDY'S LAVENDER TEA RECIPE

Simple Ingredients, Soothing Results

- ♥ 1 cup hot (not boiling) water
- ♥ 1 teaspoon dried culinary lavender buds (or 1 lavender tea bag)
- ♥ Optional: 1 teaspoon raw honey (or Mānuka honey)
- ♥ Optional: a slice of lemon
- ♥ Optional: a few fresh mint leaves (for a refreshing twist)



*Natural
Calm
Delicious ♥*

HOW TO MAKE IT

- 1 Place dried lavender (or tea bag) in a cup.
- 2 Pour hot water over the lavender.
- 3 Let steep for 5–10 minutes.
- 4 Remove buds or tea bag. Add honey, lemon or mint if desired. Sip slowly and enjoy.

Take a deep breath. One sip at a time. ♥



Grandma Wendy's Wellness Tip

"Turn your tea time into a mini meditation. Find a quiet spot, hold your cup, take a deep breath, and be present. Simple moments like this can create a big shift in how you feel." ♥

*With love, ♥
Grandma Wendy*



*Waihi Beach
New Zealand ♥*

A QUIETER
MIND
A BRIGHTER
TOMORROW





NATURE • WELLNESS • YOU

NEW ZEALAND

Lavender Sleep Ritual

Sweet Dreams the Natural Way



Rested Mind ♥ Calmer Nights ♥ A Brighter Tomorrow

There's something magical about the scent of lavender. It has been used for centuries to promote relaxation, ease anxious thoughts and support a deeper, more restful sleep.

After a day of exploring beautiful Waihi Beach, visiting the lavender fields, or simply living a busy life, I love ending the day with a gentle lavender ritual. It helps me slow down, quiet my mind and drift into a peaceful night's sleep.

Here are a few of my favorite ways to bring the calming essence of New Zealand lavender into your bedtime routine. ♥



DIY LAVENDER SLEEP SACHET

A Touch of New Zealand for Your Pillow ♥



YOU'LL NEED:

- ♥ 1 small muslin or cotton bag (or sew your own)
- ♥ 2–3 tablespoons dried lavender buds
- ♥ Optional: a few dried chamomile flowers
- ♥ Optional: a drop of doTERRA Lavender essential oil

INSTRUCTIONS:

- 1 Fill the bag with dried lavender (and chamomile if using).
- 2 Add a drop of lavender essential oil (optional).
- 3 Tie the bag with ribbon.
- 4 Place it under or beside your pillow and enjoy the natural, calming scent.

LAVENDER LINEN & ROOM MIST

Freshen Your Space, Naturally



YOU'LL NEED:

- ♥ 1/2 cup distilled water
- ♥ 2 tablespoons witch hazel (or vodka)
- ♥ 10–15 drops doTERRA Lavender essential oil
- ♥ A clean spray bottle

INSTRUCTIONS:

- 1 Add all ingredients to the bottle.
- 2 Shake gently before each use.
- 3 Mist your pillows, sheets, curtains or room for a fresh, calming scent.
- 4 Breathe deeply and relax!

Small Rituals Make a Big Difference ♥

OTHER WAYS TO USE LAVENDER AT NIGHT

- ♥ Add a few drops of lavender oil to a diffuser while you wind down.
- ♥ Place a small bowl of dried lavender on your nightstand.
- ♥ Take a warm shower or bath (see page 4) before bed.
- ♥ Enjoy a cup of lavender tea (see page 5).
- ♥ Keep a lavender sachet in your suitcase when traveling.
- ♥ Combine lavender with a bedtime meditation or calming music.



Grandma Wendy's Wellness Tip

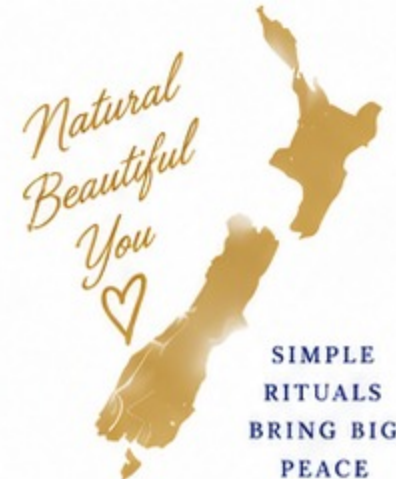
"A peaceful night's sleep is one of the greatest gifts you can give yourself. Let lavender be your gentle reminder to slow down, breathe and be still." ♥

With love, ♥ Grandma Wendy ♥



NEW ZEALAND Lavender Body Scrub

Polish • Refresh • Glow Naturally
A Touch of New Zealand for Silky Soft Skin



Lavender is one of nature's most versatile gifts. This gentle body scrub is inspired by the beautiful lavender fields of Waihi Beach and is the perfect way to bring a little piece of New Zealand into your home spa.

It's a simple, natural recipe that exfoliates, nourishes and leaves your skin feeling soft, smooth and refreshed—while surrounding you with the calming scent of lavender.



*Healthy, Glowing Skin
Feels Amazing at Any Age*



SIMPLE INGREDIENTS

- ♥ 1 cup natural sugar (white or brown)
- ♥ 1/2 cup coconut oil (or olive oil)
- ♥ 10–15 drops doTERRA Lavender essential oil
- ♥ 1 tablespoon dried lavender buds (optional)
- ♥ Optional: 1 teaspoon honey (for extra moisture)



EASY STEPS

- 1 In a bowl, mix sugar and coconut oil until well combined.
- 2 Add lavender essential oil and dried buds (and honey if using).
- 3 Stir gently and store in a clean jar with a lid.
- 4 Use within 2–3 weeks.



HOW TO USE

- 1 In the shower or bath, scoop a small amount of scrub.
- 2 Gently massage onto damp skin using circular motions.
- 3 Rinse with warm water and pat dry.
- 4 Follow with your favorite body lotion or lavender oil.

*Exfoliate. Nourish. Refresh.
You Deserve It.*

THE BENEFITS

- ♥ Removes dry, dull skin
- ♥ Leaves skin soft and smooth
- ♥ Helps improve circulation
- ♥ Nourishes with natural oils
- ♥ Calms the mind and relaxes the body
- ♥ A simple way to bring spa luxury home



Grandma Wendy's Wellness Tip

"Taking a few minutes to care for your skin is an act of self-love. When you feel good in your skin, you carry that confidence into everything you do."



*With love, ♥
Grandma Wendy*





NATURE • WELLNESS • YOU

NEW ZEALAND Lavender Home & Self-Care Rituals

Simple Ways to Bring Calm into Your Everyday Life

SIMPLE
RITUALS
BRING BIG
PEACE

A LITTLE
PIECE OF
NEW ZEALAND
AT HOME

Lavender isn't just for baths and tea—it's a beautiful way to bring calm and comfort into your home, anytime you need a little peace.

These simple rituals are easy to create and use natural ingredients you may already have. They help you relax, refresh your space, and make everyday moments feel more special—just like the calm, natural beauty of New Zealand.



*Small rituals.
Big benefits.
A calmer, happier you.*



LAVENDER ROOM MIST

Refresh Your Space Naturally



YOU'LL NEED:

- ♥ 1/2 cup distilled water
- ♥ 2 tablespoons witch hazel (or vodka)
- ♥ 10–15 drops doTERRA Lavender essential oil
- ♥ A clean spray bottle

INSTRUCTIONS:

- 1 Add all ingredients to the bottle.
- 2 Shake gently before each use.
- 3 Mist your room, pillows, curtains or linens for a fresh, calming scent.

WARM LAVENDER TOWEL

A Simple Spa Moment Anytime



YOU'LL NEED:

- ♥ A soft towel
- ♥ Hot water
- ♥ 3–5 drops lavender essential oil

INSTRUCTIONS:

- 1 Soak the towel in hot water and add the lavender oil.
- 2 Wring out the excess water.
- 3 Place the warm towel over your neck, shoulders or face for a few minutes.
- 4 Breathe deeply and enjoy the relaxing aroma.

LAVENDER HAND SOAK

Soften Hands, Soothe the Mind



YOU'LL NEED:

- ♥ 2 cups warm water
- ♥ 1 tablespoon Epsom salts
- ♥ 5 drops lavender essential oil
- ♥ A few dried lavender buds (optional)

INSTRUCTIONS:

- 1 Add all ingredients to a bowl of warm water.
- 2 Soak your hands for 10–15 minutes.
- 3 Gently pat dry and apply your favorite hand lotion.
- 4 Enjoy the calming, soothing benefits.





NATURE • WELLNESS • YOU

NEW ZEALAND Lavender Creations

Simple Pleasures for a More Beautiful Life

NATURAL INGREDIENTS ♥ DELICIOUS FLAVORS ♥ A TOUCH OF NEW ZEALAND

Good Food
Brings
Good Mood
♥

SIMPLE
RITUALS
BRING BIG
PEACE

Lavender is more than a beautiful flower—it's a versatile ingredient that can be used in so many wonderful ways. From handmade soap to sweet treats, these simple recipes bring a little piece of New Zealand's natural beauty into your home.

Whether you're pampering yourself or sharing with friends and family, these lavender creations are a lovely reminder to slow down, savor the moment and enjoy the simple things in life. ♥

Simple Things
Bring Great Joy ♥



Lavender...
A Little Happiness
in Every Day ♥

HOMEMADE LAVENDER SOAP

A Gentle Cleanse with a Calming Scent



YOU'LL NEED:

- ♥ 1 lb melt-and-pour glycerin soap base
- ♥ 2 tablespoons dried culinary lavender buds
- ♥ 10–15 drops doTERRA Lavender essential oil
- ♥ Optional: dried flowers for decoration
- ♥ Soap molds (silicone works great)

INSTRUCTIONS:

- 1 Melt the soap base in a double boiler or microwave.
- 2 Stir in lavender essential oil and dried buds.
- 3 Pour into molds and sprinkle with extra buds on top.
- 4 Let cool and harden (about 2–3 hours).
- 5 Remove from molds and enjoy or wrap as a gift!

A Little Piece of New Zealand
in Your Daily Routine ♥



LAVENDER TEA COOKIES

A Delicious Treat to Enjoy with Your Tea



YOU'LL NEED:

- ♥ 1 cup unsalted butter (softened)
- ♥ 1/2 cup powdered sugar
- ♥ 2 cups all-purpose flour
- ♥ 1 tablespoon dried culinary lavender buds (finely chopped)
- ♥ 1 teaspoon vanilla extract
- ♥ Optional: lemon zest (for a fresh twist)
- ♥ Optional: simple icing (powdered sugar + milk)

INSTRUCTIONS:

- 1 Preheat oven to 350°F (175°C).
- 2 Cream butter and powdered sugar until light and fluffy.
- 3 Mix in vanilla and lemon zest (if using).
- 4 Add flour and chopped lavender buds. Mix until a dough forms.
- 5 Roll into small balls, flatten slightly and place on a baking sheet.
- 6 Bake for 12–15 minutes, until edges are lightly golden.
- 7 Cool and drizzle with icing if desired. Enjoy with your favorite lavender tea!

Good Tea
Sweet Treats
A Happier You ♥





NATURE • WELLNESS • YOU

NEW ZEALAND Geothermal Wellness

Ancient Earth. Natural Healing. A Deeper You.

RELAX ♥ REPLENISH ♥ RECONNECT ♥ FEEL GOOD NATURALLY

Extraordinary
Places
Brighter
Days
Happier
You
♥

A LITTLE
PIECE OF
NEW ZEALAND
AT HOME

A Land of Fire and Water

New Zealand sits on the Pacific "Ring of Fire," where the earth's natural energy creates incredible geothermal activity. Beneath the surface, hot water, steam and minerals rise through the earth, forming natural hot springs, geysers, bubbling mud pools and mineral-rich lakes.

These geothermal wonders have been part of New Zealand's culture for centuries. The Māori people have long valued these waters for cleansing, relaxation and spiritual wellbeing.

*Nature's Warmth
Restores the Soul*
♥



ROTORUA
NEW ZEALAND

*Let the Earth
Warm Your Soul*
♥

THE HEALING POWER OF GEOTHERMAL WATER



Geothermal waters are naturally heated and rich in minerals, gently warming the body, soothing tired muscles and helping you to relax deeply. Soaking in warm mineral water can be a wonderful way to calm the mind and bring balance to body and spirit.

*Warm Water
Calmer Mind
Happier You*
♥

FAMOUS GEOTHERMAL PLACES IN NEW ZEALAND



ROTORUA

Geysers, hot springs and rich Māori culture. One of the most famous geothermal areas in the world.



WAI-O-TAPU

Stunning colorful mineral pools and bubbling geothermal wonders.



HOT WATER BEACH

A unique experience where you can dig your own natural hot pool in the sand (at low tide).

*Incredible Places ♥ Unforgettable Experiences
A More Peaceful You*
♥

WHY GEOTHERMAL BATHING FEELS SO GOOD

- ♥ **Warmth** – Helps relax tight muscles and ease tension.
- ♥ **Minerals** – Naturally occurring minerals can help nourish and soften the skin.
- ♥ **Stress Relief** – The combination of warm water and natural surroundings calms the mind.
- ♥ **Better Sleep** – A warm soak in the evening can help you feel more relaxed and ready for rest.
- ♥ **Connection to Nature** – Being in a geothermal area reminds us to slow down and appreciate the beauty of our world.

*Sometimes the most powerful
therapy is found in nature.*
♥



*Good
for the Body
Good for the Mind
Good for the Soul*
♥





NEW ZEALAND Minerals, Mud & Geothermal Healing

Nature's Spa for Mind, Body and Spirit



PURIFY ♥ NOURISH ♥ REPLENISH ♥ FEEL GOOD NATURALLY

NATURE'S MINERAL TREASURE

New Zealand's geothermal waters are naturally rich in minerals that rise from deep within the earth. As the water heats, it absorbs these minerals from volcanic rock, creating a unique, soothing and nourishing experience. The mineral-rich mud found in geothermal areas has been used for generations by the Māori people for cleansing, skin care and wellbeing.

*Ancient Waters
Modern Wellness* ♥



COMMON MINERALS IN GEOTHERMAL WATERS

-  **Silica** – Helps soothe and soften the skin.
-  **Sulfur** – Known for its cleansing properties.
-  **Calcium** – Supports healthy, looking skin.
-  **Magnesium** – Helps relax muscles and ease tension.
-  **Sodium** – Gently exfoliates and refreshes the skin.
-  **Potassium** – Helps maintain skin hydration.
-  **Trace Minerals** – Work together to nourish and rejuvenate the skin.

*Minerals from the Earth
A Natural Gift* ♥

GEOTHERMAL MUD MASK

Detoxify • Cleanse • Refresh



YOU'LL NEED:

- ♥ 2 tablespoons bentonite clay (or volcanic ash clay)
- ♥ 1 tablespoon geothermal mineral salts or Epsom salts
- ♥ 1 teaspoon honey (optional)
- ♥ A few drops of doTERRA Lavender oil (optional)
- ♥ Warm water (enough to make a paste)

INSTRUCTIONS:

- 1 Mix all ingredients in a bowl.
- 2 Apply to clean skin, avoiding eyes.
- 3 Let dry for 10–15 minutes.
- 4 Rinse with warm water and pat dry.

Clean Skin Happy Mind ♥

MINERAL SOAK RITUAL

Recreate the Geothermal Experience at Home



YOU'LL NEED:

- ♥ 2 cups Epsom salts (magnesium)
- ♥ 1/2 cup sea salt or mineral bath salts
- ♥ 1/4 cup baking soda (optional, for softness)
- ♥ 10–15 drops doTERRA Lavender oil
- ♥ Warm water

INSTRUCTIONS:

- 1 Add all ingredients to a warm bath.
- 2 Soak for 20–30 minutes.
- 3 Breathe deeply, relax and let the minerals work their magic.
- 4 Rinse lightly if desired and enjoy the calm, refreshed feeling.

A Warm Soak for a Brighter You ♥

THE BENEFITS

More Than Just a Bath

- ♥ Helps cleanse and detoxify the skin
- ♥ Leaves skin feeling soft and smooth
- ♥ Supports relaxation and stress relief
- ♥ May help soothe tired muscles and joints
- ♥ Provides a sense of calm and connection with nature
- ♥ A simple way to bring a touch of New Zealand's geothermal magic into your home spa

"When you soak in mineral-rich water, you're not just caring for your body, you're reconnecting with the healing power of the earth." ♥





NEW ZEALAND Hot Water Beach

DIG YOUR OWN NATURAL SPA
A Unique Experience. A Deeper Connection. A Happier You.

NATURE ♥ MINERALS ♥ RELAXATION ♥ ADVENTURE ♥ WELLBEING



A NATURAL WONDER

Hot Water Beach, on the Coromandel Peninsula, is one of New Zealand's most magical places. At low tide, naturally heated geothermal water rises through the sand. You can dig your own little hot pool, sit back, and soak while you enjoy the ocean views. It's a one-of-a-kind experience that reminds you of the powerful beauty of our earth.

Sometimes the best spas are created by nature. ♥



HOW IT WORKS

The Earth Naturally Heats the Water



- 1 Visit at low tide (check tide times).
- 2 Dig a hole in the sand (about 1-2 feet deep).
- 3 Let the naturally heated water fill your pool.
- 4 Adjust the size and depth to your comfort.
- 5 Soak, relax and enjoy the amazing surroundings!

*A Simple Hole in the Sand...
A Lifetime of Memories.* ♥

CAN'T COME TO NEW ZEALAND?

Bring the Experience Home



You may not be able to dig a hot pool on the beach, but you can still enjoy a warm, mineral-rich soak at home and create a similar feeling of relaxation and renewal.

YOU'LL NEED:

- ♥ 2 cups Epsom salts (magnesium)
- ♥ 1 cup sea salt or mineral bath salts
- ♥ A few drops of doTERRA Lavender or Eucalyptus oil
- ♥ Warm (not hot) water
- ♥ A comfy towel, candlelight and relaxing music

*Close your eyes, breathe deeply,
and imagine the warm waters of New Zealand
surrounding you.* ♥

FIND A GEOTHERMAL EXPERIENCE NEAR YOU

Nature's Healing Waters Are Closer Than You Think



Many parts of the world have natural hot springs and mineral pools, including the United States. Search for "hot springs near me" or "mineral pools" and discover a geothermal experience in your area.

Always use established, safe bathing areas and follow local temperature and safety guidance. ♥



GRANDMA WENDY'S TIP

Whether you visit a geothermal wonder or recreate the experience at home, remember — it's not just a bath, it's a moment to slow down, reconnect and be grateful for the incredible healing power of our earth. ♥

SAME LITTLE LADYBUG ♥ A BRIGHTER, HAPPIER YOU

With love, ♥ Wendy Ladybug





NEW ZEALAND

From New Zealand to Your Home Spa

You Don't Have to Travel Far to Find Peace



LAVENDER ♥ GEOTHERMAL WATERS ♥ NATURAL BEAUTY ♥ A HAPPIER YOU

Extraordinary
Places
Brighter
Days
Happier
You
♥

SIMPLE
RITUALS
BRING BIG
PEACE



Grateful
for Places
that Fill
My Heart
♥

Dear Friends,

New Zealand has a special place in my heart. The rolling lavender fields, the warm geothermal waters, the amazing Hot Water Beach and the breathtaking natural beauty reminded me to slow down, breathe deeper and enjoy the simple things in life.

I created this New Zealand Geothermal & Lavender Healing Experience to share a little of that peace with you. Whether you ever get to visit New Zealand or not, I hope these rituals help you create your own moments of relaxation, renewal and joy — right where you are.

You don't need a plane ticket to feel better. You just need a little time, a few natural ingredients and the desire to take care of you.



Wherever you are in the world,
I hope you remember that your
sanctuary can begin right
where you are. ♥

With love,

♥ Grandma Wendy ♥

TheLadybugSpa.com

NATURE BRINGS US TO BEAUTIFUL PLACES,
BUT SELF-CARE BRINGS BEAUTY INTO OUR LIVES.



RELAX ♥ REPLENISH ♥ RECONNECT ♥ FEEL GOOD NATURALLY



Nature
Heals
♥



Peace
Is Always
a Good Idea
♥



Simple
Moments
Big Joy
♥



Kind People
Beautiful Places
Lasting Memories
♥



Collect
Moments
Not Things
♥

A Little Piece
of New Zealand
Always Stays
in My Heart
♥

