

DESTINATION VIETNAM



LADYBUG HOME SPA LIBRARY



The VIETNAM COFFEE & COCONUT *Wellness Experience* ♥



AWAKEN YOUR SENSES
A Journey Through Coffee,
Coconuts, Nature &
Ancient Wellness Traditions

INSPIRED BY
MY EXPERIENCES
IN VIETNAM



RICH COFFEE
TRADITIONS



NOURISHING
COCONUT RITUALS



NATURAL
HEALING



ANCIENT
WELLNESS



RELAX, RESTORE
& RECONNECT

Nourish Your Body. Calm Your Mind. Open Your Heart. ♥

With love, ♥ Grandma Wendy



Grandma Wendy ♡ 

Hello, my friend, ♡

I'm so excited you're here!

Vietnam was one of the most fascinating wellness journeys I've ever experienced. Every day seemed to bring a new adventure—from rich coffee aromas and fresh coconuts to bamboo massages, mineral mud baths, steaming hot springs, peaceful rice fields, and beautiful traditions that have been shared for generations.

One of my favorite discoveries was visiting a beautiful Vietnamese coffee factory, where I watched skilled artisans roast, grind, and prepare some of Vietnam's finest coffees. Even though I'm not much of a coffee drinker, I absolutely loved the rich aroma filling the air. And for those of us with a sweet tooth, they also made delicious handcrafted chocolates that were impossible to resist!

Another unforgettable experience was visiting a coconut factory, where I watched fresh coconuts transformed into fragrant coconut oil and delicious coconut candy. It reminded me how nature provides so many wonderful gifts for both wellness and everyday life.

Throughout this experience, you'll travel with me as we explore relaxing spa traditions inspired by Vietnam. Together we'll enjoy luxurious coffee and coconut treatments, soothing bamboo massage rituals, mineral mud baths, warm hydrotherapy, nourishing skincare, wellness drinks, herbal teas, peaceful meditation, and moments of deep relaxation.

My hope is that these experiences inspire you to create your own little sanctuary at home—no matter where you live. You don't have to travel across the world to enjoy the feeling of a beautiful spa day. Sometimes all it takes is a few natural ingredients, a quiet moment, and a willingness to slow down.

*So pour yourself a warm drink, take a deep breath,
and let Vietnam awaken your senses. ♡*

I'm so glad you're here.

With love, ♡

Grandma Wendy ♡ 

Welcome to the ♡ Vietnam Coffee & Coconut Wellness Experience ♡

• AWAKEN YOUR SENSES •

A Journey Through Coffee, Coconuts, Nature,
and Ancient Wellness Traditions





Welcome to the ♡

Vietnam Coffee & Coconut Wellness Experience ♡

Hello, my friend!

I am so excited to welcome you to this very special journey inspired by Vietnam—its rich coffee culture, beautiful traditions, and wonderful natural gifts.

In Da Nang, I had the joy of visiting an incredible coffee experience center where I watched the entire process—from roasting and grinding to blending and packaging—right before my eyes through a glass window. It was all computerized and so fascinating! They take time, care, and precision to create the perfect cup. The aromas, the flavors, the artistry... it was amazing!

Vietnam is *one of the world's largest coffee producers*, famous for its rich, robust beans and unique coffee culture. Coffee is more than a drink here—it's a way of life, a time to pause, connect and enjoy the moment.

Every morning, Tony tried a new coffee while I enjoyed their herbal teas and luxurious hot chocolate. It quickly became one of our favorite places to visit!

You'll also travel with me to a coconut factory, where I watched fresh coconuts turned into pure coconut oil and sweet coconut candy. You'll experience soothing mud baths, warm mineral springs, bamboo massages, fish foot spas, and the peaceful beauty of rice fields—all part of the incredible wellness traditions Vietnam has to offer.

My heart's desire is that these experiences inspire you to slow down, nourish yourself, and create your own little sanctuary at home.

Let's awaken your senses and enjoy the journey together! ♡



CREATE YOUR OWN COFFEE EXPERIENCE AT HOME ♡

You don't have to be in Vietnam to enjoy the comfort, warmth, and joy of a beautiful coffee ritual. Whether you brew a traditional Vietnamese coffee, sip a soothing herbal tea, or enjoy a cup of rich hot chocolate—make it your moment.

- ♡ Take a deep breath.
- ♡ Slow down.
- ♡ Savor every sip.
- ♡ Let your heart be happy.



*"Sometimes the greatest luxury is not found in a spa...
it's found in a moment just for you." ♡*

With love,

♡ Grandma Wendy 

Get your favorite Vietnamese coffee, teas and coconut products online and bring a little piece of Vietnam home to you.

YOU ARE WORTH EVERY MOMENT.





Chapter One ♡

Vietnam Coffee Scrub

• AWAKEN YOUR SKIN & YOUR SENSES •



Rich coffee. Beautiful traditions. A simple ritual that leaves your skin soft, smooth, and glowing—just like the warm welcome we found in Vietnam.



COFFEE ISN'T
JUST A DRINK IN
VIETNAM... IT'S
A WAY OF LIFE.



🌸 DID YOU KNOW? ♡

Vietnam is one of the world's largest coffee producers, famous for its rich, robust beans and unique coffee culture.

From the highlands to the cafés of Da Nang, coffee is a tradition shared with pride and passion.



🌸 BENEFITS

- 🌸 Gently exfoliates & removes dead skin cells
- 🌸 Helps improve circulation & cell renewal
- 🌸 Leaves skin soft, smooth & radiant
- 🌸 Natural antioxidants help nourish and protect
- 🌸 May help reduce the appearance of cellulite
- 🌸 Awakens your senses and boosts your mood

🌸 COFFEE SCRUB RECIPE

- ♥ 1 cup used coffee grounds (cooled & moist)
- ♥ 1/2 cup brown sugar
- ♥ 1/4 cup coconut oil (melted)
- ♥ 2 tablespoons sweet almond oil
- ♥ 1 teaspoon honey
- ♥ 1 teaspoon vanilla extract (optional)
- ♥ Pinch of sea salt

— How to Make ♡

In a bowl, mix all ingredients until well combined. Store in a glass jar with a lid.



🌸 HOW TO USE

- 1 In the shower, apply scrub to damp skin.
- 2 Massage in circular motions, concentrating on rough or tired areas.
- 3 Rinse well and enjoy your beautifully smooth skin!

GRANDMA WENDY'S TIP ♡

Use your leftover coffee grounds from your **morning brew**! It's a beautiful way to reuse, reduce waste, and take care of your skin naturally.

A little coffee, a little love, and a lot of self-care. ♡

With love. ♡

Grandma Wendy



COFFEE & COCONUT

Home Spa COFFEE COCONUT WRAP

A WARM, DETOXIFYING & NOURISHING
SPA EXPERIENCE

Inspired by traditional wellness rituals in Vietnam ♥

THE EXPERIENCE

In Vietnam, I enjoyed a luxurious coffee and coconut body wrap after a relaxing spa scrub. I was wrapped from head to toe in warm, soft brown towels infused with the aroma of coffee and coconut.

As the warmth surrounded me, I felt deeply relaxed while the natural ingredients worked to detoxify, hydrate, and soften my skin.

Now you can bring this incredible experience home!



COFFEE COCONUT WRAP MIXTURE

You will need:

- 1/2 cup ground coffee (finely ground)
- 1/2 cup coconut milk (or thick coconut cream)
- 2 tablespoons coconut oil (melted)
- 1 tablespoon honey
- 1 teaspoon brown sugar (optional)
- A few drops of your favorite essential oil (optional – try lavender or sweet orange)

Mix all ingredients together until you have a thick paste. This mixture exfoliates, hydrates and nourishes your skin.



THE WARM TOWEL SECRET

Warm towels help the natural ingredients penetrate deeper into your skin.

How to warm your towels:

- Soak towels in hot water.
- Wring out slightly.
- Place in a towel warmer or dry on high heat for a few minutes.
- Keep towels warm while wrapping.



EXTRA SPA TIP

Create a peaceful spa mood with soft music, dim lights, candles, and essential oils.

Let this time be just for you! ♥



GRANDMA WENDY'S TIP ♥

Give yourself permission to slow down. Your body and mind will thank you. Self care is not a luxury... it's a necessity.



After your wrap, enjoy a warm herbal tea and rest. You deserve it! ♥

Grandma Wendy's Thought ♥

This wrap warms your body, nourishes your skin, and helps you slow down completely. It feels like a hug from the inside out!



BENEFITS OF THIS WRAP

- Detoxifies and helps tighten the skin
- Improves circulation
- Exfoliates dead skin cells
- Nourishes and hydrates deeply
- Leaves skin soft, smooth and radiant
- Promotes deep relaxation and stress relief



HOW TO DO YOUR COFFEE COCONUT WRAP

- 1 Start with a warm shower or bath to open your pores.
- 2 Exfoliate your body first if you like.
- 3 Apply the coffee coconut mixture all over your body.
- 4 Wrap your hair in a towel or shower cap.
- 5 Lie down on a towel or spa bed.
- 6 Wrap your body tightly in warm, moist brown towels.
- 7 Make sure you are completely covered from head to toe.
- 8 Leave on for 30–45 minutes.
- 9 Relax, breathe deeply and enjoy your spa time.
- 10 Remove the towels and rinse your body with warm water. Pat dry and apply a light moisturizer or coconut oil.



CAN'T GET ALL THE INGREDIENTS?

No problem! Here's a simple alternative:

Mix 1/2 cup ground coffee with 1/2 cup coconut oil and 1 tablespoon honey.

This will still exfoliate, hydrate and leave your skin feeling amazing!



With love, ♥

Wendy Ladybug

THE LADYBUG HOME SPA



DA NANG, VIETNAM



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Grandma Wendy's ♡ COFFEE SECRETS

• FRESH GROUNDS vs. USED GROUNDS •

Many people ask me which works best for a coffee scrub.

FRESH COFFEE GROUNDS

- ♡ Rich coffee aroma
- ♡ Natural coffee oils
- ♡ Slightly coarser texture for deeper exfoliation
- ♡ Wonderful for an occasional spa treatment



USED COFFEE GROUNDS ♡

- ♡ Softer and gentler on the skin
- ♡ Still contain beneficial antioxidants
- ♡ Eco-friendly and budget friendly
- ♡ My favorite choice for regular home spa days



Grandma Wendy's Tip ♡

Whenever Tony makes his morning Vietnamese coffee, I save a few spoonfuls of the cooled coffee grounds instead of throwing them away.

They become part of my next home spa ritual.

One small cup of coffee can become a beautiful moment of self-care.



A Funny Little Story... ♡

After my Vietnamese coffee body scrub, I couldn't believe how wonderful I smelled!

Even after taking a shower, the rich coffee aroma stayed with me for days. Tony kept telling me,

"You still smell like fresh coffee!" ♡

He absolutely loved it.

I have to admit...I love the smell of coffee too.

I just don't like drinking it! 🥰



That wonderful coffee fragrance became one of my favorite memories from Vietnam, and every time I catch that aroma now, it takes me right back to that beautiful experience.



DID YOU KNOW? ♡

Vietnam is one of the world's largest coffee-producing countries and is especially famous for its bold Robusta beans, smooth Arabica varieties, and its creative coffee culture. Throughout the country you'll discover unique coffee blends, traditional brewing methods, and cafés where enjoying coffee is treated as an experience—not just a drink.



If you'd like to bring a little Vietnam home, look for authentic Vietnamese coffee online or at specialty coffee shops and enjoy your own coffee-inspired spa day. ♡

"Sometimes the simplest ingredients create the sweetest memories." ♡

With love, ♡

Grandma Wendy 🐞



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Chapter Two ♡

THE VIETNAM Coconut Experience ♡

A GIFT FROM NATURE, MADE WITH LOVE

In a small village in Vietnam, we discovered the beauty of simple ingredients and the hard work of amazing people who turn fresh coconuts into pure, nourishing treasures.



Our Coconut Adventure ♡

We took a little boat ride along the Mekong River, passing peaceful villages and lush palm trees, until we arrived at a coconut workshop tucked away in the countryside.

Here, we watched skilled hands transform fresh coconuts into delicious coconut candy, cold-pressed coconut oil, and other natural goodies. The entire village works together with such care and pride. It was inspiring, heartwarming, and so much fun to see!



🌿 Fresh coconuts from the palm



🌿 Hardworking hands at every step



🌿 Mixing the coconut for pure oil



🌿 Nothing goes to waste – every part is used



🌿 Rolling fresh coconut candy by hand



COCONUT OIL BENEFITS ♡

- ♡ Deeply moisturizes and softens dry skin
- ♡ Helps support healthy, radiant-looking skin
- ♡ Naturally soothing for sensitive or irritated skin
- ♡ Perfect carrier oil for essential oils
- ♡ Great for hair – adds shine and nourishment
- ♡ Can be used morning, day or night
- ♡ 100% natural and chemical-free



DID YOU KNOW? ♡

Vietnam is one of the world's largest coconut producers, and coconuts are used in everyday life – for food, beauty, health, and wellness.



Grandma Wendy's Story ♡

I've been using the coconut oil from this very place every single day. I put it on in the morning, throughout the day whenever my skin feels dry, and every night before bed.

It is so pure, so gentle, and so beautiful for my skin.

Knowing I watched it being made with such love and care makes it even more special.



A Little Piece of Vietnam... ♡



The coconut is truly a gift from nature – nourishing the body, soothing the skin, and bringing people together.



WAYS TO ENJOY COCONUT AT HOME ♡

- ♡ Use coconut oil as your daily moisturizer
- ♡ Add a spoon to your smoothie or tea
- ♡ Make your own coconut body scrub
- ♡ Enjoy homemade coconut treats
- ♡ Relax with a coconut oil massage



From the palms of Vietnam to the comfort of your home. ♡

DA NANG, VIETNAM

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Chapter Two Extra ♡

Vietnam Coffee Coconut Body Butter ♡

RICH • CREAMY • NOURISHING

Inspired by the amazing coconut workshop and the rich coffee aromas of Vietnam, this body butter deeply moisturizes your skin and leaves it soft, smooth, and beautifully scented with a warm, tropical coffee touch.

BENEFITS YOU'LL LOVE ♡

- Deeply hydrates and locks in moisture
- Coconut oil nourishes and protects skin
- Coffee grounds help improve circulation and gently exfoliate
- Leaves skin feeling soft, silky, and beautifully scented
- Antioxidants help support healthy, radiant-looking skin
- The warm coffee aroma uplifts your mood and energizes your senses



A LITTLE STORY

After our coconut experience, I loved the scent of coffee so much I wanted to capture it in this creamy body butter!



THE ESSENTIAL TOUCH ♡

doTERRA's Chai Essential Oil adds a warm, spicy, cozy aroma that blends beautifully with the coffee and coconut. It creates a comforting, luxurious Vietnam-inspired scent.

Can't find a coffee essential oil?

You can add a few drops of a natural coffee flavor (food-grade) or coffee fragrance oil to create that delicious coffee aroma.



EASY RECIPE ♡

- 1/2 cup unrefined coconut oil (melted)
- 1/2 cup shea butter (softened)
- 1/4 cup sweet almond oil
- 2 tablespoons coffee grounds (finely ground & dry)
- 1 teaspoon vitamin E oil (optional)
- 10–15 drops doTERRA Chai Essential Oil
- 3–5 drops natural coffee flavor oil or fragrance oil (optional)

How to Make ♡

- Melt the coconut oil and let it cool slightly.
- Add softened shea butter and almond oil.
- Stir until smooth.
- Mix in coffee grounds, vitamin E oil, and essential oils.
- Whip with a hand mixer for 2–3 minutes until creamy and fluffy.
- Spoon into a clean glass jar.
- Let it set at room temperature.

- Tip: The more you whip, the lighter and creamier your body butter will be!



HOW TO USE ♡

- Apply to clean, dry skin anytime you need extra moisture.
- Use daily after showering for soft, glowing skin.
- Perfect for elbows, knees, hands, feet, and anywhere your skin feels dry.
- Massage in gently — it absorbs beautifully without feeling greasy.



HOW TO STORE ♡

Store in a clean, airtight glass jar in a cool, dry place.



Best used within 3–6 months.

GRANDMA WENDY'S TIP ♡

A little goes a long way! Use a pea-sized amount for silky soft skin and the most amazing coffee-coconut aroma.



"Natural ingredients. Simple rituals. Beautiful skin." ♡

With love, ♡ Grandma Wendy





COFFEE & COCONUT EXPERIENCE

Vietnam Inspired
COFFEE & COCONUT
Wellness Drink

A comforting ritual to complete
your home spa experience.



INGREDIENTS

- 1 cup freshly brewed organic coffee (or decaf)
- ¼ cup unsweetened coconut milk
- 1 teaspoon virgin coconut oil
- ½ teaspoon raw honey (optional)
- ¼ teaspoon cinnamon
- Tiny pinch of vanilla
- Optional: pinch of cacao powder

DIRECTIONS

- 1 Brew your favorite coffee.
- 2 Warm the coconut milk.
- 3 Add the coffee, coconut milk, coconut oil, cinnamon, vanilla, and honey to a blender.
- 4 Blend for 20–30 seconds until creamy and frothy.
- 5 Pour into your favorite mug.
- 6 Sip slowly and enjoy while relaxing after your spa treatment.



BENEFITS OF THIS WELLNESS DRINK

- Coffee contains natural antioxidants.
- Coconut provides healthy fats that leave you feeling satisfied.
- Cinnamon adds warmth and supports healthy blood sugar.
- Coconut oil creates a rich, silky texture while helping nourish the body.
- Most importantly, slowing down with a warm drink encourages relaxation and completes your spa ritual.



GRANDMA WENDY'S SPA TIP

When I experienced this coffee ritual in Vietnam, it wasn't just about drinking coffee—it was about slowing down. Every sip invited me to breathe, relax, and simply enjoy the moment. That's the feeling I hope you will create in your own home.

With love,
Wendy Ladybug

OPTIONAL ICED TROPICAL VERSION

- Pour the drink over ice.
- Add a splash of coconut cream.
- Sprinkle with toasted coconut flakes.
- Garnish with a cinnamon stick.

It becomes a refreshing tropical spa drink!



PAIR IT WITH YOUR SPA RITUAL

- Coffee & Coconut Body Scrub
- Coffee & Coconut Body Wrap
- Warm Brown Towel Wrap
- 10 Minutes of Peaceful Music or Meditation

Wellness is not a luxury—it's a beautiful way to care for your body, mind and soul. Slow down, sip, and enjoy!

THANK YOU FOR TRAVELING WITH ME INTO THE BEAUTIFUL WELLNESS TRADITIONS OF VIETNAM. MAY THIS DRINK BRING YOU COMFORT, NOURISHMENT AND PEACE.



DA NANG, VIETNAM



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Grandma Wendy's ♥

COCONUT SECRETS

SIMPLE • NATURAL • BEAUTIFUL

The coconut has been one of nature's greatest gifts to me for many years. From cooking and self-care to homemade spa rituals, I use it every single day.

It has become one of my favorite natural wellness products. ♥



MY EVERYDAY COCONUT RITUALS ♥

- ♥ I use it after my shower to seal in moisture.
- ♥ I massage it into my hands and feet before bed.
- ♥ I mix it with essential oils for my skin.
- ♥ I even add a little to my bath when my skin feels extra dry.
- ♥ It has become one of my favorite natural wellness products.



♥ I LOVE USING COCONUT OIL WITH dōTERRA ESSENTIAL OILS ♥

Coconut oil is a wonderful carrier oil. It helps "carry" the essential oils deep into the skin so your body can absorb all the amazing benefits.

dōTERRA essential oils are pure, therapeutic grade and very potent. When you blend them with coconut oil, it not only dilutes them for safe use on your skin, but also helps protect sensitive skin and maximizes the effectiveness of the oils.

I love how these two gifts from nature work together so beautifully! ♥



A FEW LITTLE TIPS ♥



A little goes a long way.



Allow it to absorb before getting dressed, as oils can sometimes leave marks on delicate fabrics.



If you add coconut oil to your bath, be careful getting out. The tub may become slippery.



During cooler weather, coconut oil naturally hardens. Simply warm the jar in your hands or place it in warm water for a few minutes.



Quality matters. I love using pure, cold-pressed coconut oil whenever possible.



I USE COCONUT OIL FOR... ♥



Skin
Moisturizer



Hair
Nourishment



Cooking &
Baking



Nail & Cuticle
Care



Bath & Body
Treatments



Essential Oil
Carrier

MY FAVORITE PART... ♥

It wasn't just buying the coconut oil. It was watching the people in that little village make it with such care, knowing every jar represented generations of tradition and hard work.

Now, every time I open my jar, I'm reminded of that beautiful place.



DID YOU KNOW? ♥

The coconut tree is often called "The Tree of Life" because every part of it can be used – from the water inside the nut to the oil, meat, husk, leaves, and shell. It has been treasured in tropical cultures for thousands of years for food, wellness, beauty, and even sustainable living.



HOW TO STORE ♥

Store in a clean, airtight glass jar in a cool, dry place.



Best used within
3–6 months.

WORKS BEAUTIFULLY WITH... ♥

- ♥ dōTERRA Lavender
- ♥ dōTERRA Peppermint
- ♥ dōTERRA Tea Tree
- ♥ dōTERRA Frankincense
- ♥ dōTERRA Ylang Ylang



GRANDMA WENDY'S TIP ♥

Mix a little coconut oil with your favorite dōTERRA essential oil and apply it to your pulse points, neck, or feet before bed. It's my favorite way to relax, wind down, and wake up feeling refreshed!



"Nature gives us so much. Let's use it with gratitude and love." ♥

With love, ♥ Grandma Wendy



Chapter Three ♡

THE MINERAL MUD BATH

A GIFT FROM MOTHER EARTH

High in the mountains of Nha Trang, I discovered a natural spa unlike any other. Warm mineral water and nutrient-rich mud flow straight from the earth, filling your private tub with healing minerals. It was peaceful, grounding, and absolutely unforgettable.

It felt like Mother Nature had prepared a spa just for me. ♡

♡
A TRUE
NATURAL SPA
EXPERIENCE
Fresh mineral mud,
flowing mountain
springs, and the
sounds of nature.
♡



✿ Pure mineral water flowing from the mountain.



✿ A peaceful walk into the mountains.



✿ Surrounded by beautiful flowers and fresh air.



✿ Listen to birds, the breeze, and the sound of water.



✿ Relax, soak, and let the earth nourish your body.

MY EXPERIENCE ♡

I was almost too hesitant to try this because, as a massage therapist, I don't like mud that has been reused by other guests. But here, everything is natural and fresh.

They let you soak for at least 30 minutes. I stayed a little longer! The warm mud and mineral water were the perfect temperature. I closed my eyes, listened to nature, and felt completely connected to the earth.

It was one of the most relaxing and rejuvenating experiences of my entire trip.

Pure peace. Pure nature. Pure healing. ♡



BENEFITS OF THE MINERAL MUD BATH ♡

- ☑ Detoxifies and draws out impurities
- ☑ Rich in minerals that nourish the skin
- ☑ Helps soothe tired muscles and joints
- ☑ Improves circulation
- ☑ Leaves skin soft, smooth, and glowing
- ☑ Promotes deep relaxation
- ☑ Supports overall well-being



TIPS FROM GRANDMA WENDY ♡

- ✿ Wear a swimsuit or clothing you don't mind getting muddy.
- ✿ Rinse off well after your soak.
- ✿ Drink plenty of water before and after.
- ✿ Take your time and enjoy the natural surroundings.
- ✿ Respect nature... this is Mother Earth's gift to us.

When we slow down, we can truly hear the healing of nature.



DID YOU KNOW? ♡

Mineral mud is formed over thousands of years as natural springs flow through the earth, picking up minerals and nutrients.



REFLECTION ♡

Sometimes the greatest healing doesn't come from expensive treatments. Sometimes it comes from slowing down... listening to nature... and allowing the earth to remind us that peace has been here all along.



GRANDMA WENDY'S REMINDER ♡

You deserve moments like this. Moments to breathe. Moments to release. Moments to reconnect with yourself and with nature.

You are worth it. ♡



"The earth has music for those who listen." — William Shakespeare ♡

With love, ♡ Grandma Wendy



Chapter Three Extra ♡

DIY MINERAL MUD BATH TREATMENT

RELAX • DETOX • REJUVENATE

Bring the healing power of Vietnam's mineral mud bath into your own home with this nourishing, detoxifying treatment. It's easy to make, smells amazing, and leaves your skin feeling soft, refreshed, and revitalized.

A little self-care goes a long way! ♡

EASY DIY RECIPE ♡

Makes about 2-3 treatments

- ♡ 1/4 cup bentonite clay (or cosmetic grade clay)
- ♡ 1/4 cup kaolin clay (optional, for extra softness)
- ♡ 1/4 cup finely ground coffee (*fresh grounds are best!*)
- ♡ 2 tablespoons raw honey
- ♡ 2 tablespoons plain yogurt or aloe vera gel
- ♡ 1-2 tablespoons coconut oil (melted)
- ♡ 10-15 drops doTERRA essential oil of choice (Lavender, Peppermint, Tea Tree, or Balance)
- ♡ Warm water or green tea (enough to make a smooth paste)

HOW TO MAKE IT ♡

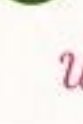
- 1 In a clean bowl, combine the clays and coffee grounds.
- 2 Add honey, yogurt (or aloe vera), and melted coconut oil.
- 3 Add essential oils.
- 4 Slowly add warm water or green tea, stirring until you have a smooth, spreadable paste.
- 5 Your mineral mud is ready to use!



AMAZING BENEFITS ♡

-  **Detoxifies & draws out impurities**
Mineral clay pulls toxins from deep within the skin.
-  **Rich in minerals**
Nourishes, hydrates, and replenishes the skin.
-  **Exfoliates naturally**
Coffee grounds gently slough away dead skin cells for a brighter, smoother glow.
-  **Improves circulation**
Leaves skin soft, smooth, and radiant.
-  **Relieves stress**
Promotes deep relaxation and overall well-being.
-  **Supports muscle & joint relief**
Perfect after a long day or workout.

HOW TO USE IT ♡

-  Shower or cleanse your skin. Pat dry.
-  Apply the mud all over your body or where you need it most.
-  Let it sit for 15-20 minutes. Relax, breathe, and enjoy.
-  Rinse off with warm water in the shower or bath. Pat dry.
-  Follow with your favorite coconut oil or body butter.

Use 1-2 times a week for best results.



TIPS FROM GRANDMA WENDY ♡

- ✿ Always do a patch test if you have sensitive skin.
- ✿ Use an old towel or wear clothes you don't mind getting a little muddy.
- ✿ Store extra mud in the fridge in an airtight container for up to 5 days.
- ✿ Add more coffee for extra exfoliation if your skin needs it.
- ✿ Add more coconut oil for extra moisture.

Nature has everything we need to feel beautiful inside and out! ♡



COFFEE GROUNDS: GOOD FOR YOU & YOUR GARDEN! ♡



Coffee grounds are packed with nutrients that are amazing for your skin AND for your fruits, vegetables, and flowers!

- ✿ Adds nitrogen to the soil
- ✿ Improves soil structure
- ✿ Helps plants retain moisture
- ✿ Attracts worms (nature's gardeners!)
- ✿ Great for tomatoes, roses, leafy greens, carrots, and more!

Just sprinkle around plants or mix into the soil! ♡



GRANDMA WENDY'S REMINDER ♡

This is your time. Your ritual.
Your moment to slow down, breathe,
and treat your body with love.

You deserve this!
You are worth it. ♡



"The earth has music for those who listen." – William Shakespeare ♡

With love, ♡ Grandma Wendy ♡



COFFEE & COCONUT EXPERIENCE



Wellness Tea Rituals

COFFEE, CHAI & LEMONGRASS TEAS

Warm your body, calm your mind,
and complete your home spa experience. ♥

Savor a peaceful cup of tea inspired by the
wellness traditions of Vietnam.



OPTION 1

COCONUT COFFEE CHAI TEA

A Spiced, Comforting & Nourishing Blend



INGREDIENTS

- 1 cup strong brewed coffee (or decaf)
- 1 cup unsweetened coconut milk (or milk of choice)
- 1 small piece fresh ginger (sliced)
- 1 cinnamon stick
- 2 whole cloves
- 2 green cardamom pods (lightly crushed)
- ½ teaspoon chai spice blend or ½ tsp ground cinnamon + pinch nutmeg
- 1 teaspoon honey or maple syrup (optional)

DIRECTIONS

- 1 Brew your coffee and set aside.
- 2 In a small pot, combine coconut milk, ginger, cinnamon, cloves, and cardamom.
- 3 Bring to a gentle simmer for 5–7 minutes.
- 4 Add chai spice blend and stir.
- 5 Remove from heat and strain.
- 6 Add brewed coffee and sweetener if using.
- 7 Pour into your favorite mug and enjoy warm.

BENEFITS ♥



Coffee provides antioxidants and natural energy.



Coconut milk soothes and nourishes.



Ginger supports digestion and immunity.



Spices warm your body and calm your mind.

OPTION 2

LEMONGRASS COCONUT TEA

Refreshing, Detoxifying & Uplifting



INGREDIENTS

- 2 stalks lemongrass (bruised and cut into pieces)
- 2 cups water
- ¼ cup coconut water (optional)
- 1 slice fresh ginger
- 1 teaspoon honey (optional)
- Few drops lime juice (optional)

DIRECTIONS

- 1 Bruise the lemongrass to release its natural oils.
- 2 In a small pot, bring water, lemongrass, and ginger to a boil.
- 3 Reduce heat and simmer for 10 minutes.
- 4 Remove from heat and let steep for 5 more minutes.
- 5 Strain and add coconut water, honey, and lime juice if using.
- 6 Sip warm or cool and pour over ice for a refreshing version.

BENEFITS ♥



Lemongrass aids digestion and helps detoxify the body.



Coconut water replenishes and hydrates.



Ginger soothes and supports immunity.



Lime adds vitamin C and a refreshing zest.

HOW TO ENHANCE YOUR TEA RITUAL

- ✓ Create a calm space.
- ✓ Light a candle.
- ✓ Play soft music.
- ✓ Breathe deeply.
- ✓ Sip slowly and enjoy the moment.



ENJOY YOUR TEA BEFORE OR AFTER YOUR:

- ♥ Coffee & Coconut Body Scrub
- ♥ Coffee & Coconut Wrap
- ♥ Warm Brown Towel Wrap
- ♥ Massage or Relaxation Time
- ♥ Meditation or Quiet Rest

GRANDMA WENDY'S TIP ♥

Tea is more than a drink—
it is a pause.
A moment to slow down,
be grateful and care for
your beautiful self.
You deserve it!



The best wellness traditions are the ones
we bring home and share with love. ♥

With love, ♥
Wendy Ladybug





Grandma Wendy's ♡ MUD BATH SECRETS

What I learned from my private mineral mud bath in Vietnam ♡

This was one of the most incredible spa experiences of my life! Here are my personal secrets to help you get the most out of your mud bath—whether you're in Vietnam or creating your own at home. ♡



♡
A TRUE
NATURAL SPA
EXPERIENCE
Fresh minerals,
fresh mud,
fresh healing.
♡



1. FRESH IS BEST ♡

I only trust spas that use fresh mineral mud. It should come straight from the earth and never be reused of your mud guests.



2. WEAR & PREPARE ♡

Wear an older swimoutit you don't mind getting muddy. Bring a dark towel or sarong. The mud is amazing—but it can stain!



3. PATCH TEST FIRST ♡

Test any clay or essential oils on a small area of your skin. Everyone's skin is different.



4. BE GENTLE ♡

Never put mud near your eyes, inside your nose, or on irritated or broken skin.



5. PERFECT TIMING ♡

Let the mud rest for 10–15 minutes. Don't let it dry too much—keep it slightly moist for the best results.



6. RINSE & MOISTURIZE ♡

Rinse gently with warm water. Pat dry and apply coconut oil, body butter, or your favorite lotion while your skin is still slightly damp.



7. COFFEE GROUNDS (OPTIONAL) ♡

Use fine coffee grounds for gentle exfoliation—never coarse grounds! They help remove dead skin cells and boost circulation.



8. PROTECT YOUR PIPES ♡

Never pour clay or coffee grounds down the drain. Wipe into the trash or compost first, then rinse.



9. SLOW DOWN ♡

This is not a rushed treatment. Take your time. Breathe. Listen to nature. Let the earth restore your body and your soul.



10. HONOR MOTHER EARTH ♡

Mineral mud is a gift from the earth. Thank her. Respect her. And take only what you need.

COFFEE GROUNDS: GOOD FOR YOU & YOUR GARDEN ♡



Coffee grounds are packed with nutrients that are amazing for your skin AND for your fruits, vegetables, and flowers!

- ☘ Adds nitrogen to the soil
- ☘ Improves soil structure
- ☘ Helps plants retain moisture
- ☘ Attracts worms (nature's gardeners!)
- ☘ Great for tomatoes, roses, leafy greens, carrots, and more!

Tip: Sprinkle used coffee grounds around plants or mix into compost. A little goes a long way! ♡



A Note From Grandma Wendy ♡

My mineral mud bath in Vietnam reminded me that healing can be simple, natural, and deeply peaceful. You don't have to travel the world to give yourself this gift. You can create your own sacred spa experience right at home.

*You are worth the time.
You are worth the care.
You are worth it! ♡*



"The earth has music for those who listen." – William Shakespeere ♡

With love, ♡ Grandma Wendy ♡





Chapter Four

The Hot Mineral Springs & Hydrotherapy Cave

A Complete Healing Journey

After my mineral mud bath, I rinsed under warm mineral showers that flow straight from the mountainside. Then I entered the hydrotherapy cave where hot and cold mineral water alternates as you walk through. The experience wakes up your body, boosts circulation, and leaves you feeling refreshed and renewed.

It was absolutely amazing!



A TRUE
NATURAL SPA
EXPERIENCE
Fresh minerals,
fresh water,
fresh healing.

MY JOURNEY THROUGH THE HOT SPRINGS & HYDROTHERAPY CAVE



1 Warm mineral showers wash away the mud.



2 Natural rain showers with hot mineral water flowing from the earth.



3 Entering the hydrotherapy cave for hot & cold mineral water therapy.



4 Hot & cold mineral sprays alternate as you walk through the cave.



5 Signs guide you to your private hot mineral soaking area.



6 Your own private hot mineral soak to relax and rejuvenate.

WHAT IS HYDROTHERAPY?

Hydrotherapy uses hot and cold water to stimulate circulation, support the immune system, reduce inflammation, and promote overall well-being.

HOT & COLD BENEFITS



HOT: Relaxes muscles, opens pores, improves circulation, and soothes tension.



COLD: Tones skin, reduces swelling, boosts energy, and strengthens your immune system.

The combination is powerful!

BENEFITS OF THE HOT MINERAL SPRINGS SOAK

- ✓ Rich in natural minerals that nourish and rejuvenate the skin
- ✓ Relaxes tired muscles and joints
- ✓ Improves circulation and oxygen flow
- ✓ Supports detoxification
- ✓ Reduces stress and anxiety
- ✓ Promotes deep, restful sleep
- ✓ Leaves skin soft, smooth, and glowing

Pure minerals. Pure water.
Pure healing from the earth.



TIPS FROM GRANDMA WENDY



Take your time and enjoy each step of the journey.



Breathe deeply and listen to the sounds of nature.



Stay well hydrated before and after.



Respect your body—if the cold feels too strong, pause or skip.



This is your time to reconnect with your body, mind and spirit.

Nature has everything we need to heal and feel beautiful inside and out!



GRANDMA WENDY'S SECRETS

- I do a full mineral soak 45–60 minutes when I can.
- I let my body fully relax and absorb all the minerals.
- I close my eyes, breathe deeply, and listen to nature's music.
- The hot & cold cave leaves me feeling like new—energized, balanced, and peaceful.

Make this a regular self-care ritual...
your body will thank you!



Create Your Own Spa Experience

Bring a little of this Vietnam spa magic into your home—and enjoy peace, relaxation, and wellness every day.



"The earth has music for those who listen." – William Shakespeare

With love, Grandma Wendy





Chapter Four Extra ♡

HOME HYDROTHERAPY MINERAL BATH

HOT • COLD • RESTORE • RENEW

Recreate the healing journey of Vietnam's hot mineral springs and hydrotherapy cave right in your own home. Soak in a warm, mineral-rich bath, then awaken your body with the power of hot and cold water therapy. ♡

COCONUT COFFEE MINERAL BATH RECIPE ♡

A nourishing soak to relax, detox, and soften your skin



- ☛ 1 cup Epsom salts (magnesium for relaxation)
- ☛ 1/2 cup sea salt or Himalayan salt (detoxifying)
- ☛ 1/2 cup finely ground coffee (exfoliating & energizing)
- ☛ 2 tablespoons coconut oil (moisturizing)
- ☛ 1 tablespoon raw honey (skin softening)
- ☛ 5–10 drops doTERRA essential oil of choice (see options on the right)

ESSENTIAL OIL OPTIONS

(Choose Your Favorite!)

Lavender – relaxing, calming and skin soothing



Wild Orange – uplifting and mood enhancing



Balance – grounding and promotes well-being



Ylang Ylang – soothing and sensual



Frankincense – rejuvenating and supports healthy skin



HOW TO MAKE IT ♡

In a bowl, mix all ingredients well. Store in an airtight jar. Add 1/2 to 1 cup of the mixture to warm bath water. Swirl the water with your hand to dissolve. Soak, relax, and enjoy for 20–30 minutes.



WHY COFFEE? ♡

Coffee gently exfoliates, awakens the skin, and is rich in antioxidants that help fight free radicals and support healthy-looking skin.



WHY COCONUT OIL? ♡

Deeply moisturizes, soothes dry skin, and helps seal in hydration while leaving skin silky soft.



GRANDMA WENDY'S SPA TIP ♡

Create a cozy spa space. Dim the lights, play peaceful music, and turn your bath into a sacred time just for you.

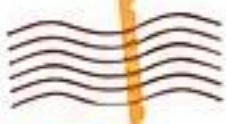
You are worth it! ♡



With love, ♡

Wendy Ladybug





Chapter Four Extra ♡



HOME HYDROTHERAPY SHOWER

HOT • COLD • REVIVE • RENEW

Use the power of hot and cold water to awaken your body, boost circulation, and leave you feeling refreshed and alive! ♡

THE POWER OF CONTRAST HYDROTHERAPY ♡



Improves circulation and lymph flow



Strengthens the immune system



Reduces muscle tension and soreness



Increases energy and mental clarity



Helps relieve stress and promotes better sleep

TWO WAYS TO CREATE YOUR HYDROTHERAPY SHOWER AT HOME ♡

OPTION 1: TWO SHOWER HEADS ♡

(Hot & Cold Built In)



- 1 Start with warm/hot water for 1–2 minutes.
- 2 Switch to cold water for 30–60 seconds.
- 3 Alternate hot and cold 3–5 times, ending with cold.
- 4 Breathe deeply and enjoy the refresh!

OPTION 2: ONE SHOWER HEAD ♡

(You Can Still Do It!)



- 1 Take a warm/hot shower for 1–2 minutes.
- 2 Turn the water as cold as you can handle.
- 3 Step slightly out of the water or turn the water off.
- 4 Splash cold water on your arms, legs, chest, and back for 30–60 seconds.
- 5 Repeat 3–5 times, ending with cold!

TIPS FOR THE BEST EXPERIENCE ♡

- Stay hydrated—drink a glass of water before and after your shower.
- Move slowly between hot and cold—no extreme changes.
- Listen to your body and adjust the temperature as needed.



- Finish with cold to seal the benefits and awaken your body.
- Practice 3–4 times per week for the best results.
- Perfect in the morning to energize or at night to relax.



IMPORTANT REMINDERS ♡

- ✿ If you have heart conditions, high blood pressure, or are pregnant, check with your doctor first.
- ✿ Never stay in cold water too long.
- ✿ Build up gradually and be consistent.
- ✿ Hydrotherapy is powerful—be gentle and kind to yourself.



MAKE IT A RITUAL ♡

Light a candle, play calming music, use your favorite essential oils, and turn your shower into a sacred time just for you. You deserve this!



With love, ♡ Wendy Ladybug 

Chapter Four Extra ♡

GRANDMA WENDY'S SECRETS

Simple Hydrotherapy Tips for Your Home Spa



One of my favorite discoveries in Vietnam wasn't just the mineral baths—it was how something as simple as water could leave me feeling so refreshed, peaceful, and renewed.

Here are a few hydrotherapy secrets I use in my own life that you can enjoy at home. ♡



SECRET #1: FINISH WITH COOL WATER ♡

After a warm shower, gradually turn the water cooler for 20–60 seconds if you're comfortable doing so. I love the refreshed, energized feeling it gives me afterward.



SECRET #2: WARM FIRST, COOL LAST ♡

Always begin with comfortably warm water before ending with cool water. The gentle change in temperature is what makes hydrotherapy such a refreshing experience.



SECRET #3: CREATE A SPA ATMOSPHERE ♡

Even an ordinary shower can become a spa experience.

- Soft relaxing music
- A candle (outside the shower)
- A fluffy towel warmed in the dryer
- A few drops of Lavender, Frankincense, Balance, Wild Orange, or Ylang Ylang on a washcloth or shower steamer

(Avoid placing essential oils directly into the shower or bath water unless they are properly diluted.)



SECRET #4: HYDRATE BEFORE & AFTER ♡

Warm water encourages your body to sweat, so drink a glass of water before and after your hydrotherapy session to stay well hydrated.



SECRET #5: BRING NATURE INTO YOUR MIND ♡

During my hydrotherapy experience in Vietnam, I listened to waterfalls, birds singing, and the gentle sounds of flowing mountain streams. At home, I simply close my eyes and imagine I'm back there. Sometimes the greatest escape is the one we create in our own minds.



SECRET #6: LISTEN TO YOUR BODY ♡

Hydrotherapy should leave you feeling peaceful and refreshed. If you begin feeling lightheaded, overheated, or uncomfortable, simply step out, cool down, and rest. Everyone's body is different.



GRANDMA WENDY'S GENTLE REMINDER ♡

You don't need to travel around the world to experience moments of peace. Sometimes all it takes is warm water, a quiet heart, and a few minutes to care for yourself.



With love, ♡ Grandma Wendy



CHAPTER 5

The Signature Treatment VIETNAMESE BAMBOO, HOT STONE & STRETCH THERAPY

A TRADITIONAL WELLNESS EXPERIENCE

*One of the most memorable wellness experiences
from my travels through Vietnam. ❤️*



MY EXPERIENCE

Before the massage even began, I was invited to soak in a traditional Vietnamese wooden soaking bath (Thùng Gõ). The warm water helped relax my muscles, calm my mind, and prepare my body for the treatment ahead. Sitting quietly in the handcrafted wooden tub, I could already feel the stress of the day melting away.

*From that moment on, I knew this
wasn't going to be an ordinary massage.*

BENEFITS

- Releases muscle tension
- Encourages flexibility and mobility
- Supports healthy circulation
- Promotes deep relaxation
- May support healthy lymphatic flow
- Helps reduce everyday stress
- Leaves the body feeling refreshed and renewed

THE SIGNATURE TREATMENT

My therapist warmed smooth bamboo sticks and hot stones before beginning.

Using warm coconut oil, she combined long, flowing massage strokes with gentle lymphatic massage techniques that encouraged relaxation while easing tension throughout my body.

The heated bamboo rolled deeply into tight muscles, while the hot stones slowly released stiffness and encouraged deep relaxation.

Then came my favorite part...

The gentle stretching.

At 72 years young, I honestly didn't think my body could stretch that way anymore. With slow, careful movements, my shoulders, back, hips, legs, and arms gradually became more flexible.

*I left feeling lighter, taller, and incredibly relaxed.
I loved this experience so much that I returned
for a second treatment before leaving Vietnam.*

A BEAUTIFUL VIETNAMESE TRADITION

As the massage ended, my feet were wrapped in warm towels while I rested quietly.

Then I was served one of Vietnam's traditional treats...

Bánh Ít Lá Gai

A STICKY RICE CAKE WRAPPED
IN AROMATIC LEAVES.

It was the perfect ending to a beautiful wellness experience and reminded me how thoughtfully Vietnamese culture cares for both body and spirit.



GRANDMA WENDY'S SECRET

One of the greatest lessons I've learned while traveling is that our bodies never stop responding to kindness.

Warmth. Gentle movement. Stretching. Caring touch.

They remind our bodies how to relax, restore, and heal.

At 72 years young, I walked into this treatment wondering how much flexibility I had left. I walked out amazed at what my body could still do.

*Never underestimate what is possible when you care
for yourself with patience, consistency, and love.*

With love, ❤️ Grandma Wendy.

WARM BAMBOO STICKS

Heated bamboo rolls deeply into tight muscles to release tension and restore balance.



TRADITIONAL WOODEN SOAKING BATH (THÙNG GỖ)

A warm soak prepares your body and mind for deep relaxation.



WARM TOWEL COMFORT

Warm towels are wrapped around your feet as you rest peacefully after your treatment.



BÁNH ÍT LÁ GAI VIETNAMESE TRADITION (STICKY RICE CAKE WRAPPED IN THORNY LEAVES)

A delicious Vietnamese treat and tea are served to complete this beautiful wellness experience.



CREATE THIS EXPERIENCE AT HOME

- ✓ Schedule a massage therapist who offers hot stone massage.
- ✓ Ask if they include gentle assisted stretching or Thai-inspired stretching techniques.
- ✓ Warm towels wrapped around your feet at the end create a wonderfully relaxing finish.
- ✓ End your experience with a cup of tea—or, if you can find one, enjoy a traditional Vietnamese treat while you rest quietly.

*Remember, the goal isn't to copy the experience perfectly.
It's to bring the peaceful feeling home with you.*



EXPERIENCED IN
DA NANG, VIETNAM



CHAPTER 6

The Fish Foot Spa ADVENTURE

A UNIQUE WELLNESS EXPERIENCE IN NATURE

*One of the most unforgettable adventures
of my travels through Vietnam! ❤️*

MY EXPERIENCE

We traveled deep into Cat Ba National Park, near Ha Long Bay, far away from the city and into the peaceful natural surroundings. We rode in one of those cute little electric carts (like golf carts) along the winding paths until we reached a hidden riverside area.

There, we sat along the edge of a clear stream and dipped our feet into the cool water.

Within seconds, dozens—actually hundreds—of tiny fish swarmed around my feet!

They gently nibbled away at the dead skin, leaving my feet feeling unbelievably smooth and refreshed.

It didn't hurt, but honestly... it was such a strange feeling that I could not stop laughing and screaming!

I think the coconut oil and essential oils I use on my skin must have made me extra tasty, because I had way more fish than the other ladies! 😊

It was a crazy, fun, and unforgettable adventure that I'll never forget!

ABOUT THE FISH FOOT SPA

This natural fish foot spa uses *Garra Rufa* fish (often called "doctor fish"). These tiny fish gently nibble away at the dead skin cells on your feet.

It is a completely natural way to exfoliate, soften rough skin, and improve circulation.



A LITTLE CULTURAL NOTE

Vietnam is full of natural beauty and unique wellness traditions. The fish foot spa is a popular experience in many areas—at rivers, natural streams, and even in modern spas and malls throughout the country.

*It's a perfect example of how
Vietnamese culture embraces
natural healing in fun and
creative ways.*

GRANDMA WENDY'S TIP

This may feel a little strange at first, but try to relax and enjoy the experience!

It's over before you know it, and your feet will feel amazing afterward.

*It's not something I would do
every day, but I'm so glad
I tried it!*

*With love, ❤️
Grandma Wendy*



HOW YOU CAN EXPERIENCE THIS AT HOME (NEXT PAGE)

While this exact experience is hard to recreate perfectly at home, you can enjoy a wonderful herbal foot soak using lemongrass and other traditional Vietnamese herbs.

- ✓ It will refresh your feet and help you relax just like this adventure.
- ✓ Turn the page for your special Herbal Foot Soak Recipe!



EXPERIENCED IN
CAT BA NATIONAL PARK
NEAR HA LONG BAY, VIETNAM



CHAPTER 6

Extra

HOME SPA FOOT SOAK

VIETNAMESE LEMONGRASS & HERBAL SOAK

Bring the peaceful feeling of Vietnam
right into your own home. ♥

WHY A FOOT SOAK?

Soaking your feet in warm, herb-infused water helps relax your entire body. It eases tired feet, improves circulation, reduces stress, and promotes deep relaxation—just like the beautiful foot soaks I enjoyed during my travels in Vietnam.

VIETNAMESE LEMONGRASS FOOT SOAK RECIPE

Ingredients:

- ♥ 2–3 stalks fresh lemongrass (bruised)
- ♥ 1 thumb-sized piece fresh ginger (sliced)
- ♥ 1 handful fresh or dried mint leaves
- ♥ 1 tablespoon sea salt or Epsom salt
- ♥ 5–10 drops essential oil (optional)
(lemongrass, lavender, or peppermint)
- ♥ Warm water

Instructions:

- 1 Boil 4–6 cups of water with lemongrass, ginger, and mint leaves for 10 minutes.
- 2 Remove from heat and let it steep.
- 3 Strain the herbs and pour the liquid into a foot soak basin.
- 4 Add warm water to your preferred temperature.
- 5 Add essential oils and sea or Epsom salt. Soak your feet for 15–20 minutes and relax.



GRANDMA WENDY'S TIP

While your feet soak, take slow deep breaths, close your eyes, and imagine yourself back in Vietnam, surrounded by nature, peace, and calm.

Your mind will relax as much as your feet!

THE BENEFITS

- ♥ Relaxes tired feet
- ♥ Improves circulation
- ♥ Helps reduce swelling
- ♥ Supports healthy sleep
- ♥ Eases stress & tension
- ♥ Encourages detoxification
- ♥ Promotes deep relaxation
- ♥ Refreshes body and mind

“The simplest rituals can bring the deepest peace. ♥



CREATE YOUR HOME SPA EXPERIENCE



1. CHOOSE YOUR FOOT SOAK BASIN

Use a beautiful wooden bowl, foot bath tub, or any basin that makes you feel pampered and relaxed. Wood adds a natural and soothing touch.



2. FAN YOURSELF

To feel like you're truly in Vietnam, use a paper or bamboo fan. It's relaxing, traditional, and adds to your experience.



3. WALK ON RIVER STONES

Create your own stone path in your garden or meditation area using smooth river stones. Walking barefoot on stones gently massages your feet, stimulates pressure points, and improves balance and circulation.



4. SET THE MOOD

Light a candle, play soft music, use essential oils, and create a peaceful space where you can slow down and enjoy.

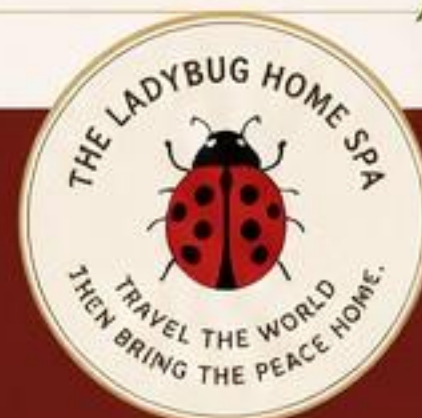


TAKE YOUR TIME. ENJOY THE MOMENT.

Give yourself permission to rest, breathe, and soak. Your feet carry you through life—love them well!



Inspired by my adventures in
Cat Ba National Park
NEAR HA LONG BAY, VIETNAM





CHAPTER 7

The Royal Jelly Experience



A WELLNESS JOURNEY THROUGH VIETNAM'S MEKONG DELTA

"Sometimes the most relaxing spa experience begins with an unforgettable adventure." ♥



Welcome to the Mekong Delta

Our wellness journey began just outside Ho Chi Minh City (formerly Saigon) as we traveled to the beautiful Mekong Delta. There, we climbed into a traditional wooden canoe and quietly drifted through the winding waterways while local Vietnamese families gently paddled us beneath towering palms and lush tropical plants. The peaceful sounds of nature made us feel like we had stepped back in time.

When we arrived at a small riverside village, we were welcomed with warm smiles, beautiful Vietnamese folk music, delicious tropical fruits, and a glimpse into traditions that have been shared for generations.

*This became one of my favorite cultural wellness experiences in all of Vietnam.**

Discovering Royal Jelly

One of the highlights of our visit was learning about Royal Jelly.

Royal Jelly is a nutrient-rich substance produced by young worker bees to nourish the queen bee. In Vietnam, it has long been valued as part of traditional wellness and beauty practices.

The local beekeepers explained how Royal Jelly is carefully harvested and often blended with honey into a delicious wellness drink.

I was fascinated to discover how something so small could play such an important role in their traditions.

Today, Royal Jelly can also be found in many skincare products and dietary supplements around the world.



A DAY OF DISCOVERY



Peacefully floating through the Mekong Delta in a traditional canoe.



Listening to beautiful Vietnamese folk music performed by local musicians.



Sampling fresh tropical fruits grown in the region.



Learning how honey and Royal Jelly are produced by local beekeepers.



Standing among thousands of buzzing bees while discovering one of nature's most treasured gifts.



Seeing the famous rice paddies that help feed millions of people.



Trying on the traditional Vietnamese rice hat worn by local farmers.



Even stepping outside my comfort zone by holding a gentle python!



Bringing the Experience Home

If you'd like to recreate part of this experience at home, you can:

- Purchase high-quality Royal Jelly or Royal Jelly with honey from a reputable supplier.
- Play peaceful Vietnamese music.
- Enjoy a small serving according to the manufacturer's directions.
- Sip warm herbal tea while imagining yourself floating along the quiet canals of the Mekong Delta.
- Light a candle.



Sometimes the smallest rituals become the most meaningful.



Grandma Wendy's Reflection ♥

One of the greatest gifts of travel isn't collecting souvenirs. It's discovering beautiful traditions that bring peace, wellness, and joy—and then sharing them with the people you love.

My hope is that every experience I bring home helps you create your own peaceful sanctuary, right where you live.



COMING UP NEXT... Vietnamese Royal Jelly & Honey Facial

Now that you've experienced the traditions of the Mekong Delta, let's bring those beautiful ingredients into your own home spa with a luxurious Royal Jelly and Honey Facial inspired by Vietnam.



With love, ♥ Wendy Ladybug



CHAPTER 7 EXTRA

Vietnamese ROYAL JELLY HOME FACIAL

NOURISH • HYDRATE • GLOW

Bring the beauty secrets of the Mekong Delta
right into your own home. ❤️



THE POWER OF ROYAL JELLY

Royal Jelly is a creamy, nutrient-rich substance produced by worker bees to nourish the queen bee. It has been treasured in many cultures for generations and is known for its incredible skin-loving properties.

- Deeply moisturizes and nourishes
- Helps improve skin elasticity
- Supports a more youthful appearance
- Soothes and calms the skin
- Leaves skin soft, smooth and glowing
- Rich in vitamins, amino acids, minerals and antioxidants



RELAX & ENJOY

Sip a warm herbal tea while your facial works its magic. Let the peaceful traditions of Vietnam restore your mind and spirit.

CREATE YOUR SPA MOMENT

- ✓ Cleanse your face and hands
- ✓ Light a candle and play soft music
- ✓ Breathe deeply and relax
- ✓ Enjoy your spa experience!



OPTION 1: ROYAL JELLY FACIAL (IF YOU CAN PURCHASE ROYAL JELLY)

This luxurious facial is inspired by the beautiful wellness traditions of the Mekong Delta.

INGREDIENTS

- 1 teaspoon fresh Royal Jelly (pure or with honey)
- 1 teaspoon raw honey
- 1 teaspoon plain yogurt
- 1 teaspoon finely ground rice
- 2-3 drops vitamin E oil (optional)

DIRECTIONS

- In a clean bowl, mix all ingredients until smooth.
- Apply a thin, even layer to clean face and neck, avoiding the eye area.
- Relax and leave on for 15-20 minutes.
- Rinse gently with warm water.
- Pat dry and follow with your favorite moisturizer.



BENEFITS

- Deep hydration and nourishment
- Natural antioxidant protection
- Helps improve skin tone and elasticity
- Leaves skin radiant, soft and refreshed
- Supports cellular renewal

OPTION 2: HONEY GLOW FACIAL (ALTERNATIVE IF ROYAL JELLY IS NOT AVAILABLE)

A beautiful, natural alternative using ingredients you may already have at home.

INGREDIENTS

- 1 tablespoon raw honey
- 1 teaspoon plain yogurt
- 1 teaspoon finely ground oats (optional for gentle exfoliation)
- 2-3 drops vitamin E oil (optional)

DIRECTIONS

- Mix all ingredients together in a clean bowl.
- Apply to clean face and neck.
- Leave on for 15-20 minutes.
- Rinse with warm water.
- Finish with your favorite moisturizer.



BENEFITS

- Hydrates dry skin
- Naturally antibacterial
- Softens and smooths
- Leaves a healthy, beautiful glow
- Helps calm irritated skin



The best souvenirs are the lessons we learn
and the peace we bring home. ❤️

With love, ❤️
Wendy Ladybug





Thank You

for Traveling With Me

COFFEE & COCONUT EXPERIENCE

Vietnam



Every journey changes us in some small way.
My hope is that this experience has brought a little
more peace, wellness, and joy into your home.

✿ As I traveled through Vietnam, I discovered that wellness
isn't found only in beautiful spas. It is found in slowing down...
Sharing a warm cup of tea. The comforting aroma of fresh coffee.
The nourishment of coconut. The kindness of strangers.
The laughter shared during new adventures.
And taking time to simply breathe.

♥ *My greatest joy is bringing these beautiful
traditions home so you can experience them, too.*



Continue Creating Your Home Sanctuary

This experience doesn't have to end today.
Put on your favorite cozy robe. Light a candle.
Make another cup of tea. Turn on your favorite meditation.
Wrap yourself in a warm blanket. Return to these
simple rituals whenever your heart needs rest.



*Your home can become your
favorite spa in the world.*

Grandma Wendy's Gentle Reminder

The world has taught me
many beautiful wellness traditions.
But the greatest lesson I've learned
is this...

*Peace isn't something we find.
It's something we create.*

One quiet moment...
One deep breath...
One simple act of self-care
at a time.



COLLECT THE HOME SPA JOURNEY SERIES



Bali

Home Spa
Collection



Vietnam

Home Spa
Collection



New Zealand

Home Spa
Collection



YOUR ADVENTURE CONTINUES...



Japan

Coming Soon



Thailand

Coming Soon



Philippines

Coming Soon



Italy

Coming Soon



Greece

Coming Soon

...and many more
wellness journeys
from around
the world! 

Until Our Next Adventure...

Thank you for allowing me to travel beside you.
I can't wait to share the next beautiful
wellness tradition from somewhere
else in the world.

Stay curious. Stay peaceful.
And remember...



*You don't have to
travel around the world
to create a beautiful
spa experience...
You can create one
right where you live.*



With love, 

Wendy Ladybug 

Licensed Massage Therapist
World Traveler
Wellness Educator

TheLadybugSpa.com





THE LADYBUG SPA



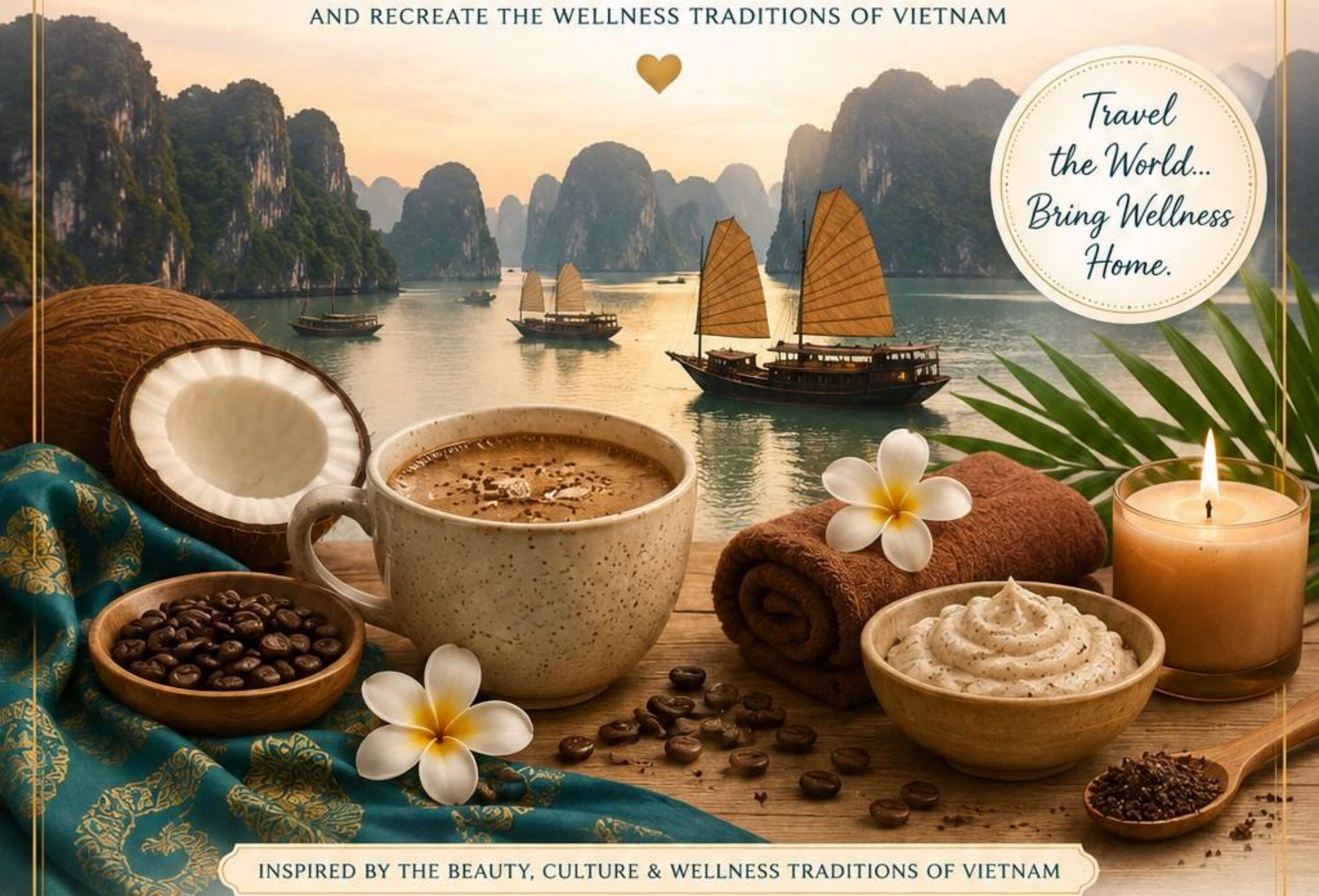
BONUS
EBOOK

COMPLETE HOME SPA GUIDE & Vietnam Home Spa Itinerary

YOUR COMPLETE GUIDE TO RELAX, RESTORE,
AND RECREATE THE WELLNESS TRADITIONS OF VIETNAM



*Travel
the World...
Bring Wellness
Home.*



INSPIRED BY THE BEAUTY, CULTURE & WELLNESS TRADITIONS OF VIETNAM



*"Come to me, all you who are weary and burdened,
and I will give you rest."*

MATTHEW 11:28

With love,
Grandma Wendy
THELADYBUGSPA.COM





THE LADYBUG SPA



YOUR VIETNAM HOME SPA ITINERARY

A Step-by-Step Journey to Relax, Restore & Reconnect

Bring the peaceful spa traditions of Vietnam into your home and create your own sanctuary.



YOUR SPA DAY FLOW

1



WELCOME TEA RITUAL

Begin by sipping your warm Coffee Chai Tea or Lemongrass Wellness Tea. Take a few quiet moments to breathe deeply, set an intention, and invite peace into your day.



2



COFFEE & COCONUT BODY SCRUB

Massage the scrub over damp skin using gentle circular motions. The coffee awakens your skin while coconut nourishes and softens. Rinse with warm water.



3



COFFEE & COCONUT BODY WRAP

Apply the wrap generously and wrap yourself in warm brown towels or a cozy blanket. Rest for 20–30 minutes while listening to relaxing music or a Vietnam meditation.



4



WARM SHOWER

Rinse away the wrap with warm water. Feel your stress melt away. Pat your skin dry with a soft towel.



5



COFFEE & COCONUT BODY BUTTER

Massage the body butter slowly into your skin. Pay special attention to your hands, knees, feet, and elbows. Breathe in the comforting aroma and enjoy the glow!



6



WELLNESS RITUAL

Enjoy your Coffee & Coconut Wellness Drink or another cup of tea. Find a comfy place to sit quietly. There is no rush.



7



QUIET REFLECTION

Spend a few peaceful minutes doing something that nourishes your soul. You may wish to:
♥ Journal ♥ Read ♥ Pray ♥ Meditate
♥ Sit quietly with a grateful heart



GRANDMA WENDY'S TIPS



Create a peaceful space. Dim the lights, light a candle, and play your favorite Vietnam meditation or nature sounds.



Use what you have. A simple towel, a warm blanket, and natural ingredients are all you need.



Go slow. The deeper you relax, the more your body and mind will benefit.



Stay hydrated. Sip tea or your wellness drink throughout your spa day.



Be kind to yourself. You deserve this time. You are worth it.

"Come to me, all you who are weary and burdened, and I will give you rest."



MATTHEW 11:28



Remember... ♥

You don't have to travel across the world to enjoy a beautiful spa experience. With love, simple ingredients, and a willing heart, you can create peace and wellness right where you live.

With love, ♥
Grandma Wendy

— SLOW DOWN ♥ BREATHE DEEPLY ♥ ENJOY YOUR JOURNEY —





THE LADYBUG SPA

Your Vietnam
HOME SPA WEEKEND

A RELAXING ITINERARY FOR BODY, MIND & SOUL

Slow down, breathe deeply, and give yourself the gift of a mini getaway right at home. Let the peaceful traditions of Vietnam nurture your body, calm your mind, and lift your spirit.

A weekend of peace. A lifetime of wellness.



FRIDAY
EVENING

Arrive in Vietnam



- ♥ Brew your Coffee Chai Tea or Lemongrass Wellness Tea.
- ♥ Turn on your Vietnam meditation or sound therapy video.
- ♥ Read through your Coffee & Coconut Experience.
- ♥ Set an intention for your weekend and relax into the journey.

GRANDMA WENDY'S TIP

The more slowly you begin, the deeper the relaxation you will feel. Allow yourself to leave stress at the door and step into your own peaceful spa sanctuary.



SATURDAY
MORNING

Coffee & Coconut
Spa Ritual



- ♥ Enjoy your Coffee & Coconut Wellness Drink.
- ♥ Exfoliate with your Coffee & Coconut Body Scrub.
- ♥ Indulge in your Coffee & Coconut Body Wrap.
- ♥ Shower and rinse.
- ♥ Nourish your skin with the Coffee & Coconut Body Butter.
- ♥ Wrap up in cozy towels and rest while listening to Vietnam's peaceful sounds.

This is your time to pamper yourself from head to toe. Every step is a gift of love to your body.



SATURDAY
AFTERNOON

Slow Down
& Explore



- ♥ Watch Grandma Wendy's Vietnam travel videos.
- ♥ Learn about the coffee traditions, coconut villages, mud baths, herbal remedies, and beautiful wellness rituals that inspired this experience.
- ♥ Sip another cup of tea and enjoy your peaceful afternoon.

Curiosity is part of the adventure. Let your heart be inspired by the beauty and culture of Vietnam.

SATURDAY
EVENING

Relax & Reflect



- ♥ Enjoy a light, nourishing meal.
- ♥ Take a gentle walk or stretch.
- ♥ Journal about your experience and what you are grateful for.
- ♥ Finish your evening with quiet music, prayer, meditation, or gratitude.

Gratitude turns what we have into enough. Let your heart be filled with thankfulness for this special time with you.



SUNDAY
MORNING

A Gentle
Beginning



- ♥ Enjoy another cup of wellness tea.
- ♥ Stretch or practice a few gentle movements or deep breathing.
- ♥ Spend a few minutes in quiet reflection.
- ♥ Carry the peaceful feeling of your spa weekend into the week ahead.

You are not returning to your busy life—you are bringing peace with you. Let it guide your week.



GRANDMA WENDY'S WEEKEND WISDOM

"You don't have to travel thousands of miles to enjoy the feeling of a peaceful getaway. Sometimes all you need is a quiet weekend, a few simple rituals, and permission to slow down. My hope is that every Home Spa Experience becomes a little vacation for your body, your mind, and your spirit."



"Come to me, all you who are weary and burdened, and I will give you rest."

MATTHEW 11:28

With love, Grandma Wendy