

THE LADYBUG SPA

Vietnam MANGO & COCONUT WELLNESS EXPERIENCE

A TROPICAL JOURNEY OF RENEWAL,
RADIANCE & RELAXATION

INSPIRED BY
THE BEAUTY,
CULTURE &
WELLNESS
TRADITIONS
OF VIETNAM

✦ NOURISH YOUR SKIN ✦ SOOTHE YOUR SOUL ✦ AWAKEN YOUR SENSES ✦

With love, ♥ Grandma Wendy 🐞

LICENSED MASSAGE THERAPIST • WELLNESS EDUCATOR • WORLD TRAVELER

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WELCOME TO YOUR
VIETNAM

Mango & Coconut Wellness Experience

A JOURNEY THROUGH TRADITION, NATURE & RENEWAL

Dear Friend,

I am so happy you are here! I can't wait to take you on a journey through the beautiful country of Vietnam — a land full of vibrant culture, warm-hearted people, breathtaking landscapes, and incredible wellness traditions.

- ♥ Tony and I traveled from the south to the north, from the Mekong Delta to Ha Long Bay, experiencing the true heart of Vietnam. Along the way we rode trains, ferries, and river cruises, explored rice paddies, coconut villages, bustling markets, and charming towns. We even rode in tuk-tuks, paddled canoes through peaceful rivers, and rode in a little "go-cart" adventure that took us deep into the countryside!
- ♥ Every place we visited offered something new for the body, mind, and soul. I enjoyed traditional Vietnamese massages, herbal steam therapies, rice baths, mango and coconut facials, hot banana leaf wraps, lemongrass soaks, and so much more. I drank more mango juice than I ever have in my entire life — each one more beautiful than the last!
- ♥ This experience is a blend of all the wonderful things I discovered. I have gathered the best recipes, rituals, and treatments so you can bring the magic of Vietnam into your own home. From the healing herbs and tropical fruits to the ancient massage techniques, I want you to slow down, relax deeply, and feel the peace and joy that Vietnam shared with me.
- ♥ My greatest joy is sharing these beautiful traditions with you so you can create your own spa sanctuary right where you live.

Let's begin this adventure together!



YOUR VIETNAM JOURNEY INCLUDES

-  Mango & Coconut Spa Rituals
-  Traditional Vietnamese Massages
-  Herbal Therapies & Lemongrass Soaks
-  Rice, Coconut & Mango Facials
-  Hot Banana Leaf Wrap Treatment
-  Relaxing Soaks, Scrubs & Body Butters
-  Wellness Drinks & Soothing Teas
-  Scenic Adventures & Cultural Exploration



CULTURE & ADVENTURE



HEALING MESSAGES



NATURAL BEAUTY



TROPICAL INDULGENCE



AROMAS & FLAVORS

GRANDMA WENDY'S TIP ♥

Take your time. There is no rush in Vietnam. Allow each moment to nourish you. Your home spa experience is a gift of love to your body, your mind, and your spirit.



With love, ♥
Grandma Wendy

LICENSED MASSAGE THERAPIST • WELLNESS EDUCATOR • WORLD TRAVELER

He refreshes
my soul.

PSALM 23:3

WHAT YOU WILL NEED ♥

- ♥ A peaceful space just for you
- ♥ Natural ingredients (we'll provide the recipes!)
- ♥ A little time and lots of self-love
- ♥ A heart ready to relax and be renewed



CHAPTER 1

MY ADVENTURE

Lemongrass & Mango Vietnamese Head Spa – Nha Trang, Vietnam

I had always wanted to try a Vietnamese Head Spa, and arriving in Nha Trang made it feel even more special. From beach views, tropical drinks, and glowing lanterns to this unforgettable scalp treatment, this adventure became one of the highlights of my life.

1



The Journey

Arriving in Nha Trang, I was greeted by the sparkling ocean and gentle sea breeze. Mango drinks, fresh coconut by the beach, and the excitement of discovering this special spa made the day unforgettable.

2



The Treatment

This is a Vietnamese Head Spa, known locally as “Gội Đầu Dưỡng Sinh.” The highlight is the water halo ring (or waterfall halo) device that creates a rhythmic flow of warm water over the forehead and scalp. So unique and blissful!

3



Lemongrass & Mango Connection

Traditional Vietnamese head spas often use herbal water with lemongrass, while mango can be used as a nourishing hair or scalp mask. The soothing aroma, warm herbal water, and fresh clean feeling afterward are simply heavenly.

4



Why I Loved It

It felt a little strange at first, but then—pure relaxation. The gentle water, massage, and aroma created an ASMR moment I didn’t want to end. My hair felt clean, refreshed, and so soft. It was the perfect blend of wellness and joy.



Grandma Wendy's Tip

If you want to recreate this feeling at home, begin with a warm herbal scalp rinse, a gentle head massage, and a nourishing mango or coconut hair mask.

“Be still,
and know that
I am God.”

– Psalm 46:10

With love, Grandma Wendy





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CHAPTER 1 EXTRA

BRING VIETNAM HOME

MANGO & LEMONGRASS

Hair Spa Ritual

A TROPICAL RITUAL FOR HEALTHY HAIR & INNER PEACE

You don't need an expensive spa or special equipment to enjoy this beautiful Vietnamese-inspired treatment. What makes it so relaxing is the warmth, the gentle massage, the herbal aromas, and taking time just for yourself. ♥

YOU WILL NEED



Fresh or dried lemongrass



2–3 Tbsp mango puree



2 Tbsp coconut milk



1 tsp coconut oil



A soft towel



A bowl of warm herbal water



Gentle scalp brush (optional)

1



CREATE YOUR HERBAL RINSE

- ♥ Bring 3 cups of water to a gentle boil.
- ♥ Add 2 stalks fresh lemongrass (or 2 Tbsp dried).
- ♥ Let steep for 15–20 minutes. Cool until pleasantly warm. This becomes your relaxing herbal rinse.

2



MANGO COCONUT HAIR MASK

Mix together:

- 2 Tbsp mango puree
- 2 Tbsp coconut milk
- 1 tsp coconut oil

(Optional: 1 tsp plain yogurt for dry hair.)
Massage into your scalp and hair. Leave on for 15–20 minutes.

3



RECREATE THE VIETNAMESE HEAD SPA

Instead of the waterfall halo... try these relaxing techniques:

- ♥ Slowly pour warm lemongrass water over your scalp using a small cup.
- ♥ Dip a soft washcloth into the warm herbal water and gently place it over your forehead between pours.
- ♥ Ask your spouse or a friend to slowly massage your scalp for 10–15 minutes.
- ♥ If you're by yourself, gently massage your own scalp with your fingertips in slow circular motions.
- ♥ Play your Vietnam meditation music while enjoying the experience.

4



FINISH

- ♥ Rinse with warm water.
- ♥ Allow your hair to air dry if possible.
- ♥ Take several slow breaths and simply enjoy the wonderful aroma of lemongrass and coconut.



GRANDMA WENDY'S TIP ♥

The real secret of a Vietnamese head spa isn't the fancy equipment— it's slowing down. Warm herbs, gentle touch, peaceful music, and quiet moments can calm both your scalp and your soul.



SCRIPTURE

"He gives strength to the weary and increases the power of the weak."

Isaiah 40:29



A GENTLE NOTE ♥

If your hair has been recently colored, chemically treated, or you have hair extensions, it's always a good idea to check with your hairstylist before trying any new DIY hair treatments. We recommend doing a small patch test first and discontinuing use if any irritation occurs. Avoid getting the mixture into your eyes. If contact occurs, rinse thoroughly with clean water.

This experience is designed for relaxation and general wellness and is not intended to diagnose, treat, cure, or prevent any medical condition.

With love, ♥ Grandma Wendy

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CHAPTER 1 EXTRA

Grandma Wendy's Secrets

The Gift of Slowing Down

VIETNAM
TAUGHT ME
THAT BEAUTY IS
EVERYWHERE...
EVEN IN THE
SIMPLEST
MOMENTS.

There was something I discovered in Vietnam that had nothing to do with mangoes, coconut, lemongrass, or even beautiful spas.

It was the way people embraced the moment.

Now... I do have to admit there was one exception!

THE MOTORBIKES!



If you've ever been to Vietnam, you know exactly what I'm talking about. Thousands of scooters, motorbikes, cars, and bicycles seem to come from every direction at once. The first few times I tried to cross the street, I honestly wondered if I'd ever make it to the other side!

It was exciting, a little scary, and definitely an adventure.

- But once I stepped away from the busy streets and into the peaceful spas, quiet rivers, welcoming villages, and beautiful countryside, everything changed.

That's where Vietnam taught me one of life's greatest lessons.

SLOW DOWN ♥ BREATHE DEEPLY ♥ BE FULLY PRESENT

- Whether people were preparing fresh food, sharing tea with family, or enjoying a wellness ritual, there seemed to be an unspoken permission to simply enjoy the moment. That simple lesson stayed with me long after I returned home.
- I realized that many of us spend our lives caring for everyone else while forgetting to care for ourselves. We tell ourselves we'll rest tomorrow... we'll slow down next week... we'll make time someday. But someday has a way of never arriving.

- ONE OF THE GREATEST GIFTS YOU CAN GIVE YOURSELF**
is a few quiet moments without guilt.

It doesn't have to be elaborate.



A warm towel



A peaceful song



The scent of lemongrass



A nourishing hair treatment



A cup of tea



Five minutes of stillness

Those little moments have a way of restoring not only your body, but also your heart.

THAT IS WHAT I HOPE THIS

Home Spa Experience

BECOMES FOR YOU.

When you take care of yourself, you have so much more love, patience, and joy to share with the people around you.

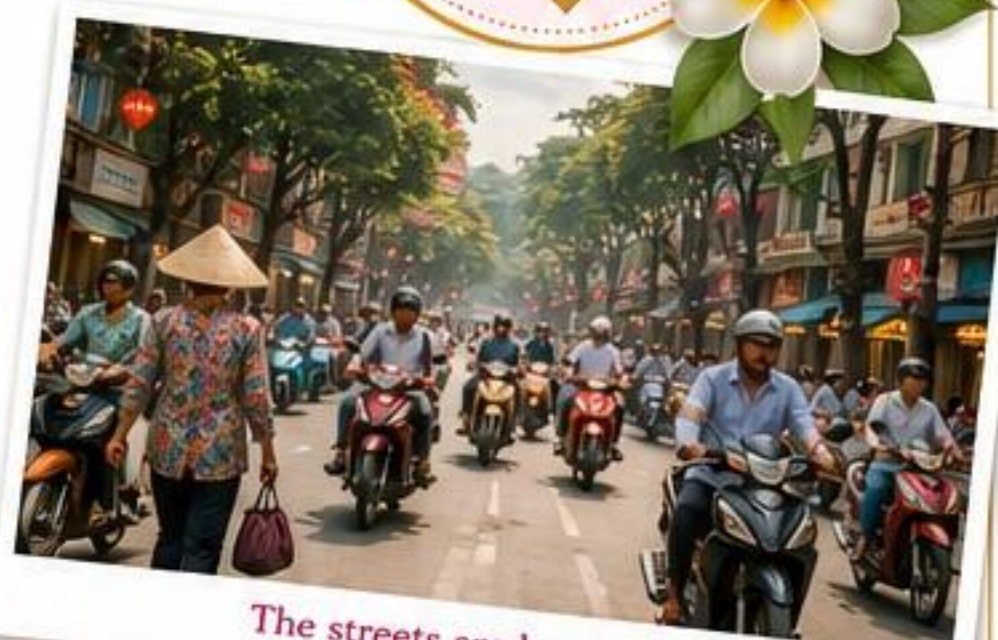
Thank you for allowing me to share a little piece of Vietnam with you. I hope every ritual in this book helps you create peace, one beautiful moment at a time. ♥



With love, ♥ Grandma Wendy

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The streets are busy...



But peace is found everywhere.



Slow down. Breathe. Be present.



Small moments create a peaceful life.

SCRIPTURE ♥

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

MATTHEW 11:28

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CHAPTER 2

MANGO WELLNESS SAUNA RITUAL

Detox, Relax & Glow

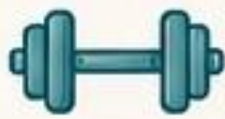
Sauna therapy is a beautiful way to release toxins, improve circulation, relax tired muscles, and leave your skin glowing. In Vietnam, I enjoyed both traditional hot stone saunas and herbal steam rooms.

Here's how you can enjoy the benefits of a sauna—wherever you are. ♥



HEAT RELAXES
THE BODY
PEACE HEALS
THE SOUL

WAYS TO ENJOY A SAUNA



GYM OR WELLNESS CLUB

Many gyms and wellness centers have saunas you can use. A great way to relax after a workout!



AT HOME (IF YOU HAVE ONE)

If you have an infrared or traditional sauna, follow the manufacturer's instructions for safe use.

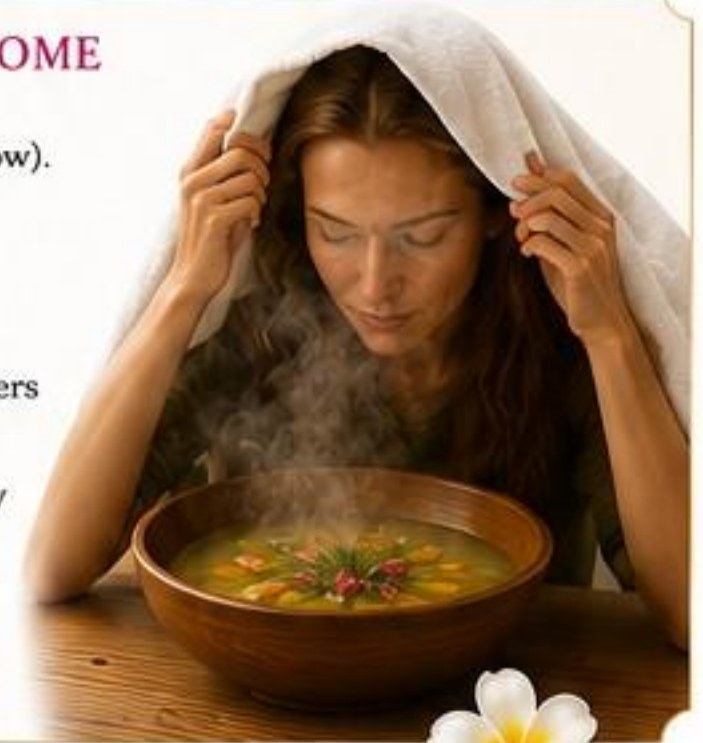


DIY STEAM SAUNA AT HOME

No sauna? No problem! You can still create a beautiful steam sauna experience (see instructions on the right).

DIY STEAM SAUNA – AT HOME

- ♥ Boil water and add the herbs (recipe below).
- ♥ Pour into a large bowl.
- ♥ Sit in a comfortable, safe place.
- ♥ Drape a towel over your head and shoulders to trap the steam.
- ♥ Close your eyes, relax, and breathe deeply for 10–15 minutes.
- ♥ Pat your skin dry and rest.



MANGO & HERBAL STEAM INFUSION

Simmer for 10 minutes.

- ♥ 2 stalks fresh lemongrass, crushed
- ♥ 1 slice fresh ginger
- ♥ 5–6 mint leaves
- ♥ 1 small piece of cinnamon
- ♥ 1 cup mango chunks or mango peel
- ♥ 1½ liters (6 cups) of water

Strain and pour into a heat-safe bowl.



BENEFITS



Lemongrass – detoxifying and refreshing



Ginger – warms the body and supports circulation



Mint – opens the senses and clears the mind



Mango – rich in vitamins and adds a sweet, tropical aroma



Cinnamon – comforting and grounding

MANGO WELLNESS JUICE

The perfect drink after your sauna!

- ♥ 1 cup fresh mango chunks
- ♥ ½ cup coconut water
- ♥ Juice of ½ lime
- ♥ Few mint leaves
- ♥ ½ tsp honey (optional)
- ♥ Ice (optional)



Blend until smooth.
Sip slowly and enjoy the tropical goodness and hydration your body loves.



GRANDMA WENDY'S TIPS

- ♥ Listen to your body. Stay in the sauna only as long as you feel comfortable.
- ♥ Always drink plenty of water before and after.
- ♥ Add this sauna ritual to your self-care day for the ultimate reset.
- ♥ Use your steam sauna before a body scrub or hair treatment for even better results.



A GENTLE NOTE



If you have any health conditions such as high blood pressure, heart disease, pregnancy, or are taking medications, please check with your doctor before using a sauna.



SCRIPTURE ♥

"Do you not know that your body is a temple of the Holy Spirit within you?"

1 Corinthians 6:19

With love, ♥ Grandma Wendy

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CHAPTER 3

MANGO BODY SCRUB RITUAL

Refresh, Renew & Glow



In Vietnam, natural ingredients are the heart of beauty treatments. This mango body scrub gently exfoliates, nourishes, and leaves your skin silky smooth, hydrated, and radiant.



BENEFITS OF MANGO BODY SCRUB

- ♥ Gently removes dead skin cells
- ♥ Brightens and evens skin tone
- ♥ Rich in antioxidants & vitamin C
- ♥ Deeply hydrates and softens skin
- ♥ Improves circulation
- ♥ Leaves skin smooth, refreshed, and naturally glowing!



MANGO BODY SCRUB RECIPES

MAKES ENOUGH FOR 2-3 USES

RECIPE 1 - CREAMY MANGO SCRUB

- ♥ 1 cup ripe mango puree
- ♥ ½ cup brown sugar
- ♥ 2 tbsp coconut oil (melted)
- ♥ 2 tbsp honey
- ♥ 2 tbsp plain yogurt
- ♥ 1 tsp vanilla extract (optional)



RECIPE 2 - TROPICAL MANGO SCRUB

- ♥ 1 cup ripe mango puree
- ♥ ½ cup fine sea salt or sugar
- ♥ ¼ cup ground oats
- ♥ 2 tbsp coconut oil
- ♥ 1 tbsp honey
- ♥ 1 tsp lime juice (optional)



HOW TO MAKE (BOTH RECIPES)

In a bowl, mix all ingredients until well combined. Store in a glass jar in the fridge. Use within 5 days.

HOW TO ENJOY YOUR MANGO SCRUB RITUAL

- 1 Take a warm shower to open your pores.
- 2 Apply the mango scrub to damp skin.
- 3 Massage in gentle, circular motions for 5-10 minutes, focusing on rough areas like elbows, knees, and heels.
- 4 Rinse with warm water.
- 5 Pat your skin dry.
- 6 Apply your favorite body lotion or body butter to lock in moisture.

♥ GRANDMA WENDY'S TIP ♥



Exfoliate 1-2 times a week for soft, glowing skin. Always follow with a moisturizer while your skin is still slightly damp to seal in all the goodness!

POST-SPA TREAT: GINGER TEA, MANGO & STICKY RICE

After your scrub, enjoy this traditional combination to warm the body, soothe the soul, and complete your spa experience.

HOT GINGER TEA

- ♥ 2 cups water
- ♥ 3-4 slices fresh ginger
- ♥ 1 tsp honey (optional)

Boil, simmer for 10 minutes, strain and enjoy warm.



FRESH MANGO

Enjoy a few slices of ripe mango. It's rich in vitamins A & C and helps replenish your body after exfoliating.



SWEET STICKY RICE

Enjoy a small serving of sticky rice. It provides natural energy, supports digestion, and balances blood sugar.



A GENTLE NOTE ♥

If you have sensitive skin or any skin conditions, do a patch test first. Avoid using on irritated or sunburned skin. This recipe is for external use only.



SCRIPTURE ♥

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

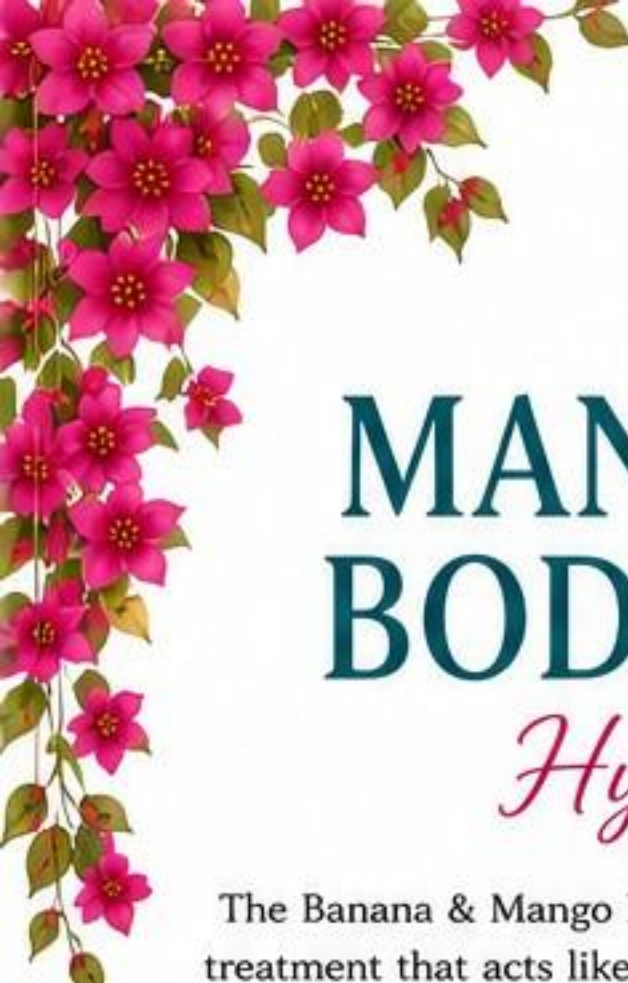
Psalm 139:14



With love, ♥ Grandma Wendy 

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CHAPTER 4

MANGO & BANANA BODY WRAP RITUAL

Hydrate, Nourish & Glow

The Banana & Mango Body Wrap is a deeply hydrating, vitamin-packed treatment that acts like an intensive, anti-aging facial for your entire body. This luxurious ritual coats the body in a freshly pureed mango paste and tightly wraps it in warmed banana leaves to lock in moisture, boost radiance, and leave your skin silky, soft, and glowing.



NOURISH
HYDRATE
REJUVENATE
GLOW

HOW THE TREATMENT WORKS

1 THE FRUIT MASK

Pureed fresh mango is combined with natural ingredients like raw honey, coconut oil, or yogurt. This creates a thick, enzyme-rich mask that is smoothed evenly from the neck down.

2 THE BANANA LEAF WRAP

Fresh banana leaves are lightly heated over an open flame to soften them and release their natural resins. Therapists wrap these large leaves tightly around your body, creating a natural, organic "thermal cocoon".

3 THE STEAMING / WAITING PHASE

You rest in this warm cocoon for 20–30 minutes. The banana leaves lock in moisture and body heat, opening your pores and allowing your skin to deeply absorb the active fruit nutrients.



INCREDIBLE BENEFITS

- ♥ Deeply hydrates and nourishes dry, tired skin
- ♥ Rich in vitamins A, C & E for anti-aging benefits
- ♥ Natural enzymes gently exfoliate and brighten
- ♥ Improves skin elasticity and softness
- ♥ Helps reduce the appearance of fine lines
- ♥ Detoxifies pores and boosts circulation
- ♥ Soothes inflammation and calms the mind
- ♥ Leaves skin glowing, smooth, and radiant
- ♥ A deeply relaxing, stress-relieving experience

*"Your body is your temple.
Treat it with love, respect, and the
nourishment it deserves."*



CAN'T FIND BANANA LEAVES?

Try These Wonderful Alternatives

- ♥ Use a large cotton sheet or towel wrap to create a warm cocoon.
- ♥ Try a thermal/space blanket (found online or in sporting stores).
- ♥ Use plastic wrap to lock in moisture, then cover with a warm towel.
- ♥ Enjoy a warm, relaxing sauna or steamy shower after applying the mango mask.
- ♥ Use a heated blanket on low while you relax.



MAKE YOUR OWN MANGO MASK

(Use for wrap)

- ♥ 2 cups ripe mango (pureed)
- ♥ 2 tbsp raw honey
- ♥ 2 tbsp coconut oil or
½ cup plain yogurt
(or a combination)

Blend until creamy.
Apply from neck down.



A BEAUTIFUL RIDE TO RELAXATION



Many spas in Vietnam offer a fun and relaxing ride to your treatment in a cute cart. It's all part of the experience! ♥

POST-TREATMENT: REFRESH & RENEW

Hydrate your body from the inside out!

MANGO WELLNESS JUICE

- ♥ 1 cup fresh mango chunks
- ♥ ½ cup coconut water
- ♥ Juice of ½ lime
- ♥ Few mint leaves
- ♥ ½ tsp honey (optional)
- ♥ Ice (optional)



OR ENJOY... HOT GINGER TEA, MANGO & STICKY RICE

This traditional combination warms the body, soothes the soul, and completes your spa experience.



HOT GINGER TEA RECIPE

- ♥ 2 cups water
- ♥ 3–4 slices fresh ginger
- ♥ 1 tsp honey (optional)

Boil, simmer for 10 minutes, strain and enjoy warm.



SWEET STICKY RICE

- ♥ ½ cup glutinous rice
- ♥ ½ cup coconut milk
- ♥ 1 tbsp coconut sugar
- ♥ Pinch of salt

Steam rice until tender. Mix with warm coconut milk and sugar.

Serve with fresh mango slices.



A GENTLE NOTE

If you have sensitive skin or any skin conditions, do a patch test first. This recipe is for external use only.

With love, ♥ Grandma Wendy

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SCRIPTURE ♥

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

Psalms 139:14





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CHAPTER 5

RICE MANGO FACIAL RITUAL

Brighten, Soften & Nourish

Vietnam's rice paddies are more than beautiful—they are a way of life. Rice has nourished generations, symbolizing abundance, hard work, and harmony with nature. Combined with tropical mango, rice becomes a natural beauty secret that brightens, softens, and renews your skin.



RICE
NOURISHES
MANGO
RADIATES

A JOURNEY THROUGH VIETNAM'S RICE FIELDS

Riding the rickety old train from town to town was one of my favorite adventures.

For hours, we passed endless green rice paddies, farmers working in the fields with their traditional hats, water buffalo resting in the shade, and villages filled with smiles.

Rice is the heart of Vietnam. It feeds the body, supports families, and represents patience, community, and gratitude. Bringing rice into your skincare is a beautiful way to honor this tradition.



BENEFITS FOR YOUR SKIN

- ♥ Rice gently exfoliates and removes dead skin cells
- ♥ Brightens dull skin and evens skin tone
- ♥ Soothes irritation and reduces redness
- ♥ Mango is rich in vitamins A & C for a healthy glow
- ♥ Deeply hydrates and nourishes skin
- ♥ Helps improve elasticity and softness
- ♥ Leaves skin smooth, radiant, and refreshed



RICE MANGO FACIAL RECIPES

Choose the recipe that suits your skin today!

RECIPE 1 – BRIGHTENING RICE MANGO MASK

- ♥ 2 tbsp cooked rice (cool)
- ♥ 3 tbsp ripe mango puree
- ♥ 1 tbsp plain yogurt
- ♥ 1 tsp honey

Blend or mash the rice until smooth. Mix all ingredients until creamy. Apply to clean face and neck. Relax for 15–20 minutes. Rinse with warm water and pat dry.



RECIPE 2 – SOOTHING RICE MANGO MASK

- ♥ 2 tbsp rice flour (or finely ground rice)
- ♥ 3 tbsp ripe mango puree
- ♥ 1 tbsp coconut milk
- ♥ 1 tsp aloe vera gel

Mix all ingredients until smooth. Apply to clean face and neck. Leave on for 15–20 minutes. Rinse gently with warm water.



HOW TO ENJOY YOUR RICE MANGO FACIAL

- 1 Cleanse your face thoroughly.
- 2 Apply your Rice Mango Mask.
- 3 Close your eyes and relax for 15–20 minutes.
- 4 Rinse with warm water.
- 5 Pat your skin dry.
- 6 Follow with your favorite moisturizer and enjoy your glow!



AFTER YOUR FACIAL TREATMENT... ENJOY A VIETNAMESE TREAT!

MANGO REFRESHER



Cool, sweet mango juice is the perfect way to refresh and rehydrate.

MANGO SLICES & STICKY RICE

A delicious traditional treat that nourishes the body and warms the heart.



GRANDMA WENDY'S TIP

Use this facial 1–2 times a week for softer, brighter, more radiant skin. Pair it with a quiet moment, deep breaths, and a grateful heart.



A GENTLE NOTE

If you have sensitive skin or any skin conditions, do a patch test first. Avoid using on irritated or sunburned skin. This recipe is for external use only.

SCRIPTURE ♥

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."
Psalm 139:14



With love, ♥ Grandma Wendy

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CHAPTER 5 EXTRA

OUR RICE ADVENTURE IN VIETNAM

From the Rice Fields to the Heart

After exploring caves, climbing endless stairs, seeing a giant spider in a web bigger than my hand, and visiting the beautiful Buddha Lady statue—our hearts were full. Then we hopped on a rickety old train for hours, traveling through towns and endless green rice paddies where farmers worked hard under the sun.

That journey led us to one of the most unforgettable places...



Farmers with their traditional hats working the rice paddies.



Deep in the countryside, we found a hidden place where time stood still.



Hundreds and hundreds of bags of rice stored everywhere.



Rice is slowly cooked in clay pots in the traditional way.

A PLACE LIKE NO OTHER

We were the only people there—both days! We wandered through little buildings, peaceful gardens, and a beautiful lake. The place felt magical and mysterious at the same time.

The menu was all in Vietnamese, so we used AI to interpret it. Some dishes were surprising—dove, lizard legs, and other things we had never tried before!

Watching the rice being prepared with such care and tradition was the most fascinating part of all.

*It was strange. It was odd.
It was unforgettable.*



THE HISTORY & HEART OF RICE IN VIETNAM

Rice has been the heart of Vietnam for thousands of years. It represents life, nourishment, community, and gratitude.

- ♥ Rice is more than food—it is a way of life.
- ♥ It feeds the body, supports families, and shapes culture.
- ♥ From planting to harvest, every grain is a symbol of hard work, patience, and harmony with nature.
- ♥ Rice is honored in ceremonies, festivals, and daily meals.
- ♥ Hospitality in Vietnam often begins with a bowl of rice.

*Understanding the journey of rice
deepens our appreciation for every grain.*



A peaceful lake surrounded by trees and flowers.



Our hidden restaurant in the middle of the jungle.



Traditional seating, beautiful lanterns, and the spirit of old Vietnam.



Sitting on the floor, using chopsticks the Vietnamese way!

BRING THE RICE RITUAL HOME

You can bring the gentle power of rice into your own home spa rituals.

- ♥ Rice soothes, brightens, and softens.
- ♥ It is rich in vitamins, minerals, and amino acids.
- ♥ Perfect for sensitive skin and all skin types.
- ♥ A beautiful reminder of simplicity and gratitude.



RICE MANGO FACIAL AT HOME

A simple way to glow—Vietnam style!

RICE MANGO FACIAL MASK

- ♥ 2 tbsp cooked rice (cooled)
- ♥ 3 tbsp ripe mango puree
- ♥ 1 tbsp yogurt or coconut milk
- ♥ 1 tsp honey

Blend until smooth. Apply to clean face and neck. Relax for 15–20 minutes. Rinse with warm water. Your skin will feel soft, bright, and nourished!



A THANKFUL HEART

This adventure taught me to respect and appreciate rice in a whole new way. It is not just a grain—it is a gift from the earth to our table.

I will never take rice for granted again.



GRANDMA WENDY'S TIP

Try a rice soak! Add ½ cup rice to warm water, let it sit for 10 minutes, then use the milky water to rinse your face. It's a natural beauty secret!



A GENTLE NOTE

If you have sensitive skin or any skin conditions, do a patch test first. This recipe is for external use only. ♥

SCRIPTURE ♥

"Give us today our daily bread."
Matthew 6:11



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CHAPTER 6

HANOI ADVENTURE

*Historic Charm, Local Flavors
and Timeless Traditions*

Hanoi is a city that captures your heart. It's a beautiful blend of ancient history and vibrant daily life. From charming streets lined with colonial architecture to bustling markets, peaceful lakes, friendly smiles, and delicious food—every moment feels like stepping into another time.

THE LITTLE
PLACES MAKE
THE BIGGEST
MEMORIES

A JOURNEY THROUGH HANOI

Our adventure began with a fun ride through the streets of Hanoi in a traditional tuk-tuk.

We explored the historic Old Quarter, where every narrow street tells a story. Shops overflowed with treasures, scooters zipped by, and the aroma of street food filled the air.

We visited peaceful temples, walked by beautiful lakes, and discovered hidden courtyards that felt like secret escapes.

Every corner had its own charm.



FLAVORS OF HANOI

No trip is complete without trying the local favorites!

We enjoyed Bún Chả (pronounced "Boon Cha"), a traditional grilled pork dish served with rice noodles, fresh herbs, and delicious dipping sauce. It's a must-try!

From tiny street stalls to cozy cafés, every meal was fresh, flavorful, and unforgettable.

*The food in Hanoi
is simply amazing!*



THE LITTLE THINGS THAT MADE IT SPECIAL



Exploring the Old Quarter by tuk-tuk.



Peaceful lakes and temples full of history.



Enjoying local craft beers and good conversation.



Narrow streets, colorful lanterns, and rich culture.



Every photo tells a story, every memory lasts forever.

HANOI BOUTIQUE HOTEL & SPA

Our home in Hanoi was the beautiful Hanoi Boutique Hotel & Spa—an oasis of comfort in the heart of the city.

The staff were warm and welcoming, the rooms were cozy and elegant, and the spa treatments were deeply relaxing.

It was the perfect place to rest, recharge, and enjoy the magic of Hanoi.



WHY HANOI IS SO SPECIAL

- ♥ A rich history with French colonial charm and ancient traditions.
- ♥ Incredible food and friendly people.
- ♥ Beautiful temples, lakes, and hidden gems.
- ♥ Moments of peace in the middle of the bustling city.
- ♥ Experiences that stay in your heart forever.



GRANDMA WENDY'S TIP

Take time to wander, get a little lost, and say "yes" to new experiences. That's where the best memories are made!



A GENTLE NOTE

If you have sensitive skin or any skin conditions, do a patch test first. This recipe is for external use only.

SCRIPTURE

"The Lord will guide you always; he will satisfy your needs in a sun-scorched land..."
Isaiah 58:11



With love, ♥ Grandma Wendy

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CHAPTER 6 EXTRA

JACUZZI RITUAL

Relax, Renew & Rejuvenate

One of my favorite experiences in Vietnam was my private jacuzzi at the Hanoi Boutique Hotel & Spa. The warm, bubbling water melted away every bit of tension and left me feeling completely renewed. Here's how you can enjoy this incredible ritual too!



A PRIVATE SANCTUARY IN HANOI

Tucked away in the heart of Hanoi's charming Old Quarter, this beautiful boutique hotel offered me a peaceful sanctuary after a day of adventure through historic streets and hidden corners.

My private spa room included a lush jacuzzi surrounded by calming stones, soft lighting, and a gentle waterfall of plants.

It was the perfect way to soak away travel fatigue and restore my body, mind, and spirit.



BENEFITS OF A JACUZZI SOAK



RELIEVES STRESS

The warm water soothes tired muscles and calms the nervous system.



IMPROVES CIRCULATION

Bubbles stimulate blood flow and help your body detox naturally.



EASES SORE MUSCLES

Perfect after a long day of walking, travel, or exercise.



BETTER SLEEP

Promotes deep relaxation and prepares your body for restful sleep.



CLEARs YOUR MIND

A quiet soak gives you time to breathe, reflect, and reset.



HEALTHY SKIN

Steam and warm water open pores and leave your skin soft and glowing.

HOW TO ENJOY YOUR JACUZZI RITUAL

- 1 Rinse off and remove any lotions or oils.
- 2 Step into the warm jacuzzi water (about 37–40°C / 98–104°F).
- 3 Relax for 15–20 minutes. Let the bubbles massage your body.
- 4 Hydrate! Drink plenty of water before and after.
- 5 For an extra boost, alternate with a cool rinse or cold shower.
- 6 Finish with a few minutes of rest on a lounge chair.



DON'T HAVE A PRIVATE JACUZZI?

Try These Great Alternatives

- ♥ Use the Jacuzzi or hot tub at your gym, hotel, or wellness center.
- ♥ Try a spa with private rooms for a quiet, relaxing experience.
- ♥ Create a "jacuzzi-style soak" at home using a hot bath with Epsom salts and essential oils (see recipe to the right).
- ♥ If you have a shower with a hose, rinse with cool water before and after your soak—just like I do at my gym!



AT HOME JACUZZI SOAK RECIPE (BATHTUB OPTION)

- ♥ 2 cups Epsom salts
- ♥ 1 cup baking soda
- ♥ 10 drops lavender essential oil
- ♥ 10 drops eucalyptus essential oil
- ♥ A few slices of lemon or orange (optional)

Add to warm bathwater and soak for 20 minutes. Breathe deeply, relax, and enjoy!



HANOI'S TIMELESS CHARM

From the rickety little tuk-tuks and lantern-lit streets to quiet temples and peaceful lakes, Hanoi is a city where every moment feels like a step back in time.

It's a place that stays with you—and reminds you to slow down, be present, and enjoy the simple pleasures.

Take a deep breath. Let the warm water wash away your worries. You deserve this!



GRANDMA WENDY'S TIP

Make this ritual a gift to yourself. Even 15 minutes in warm, bubbling water can change your whole day!



A GENTLE NOTE

If you have sensitive skin or any skin conditions, do a patch test first. This recipe is for external use only.

SCRIPTURE

*"He leads me beside quiet waters,
He restores my soul."
Psalm 23:2–3*



With love, Grandma Wendy

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CHAPTER 6 EXTRA

TRADITIONAL TẮM QUẤT MASSAGE

Bring the Healing Home

One of my favorite wellness experiences in Vietnam was receiving a Traditional Tắm Quất Massage at the Hanoi Boutique Hotel & Spa. As a licensed massage therapist, I've experienced many different styles of massage over the years, and this was truly one of the best. My therapist was incredibly skilled, using deep pressure, stretching, and acupressure techniques to release muscles I didn't even realize were tight.

WHAT IS TRADITIONAL TẮM QUẤT? ♥

Traditional Tắm Quất is Vietnam's ancient, deeply therapeutic medical massage designed to aggressively smash out muscle fatigue, eliminate knots, and restore energy flow. It is highly functional, intense, and traditionally performed dry (without oil) while you stay clothed.

The treatment combines firm pressure, stretching, rhythmic compression, and acupressure to restore balance to your body.



RELEASES DEEP
MUSCLE KNOTS



IMPROVES
CIRCULATION



RESTORES
ENERGY FLOW



INCREASES
FLEXIBILITY



LEAVES YOU
REFRESHED,
RENEWED &
ENERGIZED

For me, it was one of the highlights of my time in Vietnam.



BENEFITS OF TẮM QUẤT MASSAGE ♥

- ♥ Relieves deep muscle tension and knots
- ♥ Improves blood circulation
- ♥ Reduces stiffness, pain & fatigue
- ♥ Increases flexibility and range of motion
- ♥ Supports the body's natural healing process
- ♥ Helps release stress and mental tension
- ♥ Promotes better sleep and overall well-being



BRING THE EXPERIENCE TO YOUR OWN HOME SPA

FIND THE RIGHT THERAPIST ♥

Look for a licensed massage therapist who specializes in:

- ✓ Deep Tissue Massage
- ✓ Thai Massage
- ✓ Therapeutic Massage
- ✓ Sports Massage
- ✓ Acupressure
- ✓ Asian Bodywork



When booking, let your therapist know you're looking for a deeper, therapeutic massage focused on releasing muscle tension, improving flexibility, and restoring energy flow—similar to a Traditional Tắm Quất massage.

INVITE A THERAPIST TO YOUR HOME ♥

Many therapists offer in-home services. They bring the table, create the experience, and you get to relax in the comfort and privacy of your own space.



Your home can become your sanctuary.

CREATE THE ATMOSPHERE ♥

Make your space warm, peaceful, and relaxing. Small touches make a big difference!

- 💡 Warm your room
- 🕯️ Dim the lights or use candlelight
- 🎵 Play soft music or nature sounds
- 🌿 Diffuse calming essential oil
- ☕ Have a warm cup of herbal tea
- 🛌 Allow time to rest after your massage



GRANDMA WENDY'S TIP ♥

One of the greatest lessons I learned while traveling through Vietnam is that healing isn't found in a particular country—it's found in taking time to care for yourself.

*A skilled therapist + a peaceful space =
a powerful experience for body, mind & soul.*



SCRIPTURE ♥

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

Matthew 11:28



With love,



Grandma Wendy



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CHAPTER 7

HERBAL & JASMINE MASSAGE EXPERIENCE

A Scented Journey of Healing, Relaxation & Renewal

While in Vietnam, I discovered one of the most beautiful herbal and jasmine massage experiences I've ever had—so beautiful, I went twice! From the moment I walked in, the aromatherapy, the calming music, and the warm smiles transported me to a place of complete peace.



MY VIETNAM EXPERIENCE ♥

I chose the jasmine oil, known in Vietnam for its rich aroma and deeply calming properties.

The massage included warm herbal compress therapy—traditional herbs are steamed and wrapped in cloth, then gently pressed and moved over the body to release tension, improve circulation, and restore energy flow.

The pressure was perfect. The scent was incredible. I left feeling lighter, softer, and completely renewed.

*It wasn't just a massage.
It was an experience for the
body, mind, and spirit.*



THE SPECIAL TOUCHES THAT MADE IT MEMORABLE



Choose your oil.
I chose jasmine—soothing,
floral, and luxurious.



Warm herbal compress
massage to melt away
tension and stress.



Lemongrass tea to sip
and relax before and
after your massage.



Mysterious little treats—
round, sweet, and good
for your body!

BENEFITS OF HERBAL & JASMINE MASSAGE



**RELAXES DEEP
MUSCLE TENSION**
Helps release tight
knots and soothes
sore muscles.



**CALMS THE MIND
& NERVOUS SYSTEM**
The scent of jasmine
reduces stress, anxiety,
and tension.



**IMPROVES CIRCULATION
& ENERGY FLOW**
Herbal compress
therapy stimulates
circulation and balance.



**SUPPORTS DETOX &
LYMPHATIC DRAINAGE**
Helps the body release
toxins and reduce
inflammation.



**ENHANCES SLEEP
& RELAXATION**
Leaves you feeling
grounded, calm,
and refreshed.



**NOURISHES &
HYDRATES THE SKIN**
Natural oils and herbs
moisturize and leave
the skin soft and glowing.

HERBS USED IN VIETNAM SPAS ♥

Herbal compresses often include a blend of these healing herbs:

- ✓ Lemongrass – relieves muscle pain and reduces inflammation
- ✓ Ginger – warms the body and improves circulation
- ✓ Turmeric – anti-inflammatory and antioxidant
- ✓ Galangal – eases stiffness and joint pain
- ✓ Kaffir Lime Leaves – detoxifying and uplifting
- ✓ Cinnamon – warms and stimulates circulation



BRING THE EXPERIENCE TO YOUR OWN HOME ♥

You can recreate the feeling of a Vietnamese herbal & jasmine massage—right at home!

- ✓ Find a licensed massage therapist who offers:
Deep Tissue • Thai • Asian Bodywork •
Herbal Compress Therapy • Aromatherapy
- ✓ Request jasmine essential oil or your
favorite calming oil.
- ✓ Ask if they offer herbal compress massage.
- ✓ Can't get out? Many therapists will come
to your home!
- ✓ Create your home spa:
 - ♥ Dim the lights or light candles
 - ♥ Play Vietnamese music or nature sounds
 - ♥ Use jasmine or lemongrass essential oil
in a diffuser
 - ♥ Have herbal tea and a healthy snack ready
 - ♥ Give yourself time to relax afterward



AT HOME HERBAL COMPRESS OPTION ♥

You can even make a simple herbal compress for self-care:

- 1 Boil water and add herbs you have (lemongrass, ginger, turmeric, or cinnamon).
- 2 Let herbs steep for 10–15 minutes.
- 3 Soak a clean cloth in the warm infusion and wring it out.
- 4 Fold into a pouch and gently press on sore muscles.
- 5 Re-warm as needed.
- 6 Breathe deeply and relax.



GRANDMA WENDY'S TIP ♥

The goal is not just to relax your body, but to nourish your soul. Take a deep breath, slow down, and allow the healing to happen.



A GENTLE REMINDER

You deserve moments of peace.
You deserve to feel your best.
You deserve this experience.

SCRIPTURE ♥

*"He leads me beside quiet waters,
He restores my soul."
– Psalm 23:2–3*



With love, ♥ Grandma Wendy 🐞

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CHAPTER 7 EXTRA

VIETNAMESE FOOT SOAK & REFLEXOLOGY

A Simple Spa Escape

On another day in Vietnam, I didn't have much time, but I returned to the spa for a beautiful foot soak and reflexology. It was the perfect quick wellness experience—calming, refreshing, and *so relaxing*.



MY VIETNAM FOOT SOAK EXPERIENCE

I chose the jasmine again because the scent is so calming, and they also added lemongrass herbs to the water. The warm, aromatic soak instantly relaxed my tired feet and body.

You can add reflexology, where a trained therapist works the pressure points on your feet to balance your whole body.

It was simple, easy, and felt amazing!



BENEFITS OF A VIETNAMESE FOOT SOAK & REFLEXOLOGY



RELAXES THE WHOLE BODY

Sends calm through your mind, body and spirit.



IMPROVES CIRCULATION

Helps reduce swelling and tired, achy feet.



EASES STRESS & TENSION

Creates deep relaxation.



SUPPORTS BETTER SLEEP

Calms the nervous system for restful sleep.



DETOXIFIES

Warm water and herbs help the body release toxins naturally.



BOOSTS ENERGY FLOW

Balances the body through pressure point stimulation.

HOW TO CREATE YOUR OWN VIETNAM FOOT SOAK

- 1 Fill a basin with warm water (about 100–104°F / 37–40°C).
- 2 Add Epsom salts for relaxation.
- 3 Steep herbs: lemongrass, ginger, or green tea.
- 4 Add a few drops of jasmine or lavender essential oil.
- 5 Soak your feet for 15–20 minutes.
- 6 Dry your feet, apply a little natural lotion, and relax!



GRANDMA WENDY'S TIP

Even if you only have 20 minutes, a warm foot soak can change your whole mood and give you a fresh burst of energy. Self-care doesn't have to be complicated—just intentional.

TRY REFLEXOLOGY A World of Healing in Your Feet

Reflexology works pressure points on the feet that connect to every part of the body. It can help:

- ✓ Ease headaches
- ✓ Improve digestion
- ✓ Reduce tension
- ✓ Boost energy
- ✓ Support overall wellness



Your feet carry you everywhere—give them the love they deserve!

BRING THE EXPERIENCE HOME

You can enjoy this same peaceful ritual right where you live!

- ♥ Visit a local **spa** for a foot soak or reflexology session.
- ♥ Invite a trained reflexology therapist to come to your home for your own **home spa** experience.
- ♥ Create a **relaxing space** at home with warm water, herbs, soft music, and tea.
- ♥ Make it a weekly or monthly ritual for calm, wellness and happy feet.



A GENTLE REMINDER

You deserve moments of peace, you deserve to slow down, and you deserve to feel your best.



SCRIPTURE

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

Matthew 11:28



With love, ♥ Grandma Wendy

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CHAPTER 7 EXTRA

VIETNAMESE WELLNESS DRINKS

Sip the Flavors of Vietnam

One of my favorite parts of every spa visit in Vietnam was slowing down with a warm cup of herbal tea or enjoying fresh tropical fruit after my treatment. These simple traditions helped me relax, hydrate, and stay in the peaceful moment. Here are two easy recipes you can enjoy while listening to your Vietnam meditation and nature sounds.



1 TROPICAL MANGO COCONUT SMOOTHIE

A Refreshing Spa Drink

INGREDIENTS

- 1 cup frozen mango
- ½ cup coconut milk
- ½ cup coconut water
- Juice of ½ lime
- ½ teaspoon fresh grated ginger (optional)
- Ice cubes



Blend until smooth.

BENEFITS

- Rich in Vitamin C
- Supports hydration
- Gentle on digestion
- Naturally refreshing
- Perfect after a massage or spa treatment

OPTIONAL SPA TREAT

Serve fresh mango slices with a few toasted coconut flakes for a light Vietnamese-inspired snack after your treatment.



2 WARM LEMONGRASS GINGER TEA

Traditional Vietnamese Inspiration

INGREDIENTS

- 2 stalks fresh lemongrass
- 3–4 slices fresh ginger
- 2 cups water
- Honey (optional)
- Lime slice (optional)



Bring to a gentle boil for 10 minutes. Strain and enjoy warm.

BENEFITS

- Supports healthy digestion
- Helps relax the body
- Warming and comforting
- Naturally calming
- Wonderful after a foot soak or reflexology session

CREATE YOUR VIETNAM HOME SPA



Diffuse Jasmine or Lemongrass essential oil



Turn on your Vietnam meditation and nature sounds



Light a candle



Sip slowly and breathe deeply



Enjoy your foot soak or reflexology treatment



Take a few quiet moments before returning to your day.



SHARE THE EXPERIENCE

Invite a friend over and turn your home into a mini Vietnam spa retreat!

- ✓ Enjoy these drinks together.
- ✓ Take turns giving each other a relaxing foot soak and gentle reflexology.
- ✓ Share laughter, conversation, and peace.

Wellness is even better when it's shared.



GRANDMA WENDY'S TIP

One of the beautiful things I learned while traveling through Vietnam is that wellness doesn't have to be complicated. A warm cup of tea, the scent of jasmine, soothing music, and twenty quiet minutes can completely change how you feel.

Sometimes the simplest rituals become the most meaningful.



With love, Grandma Wendy

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SCRIPTURE

*"Peace I leave with you;
my peace I give you."*

— John 14:27





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CLOSING PAGE

Thank You!

I hope these experiences have inspired you to slow down, take care of yourself, and bring a little piece of Vietnam into your own home. Whether it's a soothing massage, a relaxing foot soak, or a delicious wellness drink, these simple rituals can help you create moments of peace in your everyday life.



WHAT YOU'VE LEARNED IN THIS CHAPTER

- Experiencing traditional Vietnamese spa treatments
- Creating a peaceful home spa atmosphere
- Enjoying herbal foot soaks and reflexology
- Sipping wellness drinks inspired by Vietnam
- Sharing self-care with a friend or loved one
- Bringing more calm, balance, and joy into your life

REMEMBER

*Wellness isn't a luxury—
it's a lifestyle.*

You deserve to feel good in your body, calm in your mind, and peaceful in your heart.

*Even a few simple minutes
can change your entire day.*



MY HOPE FOR YOU

I hope this guide helps you...

- Feel more relaxed and refreshed
- Take better care of your body
- Create your own home spa sanctuary
- Slow down and enjoy the moment
- Live a healthier, happier life



*You are important.
You are loved.
You are enough.*

Be gentle with yourself,
give yourself grace, and
never forget to take time
for YOU.

You deserve it!

A SPECIAL NOTE FROM GRANDMA WENDY

Traveling the world has been one of the greatest blessings of my life. Everywhere I go, I learn beautiful ways to care for the body, mind, and spirit.

*My greatest joy is bringing these
wellness traditions home to you
so you can enjoy them too.*

Thank you for letting me be
a part of your journey.

With all my heart,

Grandma Wendy 



TAKE YOUR WELLNESS JOURNEY FURTHER



EXPLORE MORE

Continue your journey
through other countries
to discover more spa
rituals and traditions.



LISTEN, RELAX, ENJOY

Use your Vietnam meditation
and nature sounds to
enhance your home spa
experience.



SHARE & INSPIRE

Share what you've learned
with friends and family
and inspire them to
live well too.



COME BACK OFTEN

Return to The Ladybug Spa
for more tips, recipes, and
rituals to support your
wellness journey.

Thank you for being here. You are part of The Ladybug Spa family!

May your days be filled with peace, joy, and beautiful blessings.

With love,  *Grandma Wendy* 

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