



TRAVEL TO *Vietnam*

— WITH ME —

A JOURNEY OF CULTURE,
HEALING, AND WELLNESS

for Your Home Spa

DISCOVER
THE BEAUTY,
TRADITIONS &
WELLNESS SECRETS
OF VIETNAM



AUTHENTIC CULTURE • NATURAL INGREDIENTS • SOOTHING RITUALS

*Bring the peace, beauty, and healing traditions of Vietnam
into your home and your heart.*



With love, ♥ WENDY LADYBUG



Welcome, BEAUTIFUL SOUL!



I'M SO HAPPY YOU'RE HERE.

I'm Wendy Ladybug, a licensed massage therapist, world traveler, and curious grandmother who believes that wellness is a beautiful journey we can all experience—right where we are.

Vietnam captured my heart in a way I never expected. It's a land of gentle traditions, fresh botanicals, rich culture, incredible food, and some of the most nourishing and healing spa rituals I have ever experienced.

From the peaceful quiet of a Hanoi spa to the vibrant streets filled with flowers, lanterns, art, and music, Vietnam invited me to slow down, open my senses, and soak in the beauty of its ancient wellness traditions.

IN THIS COLLECTION, I INVITE YOU TO...



Travel to Vietnam with me through my stories, photos, and the authentic experiences I had along the way.



Discover traditional spa rituals, massages, and botanical remedies that have been passed down through generations.



Learn how to bring these beautiful wellness traditions into your home with simple, natural recipes and soothing rituals.



Create moments of peace, relaxation, and healing that nourish your body, calm your mind, and uplift your spirit.

As you explore these experiences, I hope you feel as though you are right here with me—walking the ancient streets, breathing in the aromas, hearing the sounds, and discovering the gentle wisdom of this beautiful country.

My prayer is that this journey fills your heart with joy, your home with peace, and your life with more moments of self-care and love.



With love,

Wendy Ladybug



LICENSED MASSAGE THERAPIST • TRAVELER • GRANDMOTHER

Bringing the world's healing traditions to your home and your heart.



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

— Psalm 46:10



How Vietnam Touched My Heart

A journey of remembrance, perspective, courage, and beauty.

I went to Vietnam for a reason much deeper than travel. My former husband—the father of our six children, and the grandfather and great-grandfather of our family—served in the Vietnam War. I wanted our family to better understand part of his story, so I traveled there to see some of the places connected to that painful and important chapter of history.

A knowledgeable guide shared Vietnam's perspective with us. He explained that many Vietnamese people refer to it as the American War, because it was their homeland and their families who had to survive it. Hearing that perspective touched me deeply.

We traveled through villages, along the Mekong, and into places marked by war and memory. I saw tanks, tunnels, river life, and the resilience of the Vietnamese people. Some moments were sobering. Others were surprisingly beautiful.

WHAT STAYED WITH ME MOST

- Walking where history still whispers.
- Seeing the Mekong through new eyes.
- Feeling the courage and kindness of the Vietnamese people.
- Realizing that understanding someone's story brings healing.

Vietnam also gave me moments of unexpected wonder—tiny boats gliding through narrow waterways, glowing yellow lanterns, handmade art, beautiful river scenes, and even the courage to hold a python for the first time! It stretched me, humbled me, and reminded me that growth often happens when we step outside our comfort zone.

This journey was for family, for remembrance, and for healing. I left Vietnam with a fuller heart, a deeper compassion, and great respect for the strength, beauty, and spirit of its people.

“Vietnam touched me with sorrow, beauty, courage, and grace.”





Vietnamese Healing Traditions

Discovering Wellness, One Spa at a Time ♥

Vietnam's wellness traditions are rooted in nature, ancient wisdom, and the belief that true healing comes from balance—body, mind, and spirit. Here is where I experienced some of the most unforgettable healing of my life.



A WARM VIETNAMESE WELCOME

Every journey began with kindness. My therapist welcomed me with a tray of natural herbs, essential oils, and a gentle smile. It was a beautiful reminder that healing begins the moment you feel seen and cared for.



NATURE AS MEDICINE

Vietnamese wellness is deeply connected to the healing power of plants. Jasmine, lemongrass, ginger, and traditional herbs are used in oils, extracts, compresses, and baths to restore energy and bring the body back into balance.



TRADITIONAL TREATMENTS

From herbal foot soaks and steam therapy to hydrotherapy, hot stones, and head treatments—each experience is designed to release tension, improve circulation, and calm the mind.



THE HEALING TOUCH

Traditional Tăm Quất massage is a unique art form. My therapist used rhythmic cupping claps, acupressure points, and targeted stretching to release deep tension and restore alignment.



MY MOST MEMORABLE MOMENT

Soaking in a warm herbal bath surrounded by nature and quiet... it was pure bliss. My body melted, my mind relaxed, and my heart felt so grateful.

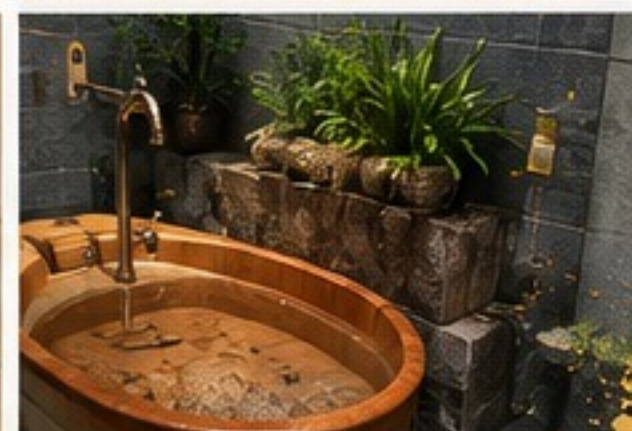
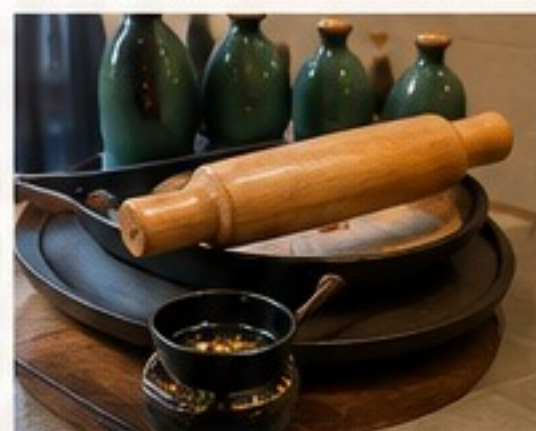
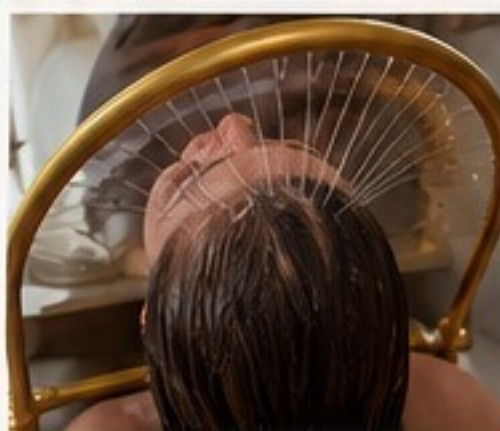
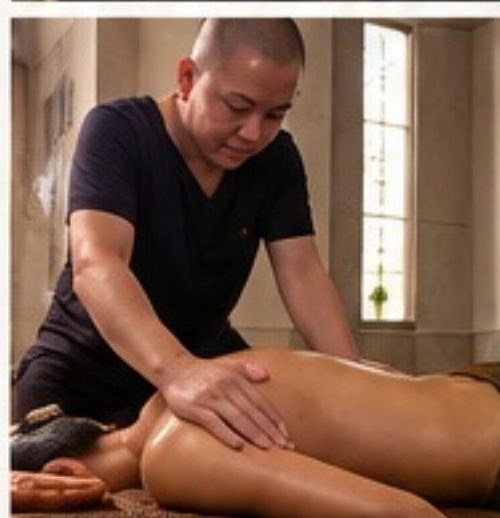
A MOMENT I WILL NEVER FORGET

During my Tăm Quất massage, my therapist began stretching my neck and placed a rolled towel around it. At first, I was nervous—I didn't understand the technique and I wondered, "Is he going to choke me?"

But I trusted the process.

He used rhythmic cupping claps, acupressure points, and deep stretches with incredible skill. When it was over, my entire back felt aligned, my body felt lighter, and my mind felt peaceful.

It was one of the most powerful healing experiences I've ever had.



“ GRANDMA WENDY REFLECTION

Vietnam taught me that wellness is not rushed.

It is intentional, natural, and full of heart.

The people, the traditions, the healing touch, and the beauty of nature all come together to create something truly magical.



"Healing is not something we have to find. It is something we allow." ♥



With love, Grandma Wendy ♥

Traveler • Licensed Massage Therapist • Wellness Explorer

TheLadybugSpa.com



The Healing Ingredients of Vietnam

Nature's Gifts for Beauty and Wellness ♡

Vietnam is blessed with incredible natural ingredients that have been used for centuries in traditional healing, beauty rituals, and everyday wellness. I watched, learned, tasted, and experienced these gifts firsthand—and now I share them with you.



Handmade lanterns



Coconut creations



Handcrafted art



Silk making

TREASURED INGREDIENTS I DISCOVERED IN VIETNAM



JASMINE

A national flower and symbol of beauty.

Calms the mind, refreshes the skin, and uplifts the spirit.

Used in oils, teas, baths, hair treatments, and facials.



LEMONGRASS

Cleansing, refreshing, and invigorating.

- ♥ Supports circulation
- ♥ Detoxifying
- ♥ Relieves tension

Used in teas, compresses, baths, and scrubs.



GINGER

Warms the body and boosts energy.

- ♥ Improves circulation
- ♥ Relieves pain
- ♥ Supports digestion

Used in oils, compresses, soaks, and teas.



COCONUT

Deeply nourishing and hydrating.

- ♥ Softens skin
- ♥ Strengthens hair
- ♥ Soothes dryness

Used in oils, milk baths, scrubs, and masks.



COCONUT MILK

Rich in vitamins and natural fats.

- ♥ Moisturizes skin
- ♥ Soothes irritation
- ♥ Softens & brightens

Used in baths, masks, body treatments.



RICE BRAN

A natural exfoliant and brightener.

- ♥ Removes dead skin
- ♥ Smooths texture
- ♥ Evens skin tone

Used in scrubs, soaps, and face treatments.



GREEN TEA

Full of antioxidants and healing power.

- ♥ Fights aging
- ♥ Detoxifies
- ♥ Calms inflammation

Used in masks, scrubs, teas, and hair rinses.



ROSE

Cooling, calming, and heart-opening.

- ♥ Hydrates skin
- ♥ Soothes emotions
- ♥ Beautiful fragrance

Used in teas, oils, baths, and facials.



LOTUS

Sacred in Vietnam and deeply healing.

- ♥ Calms the mind
- ♥ Balances skin
- ♥ Spiritual connection

Used in teas, oils, baths, and rituals.



CUCUMBER

Cooling and refreshing.

- ♥ Hydrates skin
- ♥ Reduces puffiness
- ♥ Soothes irritation

Used in masks, eye treatments, and infused water.



AVOCADO

Rich in good fats and vitamins.

- ♥ Nourishes skin
- ♥ Softens & repairs
- ♥ Adds radiance

Used in masks, scrubs, and hair treatments.



HONEY

Nature's sweet healer.

- ♥ Antibacterial
- ♥ Moisturizing
- ♥ Promotes healing

Used in masks, scrubs, teas, and treatments.



RED BEAN

Gentle and detoxifying.

- ♥ Exfoliates skin
- ♥ Brightens naturally
- ♥ Improves texture

Used in scrubs, masks, and cleansers.



VIETNAMESE COFFEE

Stimulating and antioxidant-rich.

- ♥ Improves circulation
- ♥ Exfoliates skin
- ♥ Energizes the body

Used in scrubs, massages, and drinks.



YOGURT

Cooling and probiotic-rich.

- ♥ Softens skin
- ♥ Balances bacteria
- ♥ Gentle exfoliation

Used in masks, soaks, and facials.

I TOOK THESE TREASURES HOME

- ♥ Jasmine memories and oils
- ♥ Coconut candy for my grandchildren
- ♥ Pure coconut oil
- ♥ A beautiful silk scarf and handmade earrings
- ♥ The inspiration to create my own home spa



BEAUTY IN EVERYDAY LIFE

In Vietnam, wellness isn't complicated. It's in the simple things—fresh herbs, warm baths, handmade remedies, and moments of self care.

*Nature is their pharmacy. Tradition is their guide.
Balance is their way of life.*

GRANDMA WENDY'S TIP ♡

Use what nature gives you. Even a little of these ingredients can create big changes in how you feel, how you look, and how you live.



I TOOK THESE TREASURES HOME

- ♥ Jasmine memories and oils
- ♥ Coconut candy for my grandchildren
- ♥ Pure coconut oil
- ♥ A beautiful silk scarf and handmade earrings
- ♥ The inspiration to create my own home spa

"When we honor nature, we honor ourselves." ♡

With love, Grandma Wendy ♡

Traveler • Licensed Massage Therapist • Wellness Explorer

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CHAPTER SEVEN

My Favorite Place in Vietnam

A Hidden Sanctuary in Hanoi

Hanoi Boutique Hotel & Spa

During my travels, I visited many beautiful spas throughout Vietnam. Each one offered something special. But there was one place that touched my heart more than any other—Hanoi Boutique Hotel & Spa.

Private. Peaceful. Authentic. Exceptional.

This is where I experienced the best massage of my entire life.

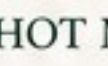


THE BEST MASSAGE I'VE EVER HAD

The therapist was incredibly skilled, kind, and intuitive. He performed the authentic Vietnamese Tăm Quát massage with absolute excellence.

- ♥ Bamboo techniques
- ♥ Warm herbal compresses
- ♥ Acupressure & stretching
- ♥ Tăm Quát massage
- ♥ Deep relaxation & renewal

I left feeling completely renewed—body, mind, and spirit.



HOT MINERAL SPRINGS – A GIFT FROM NATURE



High in the mountains, natural hot mineral springs come up from deep within the earth. The water is cleaned, refreshed, and prepared just for you.



1 PRIVATE MUD BATH

You get your own mud bath—never reused. Cleaned, filled, and ready just for you.



2 CAVE HYDROTHERAPY

After showering, you enter a natural cave where hot and cold mineral jets massage your body in a powerful way.



3 PRIVATE MINERAL POOL

Then you soak in your own hot mineral spring pool—just for you. Soak as long as you wish.



4 NATURE ALL AROUND

Listen to birds singing, feel the mountain air, and watch the beautiful flowers. Water flows down from the hills above.



5 PURE RESTORATION

You leave refreshed, renewed, and deeply relaxed. It is a healing experience you will never forget.



The sound of rushing water, birds, and nature is included in your Ladybug Home Spa Library so you can enjoy it anytime at home.

WHY I LOVE THIS PLACE

- ♥ Very private and peaceful atmosphere
- ♥ Authentic Vietnamese wellness traditions
- ♥ Exceptional therapist and service
- ♥ Natural hot mineral springs
- ♥ A true sanctuary for body and soul

*This is more than a spa.
It is a sacred experience.*

“Sometimes the places that heal us the most are the ones that feel like they were made just for us.”



I'll never forget my time at Hanoi Boutique Hotel & Spa. It was a highlight of my Vietnam journey—and a memory I will always treasure.

With love, ♥

Grandma Wendy





CHAPTER SIX

Living the Vietnamese Wellness Lifestyle

Wellness Beyond the Spa ♡

Vietnamese wellness is a way of living with intention, simplicity, and gratitude. It is woven into everyday moments—how they move, how they eat, how they care for their bodies, and how they honor nature. These gentle practices can help bring more peace, balance, and joy into your life too.



THE VIETNAMESE WAY OF WELL-BEING

- ♡ Move with awareness
- ♡ Breathe with intention
- ♡ Nourish with nature
- ♡ Rest without guilt
- ♡ Connect with what truly matters



WISDOM FROM VIETNAMESE CULTURE



TAI CHI: MOVEMENT IN MEDITATION



Gentle, flowing movements that improve balance, reduce stress, and bring harmony to body and mind.



YOGA: STRENGTH AND FLEXIBILITY



Yoga is growing in Vietnam and is loved for its ability to calm the mind, strengthen the body, and increase inner peace.



MINDFUL LIVING: SLOW AND SIMPLE



They slow down to enjoy the moment—sipping tea, sharing meals, and appreciating the beauty in small things.



NATURE IS THE HEALER



Fresh air, sunshine, herbs, flowers, and water are treasured and used daily to support health and wellness.



COMMUNITY AND CONNECTION



Strong connections with family and community bring joy, support, and a deep sense of belonging.



CREATE YOUR OWN VIETNAMESE WELLNESS LIFESTYLE



MOVE DAILY



Try Tai Chi, gentle yoga, or a mindful walk in nature each day.



BREATHE DEEPLY



Take slow, deep breaths throughout the day. It calms your mind and energizes your body.



EAT FRESH AND NATURAL



Choose whole foods, herbs, green tea, and fresh fruits. Simple food creates vibrant health.



REST AND RECHARGE



Give yourself permission to rest. Sleep well, relax often, and enjoy quiet moments.



PRACTICE GRATITUDE



A grateful heart brings more peace, happiness, and blessings into your life.



NOURISH YOUR SPIRIT



Meditate, pray, journal, or simply sit in silence. Feed your soul every day.

WAYS TO CREATE YOUR EXPERIENCE ♡



SHARE THE WELLNESS

Invite a friend or family member to enjoy a home spa night together. Choose a treatment, take turns giving each other a massage or facial, and make beautiful memories while you relax and restore.



MOBILE THERAPIST OPTION

If you would like professional support, consider inviting a licensed massage therapist to your home. Ask if they offer Vietnamese techniques such as Tầm Quát massage, bamboo massage, hot stone therapy, or acupressure. Many therapists are trained in these methods and can customize the experience for you.

EVERYTHING YOU NEED IS IN YOUR LIBRARY! ♡

We captured the magic of Vietnam for you! All of the meditations, traditional Vietnamese music, nature sounds, spa treatment videos, recipes, and beautiful photos are waiting for you in the Ladybug Home Spa Library.



MEDITATIONS
& SOUND
THERAPY



VIETNAMESE
MUSIC &
NATURE SOUNDS



STEP-BY-STEP
TREATMENT
VIDEOS



RECIPES &
RITUALS



PHOTOS &
TRAVEL
MEMORIES

Pick and choose what you need for the experience you want today. Your personal wellness journey is just a click away.

“Wellness is not a destination,
it is a beautiful way of living each day. ♡

With love,
Grandma Wendy ♡

Travel Moments • Healing Touch • Natural Beauty • Peaceful Living

Remember: You deserve time for yourself, and you deserve to feel good.
Be gentle. Be kind. Be you.



TheLadybugSpa.com

Creating Your Own Vietnamese Spa Sanctuary

Bringing Vietnam Home

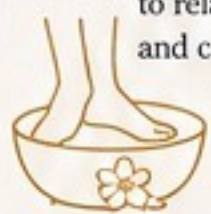
You don't have to be in Vietnam to experience the peace, healing, and beauty I discovered there. With a few simple ingredients, calming rituals, and the right atmosphere, you can create your own Vietnamese spa experience right where you are.



YOUR VIETNAMESE HOME SPA RITUAL

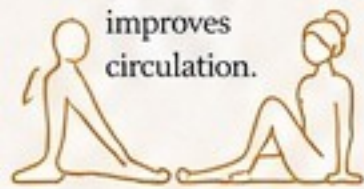
1 SOOTHE & PREPARE

Start with a warm herbal foot soak to relax your body and calm your mind.



2 STRETCH & AWAKEN

Gentle stretching helps release tension and improves circulation.



3 SOAK & DETOXYFY

Enjoy a warm herbal bath with salts, essential oils, or flower petals.



4 NOURISH & MASSAGE

Use natural oils and traditional techniques to nourish your skin and muscles.



5 REST & MEDITATE

Relax with a guided meditation, soft Vietnamese music, or nature sounds.



6 REFLECT & BE GRATEFUL

Take a few moments to be grateful and set a positive intention for your day.



CREATE THE ATMOSPHERE

- ♥ Soft lighting and candles
- ♥ Calming Vietnamese music
- ♥ Gentle aromas (jasmine, lemongrass, ginger)
- ♥ Fresh flowers or plants
- ♥ A warm, cozy space just for you



Small touches create a big sense of peace.

EXCHANGE WITH A FRIEND

Make this a special experience together! Exchange the gift of relaxation by taking turns giving each other a massage, facial, or body treatment using these techniques and recipes.



HIRE A PROFESSIONAL

Invite a professional massage therapist to your home for the full experience. Ask if they are trained in any of these techniques:

- ♥ Tắm Quất (traditional Vietnamese massage)
- ♥ Bamboo massage
- ♥ Hot stone therapy
- ♥ Thai stretching
- ♥ Acupressure or reflexology

Many therapists are trained in similar techniques and may use different names. Just ask—they may already have the skills you're looking for!

EVERYTHING YOU NEED IS HERE!

All the meditations, videos, and music we captured in Vietnam are in your personal Ladybug Home Spa Library. You can pick and choose exactly what you want:

- ♥ Guided meditations
- ♥ Traditional Vietnamese music
- ♥ Beautiful nature and river scenes
- ♥ Therapeutic sound journeys
- ♥ Step-by-step treatment videos

Your library makes it easy to create the perfect spa experience anytime you want.



WHAT YOU'LL NEED



COCONUT OIL

For massage and skin nourishment



JASMINE OIL

Calming, beautiful, and uplifting



FRESH GINGER

Detoxifying and circulation boosting



LEMONGRASS

Refreshing, cleansing, and energizing



GREEN TEA

Antioxidant-rich and soothing for skin



SOFT TOWELS

For comfort and warmth



CANDLES & MUSIC

To create the perfect atmosphere



HERBS & SALTS

For baths, soaks, and exfoliation

“You don't need a plane ticket to feel peace. You just need a moment, a breath, and a willingness to care for yourself.”



*With love,
Grandma Wendy*

Traveler • Licensed Massage Therapist • Wellness Explorer

TheLadybugSpa.com





CHAPTER TWO

Little Stories I Brought Home

*Beauty, courage, and handmade
treasures from Vietnam ♡*

Vietnam touched my heart in so many different ways. Beyond the history and the healing, I found beauty in the everyday moments—the people, the handmade treasures, the river life, and the courage it took to say yes to new experiences.



1. Lantern Light

One of my favorite memories was watching Vietnamese lanterns being made by hand. Their warm golden glow felt magical. I bought five yellow lanterns to take back to New Zealand so I can hang them in my meditation space and remember the beauty of Vietnam.



2. Handmade Treasures

I loved seeing the creativity of the Vietnamese people. I watched artisans make silk, admired beautiful art, and chose a lovely silk scarf and handmade earrings to bring home. Each piece felt like a small story I could carry with me.



3. Cyclo Ride Through the City

One of the most fun moments was riding in a Vietnamese cyclo—the bicycle taxi where you sit in the front while someone pedals you through the busy streets. It gave Tony and me a close-up look at everyday life, smiles, and the beautiful energy of Vietnam.



4. Coconut Creations

I also watched how coconuts were turned into delicious candy and pure coconut oil. I brought some coconut candy home for my grandchildren and purchased pure coconut oil as another sweet reminder of the care and craftsmanship I saw throughout Vietnam.



5. Brave Moments

Vietnam also stretched me in unexpected ways. From little boats and unfamiliar foods to new adventures, each experience reminded me that travel invites us to be brave, curious, and open-hearted.



“

*Sometimes the
most meaningful
souvenirs are not
the things we buy...
but the moments
that change us.*

A few treasures I brought home ♡

- ♥ Five yellow lanterns
- ♥ A beautiful silk scarf
- ♥ Handmade earrings
- ♥ Coconut candy for my grandchildren
- ♥ Pure coconut oil

Vietnam gave me stories to tell, treasures to cherish, and memories that will stay with me for a lifetime.



With love, Grandma Wendy
TheLadybugSpa.com



CHAPTER EIGHT



Your Vietnam Spa Journey Begins

Your Adventure Continues... ♡

You have explored Vietnam with me. We've traveled along quiet rivers, wandered through lantern-filled streets, learned about traditional healing, met talented artisans, and discovered the gentle wellness traditions that have been passed from generation to generation.

Now... I invite you to experience Vietnam for yourself.

Inside your Ladybug Home Spa Library, I've recreated many of the treatments, sounds, recipes, and peaceful moments I experienced while traveling through this beautiful country.

Choose the experience that speaks to your heart today.



CELEBRATE VIETNAMESE ROSE & COCONUT MILK SPA EXPERIENCE



A romantic and nurturing spa day filled with floral aromas, silky skin treatments, soothing music, and peaceful moments of relaxation.

"A beautiful way to celebrate yourself."



REVIVE VIETNAMESE COFFEE & BAMBOO SPA EXPERIENCE



An energizing wellness experience inspired by Vietnam's famous coffee culture and traditional bamboo massage techniques to awaken the body and refresh the mind.

"Restore your energy and feel alive again."



RESTORE VIETNAMESE HERBAL & MANGO HEALING SPA EXPERIENCE



A gentle healing journey using nourishing herbs, tropical ingredients, calming rituals, and restorative wellness traditions inspired by Vietnam.

"Slow down, breathe deeply, and let your body recover."



INCLUDED WITH EVERY EXPERIENCE



GUIDED
SPA DAY



STEP-BY-STEP
TREATMENT
VIDEOS



AUTHENTIC
VIETNAMESE
MUSIC



NATURE &
MEDITATION
VIDEOS



DIY SPA
RECIPES



HERBAL TEA
RITUALS



WELLNESS
DRINKS



PRINTABLE
GUIDES



BEAUTIFUL
TRAVEL
PHOTOGRAPHY



GRANDMA
WENDY'S
WELLNESS TIPS

MY WISH FOR YOU ♡

When I began this journey, I hoped to learn about Vietnam. Instead... Vietnam taught me.

- ♥ It reminded me that healing doesn't always happen in grand moments.
- ♥ Sometimes it begins with a warm cup of tea...
- ♥ A quiet walk...
- ♥ A caring touch...
- ♥ A deep breath...
- ♥ Or simply giving yourself permission to rest.

My hope is that these experiences bring a little of Vietnam into your home...and a little more peace into your heart.



WHICH EXPERIENCE WILL YOU CHOOSE FIRST?

SPA PASSPORT CELEBRATE VIETNAMESE ROSE & COCONUT MILK SPA EXPERIENCE DESTINATION: PEACE & BEAUTY	SPA PASSPORT REVIVE VIETNAMESE COFFEE & BAMBOO SPA EXPERIENCE DESTINATION: ENERGY & RENEWAL	SPA PASSPORT RESTORE VIETNAMESE HERBAL & MANGO HEALING SPA EXPERIENCE DESTINATION: HEALING & BALANCE
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All three experiences are waiting for you inside your Ladybug Home Spa Library. ♡

*Thank you for traveling with me.
I can't wait to continue our journey together. ♡*

*With love,
Grandma Wendy ♡*

Traveler • Licensed Massage Therapist • Wellness Explorer

