



NATURE • WELLNESS • YOU

NEW ZEALAND Native Garden & Forest SPA EXPERIENCE

SIMPLE
RITUALS
BRING BIG
PEACE



Tea Tree ♥ Healing Herbs ♥ Aloe Vera ♥ Native Forest ♥ Birdsong

NATURE'S REMEDIES FOR A HAPPIER, HEALTHIER YOU

*Real
Places
Real Plants
A More
Peaceful You* ♥

*Let
Nature
Be Your
Medicine* ♥

PLANTS
BIRDS
FRESH AIR
HEALING HERBS
NATURAL BEAUTY
HAPPIER YOU
♥

*Grow
Create
Breathe
Heal* ♥

WELLNESS RECIPES ♥ SPA RITUALS ♥
GARDENING TIPS ♥ MEDITATION & BIRD SOUNDS
A COMPLETE SPA DAY GUIDE

*With love,
Grandma Wendy* ♥

TheLadybugSpa.com

EXTRAORDINARY PLACES ♥ BRIGHTER DAYS ♥ HAPPIER YOU

A LITTLE
PIECE OF
NEW ZEALAND
AT HOME



Creating Peace in My Home Spa

SIMPLE RITUALS. NATURAL BEAUTY.
A HAPPIER YOU. ♡

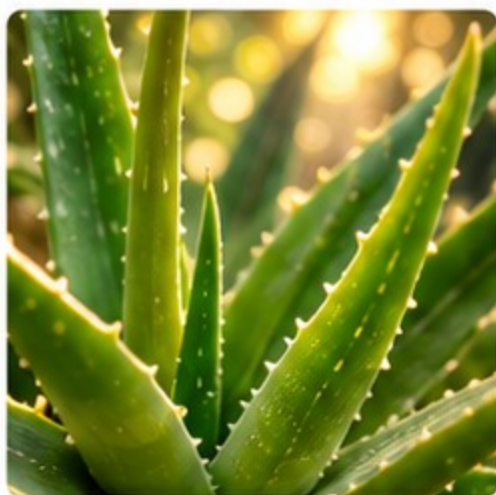
One of the things I love most about living in New Zealand is the ability to create a peaceful, natural home spa right where I live. It doesn't have to be fancy — just a special space that feels good to you. My outdoor deck is a place where I relax, meditate, breathe, and connect with nature. The sounds of birds, the water from my fountains, and all of my plants help me slow down and feel grounded.

You can create this same feeling wherever you live. It's not about where you are — it's about how you use what you have.

*Your home spa can be a place
to rest, recharge and feel alive. ♡*



*My Meditation Space
at Home ♡*



PLANTS THAT HEAL

Aloe vera grows beautifully here and I use it in many of my spa rituals. I also grow herbs like rosemary, mint, basil and more — all of which can be used for simple, natural spa treatments.



THE GIFT OF BIRDSONG

Every day I'm surrounded by the sound of native birds. Their songs bring a sense of peace and remind me to be present in the moment. I've recorded many of these beautiful sounds to enjoy during meditation and relaxation.



OCEAN AIR & OPEN SPACES

The fresh air, ocean views and natural beauty here fill my soul. Even on days I can't get to the beach, I bring a bit of that feeling home with coastal colors, natural scents, and time spent outdoors on my deck.

HOW YOU CAN CREATE YOUR OWN HOME SPA ♡

- ♡ Choose a special space (even a small corner)
- ♡ Add plants you love (indoor or outdoor)
- ♡ Use natural scents like tea tree, lavender or citrus
- ♡ Play calming music or birdsongs
- ♡ Incorporate water — a fountain, bath or simply the sound of water
- ♡ Keep it simple and meaningful
- ♡ Take a few minutes each day to breathe, relax and be present

*It's not about having more.
It's about enjoying what you have. ♡*

*Wherever you are in the world,
you can create a little piece of New Zealand in your own home. ♡*



Tea Tree ♡ Nature's Healer

CLEANSE ♡ SOOTHE ♡ PROTECT ♡ REFRESH

Tea tree (Mānuka and Kānuka) is one of New Zealand's most treasured plants. It has been used for generations for its powerful cleansing, calming and healing properties.

I love using doTERRA Tea Tree essential oil in my home spa. It's a natural way to support healthy skin, a clean environment, and a fresh, peaceful feeling.

A few drops can make a big difference in your daily self-care rituals.

Nature
Gives Us
Everything
We Need ♡

TEA TREE BENEFITS

- ♡ Supports clear, healthy skin
- ♡ Helps cleanse and purify
- ♡ Soothes minor skin irritations
- ♡ Supports a healthy scalp and hair
- ♡ Freshens the air
- ♡ A natural immune supporter
- ♡ Great for DIY cleaning products
- ♡ Brings a fresh, uplifting aroma to your home spa

A little drop
of nature's goodness
goes a long way. ♡

Simple ingredients.
Powerful benefits.
A healthier, happier you. ♡

EASY HOME SPA RECIPES

NATURAL. SIMPLE. EFFECTIVE. ♡



TEA TREE & LIME BODY SCRUB

½ cup natural sugar or sea salt
¼ cup coconut oil
5 drops doTERRA Tea Tree oil
Zest of 1 fresh lime (or a few drops of lime essential oil)

Mix ingredients and gently massage onto damp skin. Rinse well. Leaves your skin feeling smooth, refreshed and renewed.



NOURISH YOUR BODY



ALOE VERA & TEA TREE SOOTHING GEL

2 tablespoons fresh aloe vera gel
3-4 drops doTERRA Tea Tree oil
(optional: 1 drop lavender oil)

Mix well and apply to skin as needed. Helps soothe, hydrate and support healthy skin. Perfect after a day in the sun or anytime your skin needs a little extra care.



CALM & RESTORE



HERBAL WELLNESS TEA WITH LIME & MINT

1 cup hot water
Fresh mint leaves (or 1 tsp dried)
Juice of ½ a fresh lime
1 tsp honey (optional)
A few slices of fresh ginger (optional)

Steep for 5-10 minutes. Sip slowly and feel the natural goodness. A refreshing tea to support immunity and digestion.



REFRESH & REPLENISH

Take care
of your body,
it's the only place
you have to live. ♡

Create
your own
natural remedies
and turn everyday
moments into
self-care rituals. ♡



Simple Rituals for Everyday Wellness

NATURAL INGREDIENTS. REAL RESULTS.

A CALMER, BRIGHTER YOU. ♡

At my home spa in New Zealand, I keep things simple. I use what I grow, what nature provides, and a few trusted essentials like doTERRA tea tree oil. These everyday rituals help me feel clean, refreshed, and connected to the natural world.

You can do the same — wherever you live.

*Small daily rituals
create a big difference.* ♡



*Nature, fresh air and a
quiet space help me feel
grounded every day.* ♡

TEA TREE & ALOE DAILY FACE CLEANSER

GENTLE ♡ PURIFYING ♡ REFRESHING



You'll need:

- ♡ 2 tablespoons aloe vera gel (fresh from your plant or pure gel)
- ♡ 3-4 drops doTERRA Tea Tree oil
- ♡ 1 teaspoon fresh lime juice (optional)

How to use:

- 1 Mix ingredients in a small clean jar.
- 2 Gently massage onto damp skin for 30-60 seconds.
- 3 Rinse with warm water and pat dry.

*Use every morning to help cleanse, balance
and refresh your skin naturally.* ♡



GROW YOUR OWN SPA INGREDIENTS

Fresh herbs, edible flowers, and aloe vera bring beauty and healing to my home spa. I grow mint, rosemary, basil, parsley, and more. Even a small herb garden or a few pots on a patio can give you the ingredients you need for simple, natural spa rituals.

*Growing your own herbs
connects you to nature and
gives you fresh ingredients
right at home.* ♡

CREATE A SOOTHING ATMOSPHERE

- ♡ Add plants and flowers (even a few pots)
- ♡ Use natural scents like tea tree, lavender or citrus
- ♡ Play calming music, nature sounds or my New Zealand birdsong recordings
- ♡ Listen to the rain — it's so peaceful
- ♡ Add a small water feature, fountain or bowl of water
- ♡ Keep your space simple, comfortable and inviting
- ♡ Spend a few minutes each day just breathing

*It's not about perfection —
it's about creating a space that feels good to you.* ♡



*"The sound
of rain is one
of nature's
great healers."* ♡



Nature Is My SOUND THERAPY

BIRDS • RAIN • WATER • PEACE

One of the greatest gifts of living in New Zealand is the natural sound therapy that surrounds me every day. In my outdoor meditation area, I listen to the birds, the water from my fountain, and the gentle rain on the roof. These sounds calm my mind, slow my breathing, and help me feel grounded and grateful.

Nature has a way of reminding us to be present. The birds sing, the trees sway, the rain falls — and life just feels a little lighter.

You can create this same peaceful feeling in your own home, no matter where you live. It doesn't have to be fancy — just a quiet space, a few natural elements, and a little time for you.

*Listen. Breathe.
Be Present.* ♥



THE GIFT OF BIRDSONG

The sweet sounds of New Zealand birds bring joy and help me feel connected to nature. Their songs are a reminder to slow down and enjoy the moment.



THE HEALING POWER OF WATER

The gentle sound of flowing water creates a sense of calm, helping me relax, meditate and let go of stress.



NATURE'S BEAUTY ALL AROUND

From palm trees and flowers to rainbows and changing skies, New Zealand's natural beauty lifts my spirit and reminds me of God's amazing creation.



*Flowers
make the
soul smile* ♥

HOW YOU CAN CREATE YOUR OWN SOUND SANCTUARY

- ♥ Choose a quiet corner (indoors or outdoors)
- ♥ Add a plant or flowers (even a small pot)
- ♥ Play natural sounds — birdsong, rain or a gentle fountain
- ♥ Use calming music or my New Zealand nature recordings
- ♥ Take a few deep breaths and be present for just a few minutes each day

A calmer mind. A happier you. ♥



*My
Happy
Place* ♥

*Peace
is a practice
not a destination.* ♥



From My Garden to My Home Spa

FRESH PLANTS. SIMPLE RECIPES.
NATURAL WELLNESS.

One of the things I love most about our home in New Zealand is the abundance of plants, fruit trees and flowers. I use what I grow — aloe vera, limes, kiwi fruit, fresh herbs and edible flowers — in so many of my spa rituals, drinks and meals. There's something so special about stepping outside, picking fresh ingredients, and bringing them into my home spa.

You don't need a big garden to enjoy these benefits. Even a small pot of herbs, an aloe plant on your patio, or a bowl of fresh fruit can bring nature's healing touch into your daily life.

*Grow something.
Use something.
Enjoy the benefits.* ♥



Fresh from my garden ♥

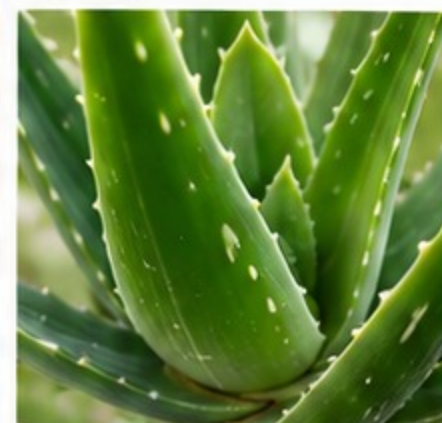
SIMPLE NATURAL INGREDIENTS CAN CREATE EXTRAORDINARY RESULTS.



BEAUTIFUL FLOWERS
LIFT THE SPIRIT



FRESH HERBS
FOR NATURAL CARE



ALOE VERA
NATURE'S SOOTHER

LIME & KIWI WELLNESS DRINK

REFRESH ♥ HYDRATE ♥ SUPPORT IMMUNITY



You'll need:

- ♥ 1 kiwi (peeled and sliced)
- ♥ Juice of 1 fresh lime
- ♥ 1 cup filtered water (or sparkling water)
- ♥ A few fresh mint leaves (optional)
- ♥ Ice

How to make it:

- 1 Add kiwi, lime juice and mint to a glass.
- 2 Fill with water and ice.
- 3 Stir and enjoy!

A simple drink with big benefits! ♥

Kiwi is rich in vitamin C, fiber and antioxidants. Lime supports digestion and helps cleanse. Together they create a delicious, refreshing drink.

ALOE & LIME SKIN SOOTHER

CALM ♥ COOL ♥ RESTORE



You'll need:

- ♥ 2 tablespoons fresh aloe vera gel
- ♥ 1 teaspoon fresh lime juice
- ♥ 1 teaspoon raw honey (optional for extra moisture)

How to use:

- 1 Mix ingredients in a small bowl.
- 2 Apply to clean skin (face, neck or anywhere that feels dry or sun-exposed).
- 3 Leave on for 10–15 minutes, then rinse with cool water.

Gentle, natural and refreshing for healthy, glowing skin. ♥

WELLNESS TIPS FROM MY GARDEN ♥

- ♥ Grow what you love — herbs, flowers, or a small fruit tree.
- ♥ Use fresh ingredients in your spa rituals, drinks and meals.
- ♥ Try edible flowers like calendula, borage or nasturtiums.
- ♥ Keep aloe vera handy for daily skin care.
- ♥ Enjoy the natural scents of herbs like rosemary, mint and basil.
- ♥ Let your garden time be a form of meditation.
- ♥ Even a few pots on a balcony can create a healing space.

*Nature doesn't hurry,
yet everything is accomplished.*

— Lao Tzu



Your Sanctuary Starts Here

SIMPLE CHOICES. A CALMER MIND.
A BRIGHTER YOU. ♥

I hope this little guide has inspired you to bring a piece of New Zealand's natural beauty into your own home and heart. My outdoor space, my plants, the birds, the rain, the ocean air, and the fresh ingredients all remind me that peace is not a destination — it's a way of living. And you can create that same feeling wherever you are.

It's the little things — a plant, a quiet moment, a soothing scent, a nourishing drink, a beautiful view, or simply listening to the sounds of nature — that can make a big difference in how you feel every day.

Thank you for joining me on this journey. I'm so happy to share a part of my life with you. Now it's your turn — create your own sanctuary and enjoy all the amazing benefits.

Good Things
Are Ahead ♥

"He makes
all things
beautiful
in His time."

Ecclesiastes 3:11 ♥

YOUR NEW ZEALAND HOME SPA CHECKLIST

CREATE A SPACE THAT FEELS GOOD TO YOU ♥

- ♥ Choose a quiet corner
- ♥ Add a plant or flowers
- ♥ Use natural scents like tea tree, lavender or citrus
- ♥ Play birdsong, rain or ocean sounds
- ♥ Keep simple, natural ingredients on hand (aloe, limes, herbs, etc.)
- ♥ Create a calming water feature or enjoy a warm bath
- ♥ Make a nourishing drink or tea
- ♥ Take a few minutes each day to breathe and be present
- ♥ Let nature inspire you
- ♥ Be kind to yourself — you deserve this time

A calmer mind. A healthier you.
A more beautiful life. ♥

Same
Beautiful
You ♥

Wherever you are in the world,
you can create your own little piece
of New Zealand — a place to rest,
recharge and feel alive.

With love,
♥ Grandma Wendy ♥



Keep
Choosing
Joy ♥



The Power of Meditation & Sound Therapy

A CALMER MIND. A HAPPIER YOU. 

*A peaceful mind
creates a
beautiful life.* 

BENEFITS OF MEDITATION

- ♥ Reduces stress and anxiety
- ♥ Helps you feel calmer and more centered
- ♥ Supports better sleep
- ♥ Improves focus and mental clarity
- ♥ Encourages a more positive outlook
- ♥ Helps you feel more connected to yourself and to nature
- ♥ Supports overall health and well-being
- ♥ Brings a sense of gratitude and joy to everyday life

*A few
quiet minutes
can change
your whole
day.* 

BENEFITS OF SOUND THERAPY

- ♥ Calms the nervous system
- ♥ Helps reduce stress and lower heart rate
- ♥ Supports deeper, more restful sleep
- ♥ Birdsong lifts mood and increases happiness
- ♥ The sound of water creates a sense of peace and balance
- ♥ Natural sounds help quiet the mind and reduce overthinking
- ♥ Connects you to the healing energy of nature
- ♥ Can improve focus, creativity and emotional well-being

*Nature's
sounds are
free medicine.* 

*Find a quiet place,
even if it's just a small corner.
Your peace matters.* 

"Be still, and know that I am God."

— Psalm 46:10



CREATE YOUR OWN MEDITATION SPACE

- ♥ Choose a quiet spot (indoors or outdoors)
- ♥ Add plants, candles or a small water feature
- ♥ Use natural scents like tea tree, lavender or citrus
- ♥ Play birdsong, rain or ocean sounds
- ♥ Keep it simple and comfortable
- ♥ Spend a few minutes each day just being still

*You don't need
a perfect space...
just a space
that feels good
to you.* 

