

# Ladybug Spa

## E-BOOK

with Recipes & Rituals



# Welcome from Grandma Wendy

Hello Beautiful,

## Welcome to **The Ladybug Spa DIY Ritual Collection.**

I created this guide with one simple purpose — to help you slow down, breathe deeply, and care for yourself in gentle, meaningful ways. Self-care doesn't have to be expensive, complicated, or overwhelming. Sometimes, the most powerful wellness rituals are the simplest ones.

Whether you are soaking your feet after a long day, enjoying a calming bath, mixing a nourishing face mask, or creating a peaceful spa moment at home, these rituals are here to support your health, relaxation, and overall well-being.

At The Ladybug Spa, we believe wellness should feel comforting and personal. It's not about perfection — it's about presence. It's about taking a few quiet minutes for yourself and honoring the body you live in.

My hope is that these recipes inspire you to create your own home spa experience — a space where you can reset, restore, and reconnect with yourself.

And if you ever find yourself in New Zealand, our peaceful home spa is here to welcome you in person.

With warmth and care,

**Grandma Wendy**

[TheLadybugSpa.com](http://TheLadybugSpa.com)



## How to Use This Guide



### Choose By mood

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- Feeling tired? Try a calming foot soak.
- Feeling stressed? Create a warm detox bath.
- Feeling dull or dry? Enjoy a nourishing face mask.



### One Ritual Per Week

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- Instead of overwhelming yourself, choose one small ritual each week.
- Consistency creates calm.
- A 15–20 minute ritual can make a bigger difference than an occasional “big spa day.”



### Full Spa Experience

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When you have more time, you can combine several rituals together to create a complete home spa experience.

And that brings us to something special...

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Simply choose the ritual that fits how you feel today.

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# Create a Full Spa Day at Home

A simple, beautiful 90-minute ritual

You don't need a luxury spa to create a nourishing experience. Here is a gentle flow you can follow.

1

## Set the Space (10 minutes)

- Dim the lights
- Light a candle
- Put on soft music
- Lay out a towel, robe, and your ingredients
- Turn off your phone notifications

Take three deep breaths before beginning.

2

## Warm & Relax (20 minutes)

Choose:

- Detox Bath

or

- Foot Soak

Let your body soften. Hydrate with water or herbal tea.



**3**

## **Exfoliate & Renew (15 minutes)**

Use:

- Body Scrub in the shower

Rinse slowly and mindfully. Pat dry instead of rubbing.

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**4**

## **Nourish & Rest (20 minutes)**

Apply:

- Face Mask

While the mask rests:

- Sit quietly
  - Journal
  - Practice deep breathing
  - Or simply close your eyes
- 

**5**

## **Finish with Comfort (10–15 minutes)**

- Apply lotion or body oil
- Massage hands and feet
- Wrap yourself in a robe
- Sit in stillness

Let your nervous system settle.



## A Gentle Reminder

A spa day is not about perfection.

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It's about presence.

It's about allowing yourself to feel cared for — even  
if you are the one doing the caring.

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## Create a Full Spa Day at Home

This turns recipes into an experience.

This is what elevates the guide.

1

### Detox Bath Rituals (with recipes)

#### Classic Relax & Restore Mineral Soak Ingredients:

- 1 cup Epsom salt
- ½ cup Himalayan or sea salt
- 2 tablespoons baking soda
- 5 drops Lavender essential oil
- 2 drops Frankincense essential oil

#### Instructions:

Fill bathtub with warm water.

Add salts and baking soda.

Dilute oils in carrier oil before adding.

Soak 20–30 minutes and hydrate afterward.

Supports relaxation and muscle ease

### Gentle Detox & Circulation Boost

#### Ingredients:

- 1 cup Epsom salt
- ½ cup baking soda
- 1 tablespoon apple cider vinegar
- 4 drops Lemon essential oil
- 3 drops Ginger essential oil



### **Instructions:**

Add ingredients to warm bath. Stir gently. Soak 15–20 minutes. Finish with cool rinse if desired. Encourages warmth and an energizing reset.

## **Calm Mind & Deep Sleep Soak**

### **Ingredients:**

- 1 cup Epsom salt
- ½ cup baking soda
- 5 drops Roman Chamomile essential oil
- 3 drops Lavender essential oil

### **Instructions:**

Add salts to warm water. Dilute oils and add. Soak 20–30 minutes before bedtime.

Promotes relaxation and restful sleep.

## **Detox & Skin Softening Ritual**

### **Ingredients:**

- 1 cup Epsom salt
- ½ cup baking soda
- 1 tablespoon apple cider vinegar
- 4 drops Lemon essential oil
- 3 drops Ginger essential oil



### Instructions:

Mix dry ingredients before adding to bath. Dilute oils first. Soak 20 minutes and pat dry.

Leaves skin feeling soft and renewed.

## 2

### Foot Soak Rituals (with recipes)

#### Relax & Unwind Foot Soak

##### Ingredients:

- 1 cup Epsom salt
- ½ cup Himalayan or sea salt
- 2 tablespoons baking soda
- 5 drops Lavender essential oil
- 2 drops Frankincense essential oil

##### Instructions:

Fill bathtub with warm water. Add salts and baking soda. Dilute oils in carrier oil before adding.

Soak 20–30 minutes and hydrate afterward.

Supports relaxation and muscle ease.

### Refresh & Revive Soak

##### Ingredients:

- ½ cup Epsom salt
- ¼ cup sea salt
- 4 drops Peppermint essential oil
- 3 drops Lemon essential oil



### **Instructions:**

Add salts to warm water. Dilute oils before adding. Soak 15 minutes.

Refreshes tired feet.

## **Soothing & Softening Foot Bath**

### **Ingredients:**

- ½ cup Epsom salt
- 2 tablespoons coconut oil
- 2 tablespoons milk or coconut milk powder
- 4 drops Geranium essential oil

### **Instructions:**

Add ingredients to warm basin and soak 15–20 minutes. Leaves feet soft and nourished.

## **Circulation Boost & Warmth Soak**

### **Ingredients:**

- ½ cup Epsom salt
- 1 tablespoon baking soda
- 1 tablespoon apple cider vinegar
- 3 drops Ginger essential oil
- 2 drops Rosemary essential oil



### **Instructions:**

Add to warm water. Dilute oils before adding. Soak 15 minutes. Encourages warmth and comfort.

## **3**

### **Body Scrub Rituals (with recipes)**

#### **Classic Glow Sugar Scrub**

##### **Ingredients:**

- 1 cup sugar
- ½ cup coconut oil
- 5 drops Lavender essential oil
- 3 drops Sweet Orange essential oil

##### **Instructions:**

Mix ingredients. Massage onto damp skin in shower. Rinse thoroughly. Leaves skin smooth and refreshed.

#### **Mineral Renewal Salt Scrub**

##### **Ingredients:**

- 1 cup sea salt
- ½ cup almond oil
- 4 drops Frankincense essential oil
- 3 drops Geranium essential oil

##### **Instructions:**

Combine and apply gently to damp skin. Rinse well. Encourages renewed, polished skin.



## ● Energizing Coffee Scrub

### Ingredients:

- ½ cup ground coffee
- ½ cup brown sugar
- ½ cup coconut oil

### Instructions:

Mix ingredients and massage onto skin. Rinse thoroughly.  
Invigorates the senses.

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## ● Creamy Oat & Honey Polish

### Ingredients:

- ½ cup ground oats
- ½ cup sugar
- 2 tablespoons honey
- ½ cup almond oil

### Instructions:

Mix and apply gently to damp skin. Rinse with warm water.  
Soothes and softens sensitive skin.



# 3

## Face Mask Rituals (with recipes)

### Calm & Comfort Oat Mask

#### Ingredients:

- 2 tablespoons ground oats
- 1 tablespoon yogurt
- 1 teaspoon honey
- 2 drops Lavender essential oil

#### Instructions:

Mix into paste. Apply to clean face 10–15 minutes. Rinse gently. Soothes and comforts the skin.

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### Glow & Refresh Clay Mask

#### Ingredients:

- 1 tablespoon bentonite clay
- 1 tablespoon water or apple cider vinegar
- 3 drops Tea Tree essential oil

#### Instructions:

Mix until smooth. Apply thin layer for 8–12 minutes. Rinse before fully dry.  
Leaves skin feeling clarified



## ● Deep Nourish Avocado Mask

### Ingredients:

- 2 tablespoons mashed avocado
- 1 teaspoon olive oil
- 1 teaspoon honey

### Instructions:

Blend ingredients. Apply 15 minutes. Rinse gently.  
Encourages deep hydration.

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## ● Brighten & Balance Honey Mask

### Ingredients:

- 1 tablespoon honey
- 1 teaspoon lemon juice
- 1 teaspoon yogurt

### Instructions:

Mix gently. Apply 10 minutes. Rinse thoroughly.  
Leaves skin refreshed and lightly brightened.



## **Gentle Safety Reminder**

Always perform a patch test before  
using new ingredients.

Essential oils should be properly  
diluted.

Discontinue use if irritation occurs and  
listen to your body

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## Soft Closing Page

Thank you for being part of The  
Ladybug Spa community.

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Visit [TheLadybugSpa.com](http://TheLadybugSpa.com)  
Join our email list  
Book a spa experience in  
New Zealand

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you deserve rest.  
you deserve softness.  
you deserve moments that are just for you.

with love,  
Grandma Wendy

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