

DESTINATION
VIETNAM

LADYBUG HOME SPA LIBRARY

Celebrate



VIETNAMESE ROSE & COCONUT MILK *Spa Experience*

A ROMANTIC & NURTURING
WELLNESS JOURNEY INSPIRED
BY THE BEAUTY OF VIETNAM



Love, Kindness,
and Beautiful
Memories...
The Gifts of

Vietnam



ROSE PETALS
COCONUT MILK
NOURISHING RITUALS
SOOTHING MUSIC
PURE RELAXATION



SPA RECIPES • TREATMENTS • WELLNESS DRINKS • MEDITATION • MUSIC & MORE

With love,
Grandma Wendy



TRAVELER • LICENSED MASSAGE THERAPIST • WELLNESS EXPLORER



LADYBUG HOME SPA LIBRARY



A CELEBRATION of Love & Kindness ♡

OUR VIETNAMESE ROSE & COCONUT EXPERIENCE



ROMANCE. RELAXATION. UNFORGETTABLE MEMORIES. ♡

LADYBUG HOME SPA LIBRARY



Welcome, Beautiful Soul ♡

A LETTER FROM GRANDMA WENDY



*Welcome to your
Vietnamese Rose & Coconut Experience.*

Tony and I traveled to Vietnam to celebrate our third anniversary. What we discovered was so much more than we ever expected.

From the moment we arrived, we were surprised in the most beautiful ways—rose petal welcomes, stunning bouquets from the heart, and a room filled with love.

Everywhere we went, the Vietnamese people honored our love with such kindness. Roses on our bed, in our bath, in our drinks, in our dinners... every detail was celebrated.

We were treated to a coconut and rose bath experience, rose body scrubs, massages, facials, and even a river cruise surprise with rose petals, sparkling drinks, and a special anniversary dinner that we will never forget.

It reminded us that love is something to be celebrated—not just on special days, but whenever we choose to make the moment special. ♡

*"The best gifts are
the ones that
touch the heart."*



*With love,
Grandma Wendy*



OUR VIETNAMESE ROSE & COCONUT EXPERIENCE

Here is a glimpse of the surprises, kindness, and unforgettable moments
Tony and I experienced in Vietnam. ♡



A ROOM FILLED WITH LOVE

Our room was decorated with fresh roses and sweet touches that made our anniversary absolutely unforgettable.



A ROSE PETAL WELCOME

From the moment we arrived, we were welcomed with smiles, cheers, and a shower of beautiful rose petals.



COCONUT & ROSE BATH

We enjoyed a luxurious coconut and rose milk bath—soothing, romantic, and nourishing for body and soul.



SPARKLING ROSE DRINKS

Every special moment was celebrated with refreshing, beautiful drinks made just for us.



A SPECIAL ANNIVERSARY DINNER

A surprise dinner filled with laughter, delicious food, and the most heartfelt celebration of our love.



A MAGICAL RIVER CRUISE

We were honored with roses, cheers, and unforgettable memories as we cruised through the breathtaking Halong Bay.



NOW IT'S YOUR TURN

You can create your own Vietnamese Rose & Coconut Experience right in your home for anniversaries, birthdays, Valentine's Day, honeymoons, or any day you want to feel special.

Let's bring the magic home. ♡

Love is always worth celebrating." ♡

PERFECT FOR EVERY OCCASION

- ♡ Anniversaries
- ♡ Valentine's Day
- ♡ Birthdays
- ♡ Honeymoons
- ♡ Self-Love Days
- ♡ Any day you want to feel special!



Celebrate ♡ Vietnamese Rose & Coconut Bath Ritual

A SOOTHING RITUAL OF LOVE & RENEWAL



Let the delicate scent of roses, the creamy touch of coconut, and the healing power of essential oils wash away stress and awaken your senses.

*A bath is more than cleansing...
it's a moment to come home to yourself. ♡*

INSPIRED BY MY EXPERIENCE ♡

In Vietnam, we were welcomed with rose petals everywhere we went—on our beds, in our baths, and even in our spa treatments.

This ritual was one of our favorites after long days of exploring.

It left our skin soft, our minds calm, and our hearts full.

RECIPE

A luxurious, milky bath that nourishes your skin and soothes your soul.

- ♡ 1 cup full-fat coconut milk
- ♡ 1/4 cup coconut oil (melted)
- ♡ 2 tablespoons honey
- ♡ 1/2 cup fresh or dried rose petals
- ♡ 5 drops rose essential oil
- ♡ 3 drops ylang ylang essential oil
- ♡ 2 drops lavender essential oil
- ♡ 1/4 cup Epsom salts
- ♡ 1/4 teaspoon vanilla extract (optional)
- ♡ Slice of fresh ginger (optional)
- ♡ Rose tea or dried rose buds for extra scent

HOW TO PREPARE

In a small bowl, whisk together the coconut milk, coconut oil, honey, essential oils, and vanilla. Add to warm running bath water. Add rose petals, Epsom salts, and ginger. Stir gently with your hand and step in.

BENEFITS

- ♡ Deeply hydrates and nourishes dry, tired skin
- ♡ Coconut milk & oil soften skin and restore elasticity
- ♡ Rose petals uplift the mood and open the heart
- ♡ Essential oils calm the mind, ease tension, and promote rest
- ♡ Epsom salts help relax muscles and detoxify the body
- ♡ Supports better sleep and emotional balance
- ♡ Leaves skin silky, smooth, and beautifully scented



EXTRA TOUCHES



Sip on warm rose tea before or after your bath for a full rose experience.



Play soft Vietnamese instrumental music or nature sounds.



Dim the lights and light candles for a peaceful sanctuary.



Use this bath as a self-love ritual or before a special occasion.

TIP FROM GRANDMA WENDY ♡



Draw your bath with intention.

Drop in each ingredient mindfully and say:

"I release what no longer serves me and welcome peace, love & renewal."



RITUAL: HOW TO ENJOY YOUR ROSE & COCONUT BATH



1. PREPARE

Set the mood. Light candles, play relaxing music, and create a peaceful space.



2. ADD & INVITE

Fill the tub with warm water. Add each ingredient with love and intention.



3. SOAK & BREATHE

Step in slowly, relax your body, and take deep, calming breaths. Stay for 20–30 minutes.



4. RELEASE & RENEW

Let go of stress, worries, and anything that drains you. Feel renewed.



5. RINSE & GLOW

Rinse lightly with warm water if desired. Pat dry and enjoy your soft, glowing skin!

PERFECT FOR



- ♡ Self-care days
- ♡ After travel
- ♡ Stress relief
- ♡ Before a special dinner or date
- ♡ When you need a reset

You are worthy of rest, relaxation, and beautiful moments that just restore your soul." ♡

With love,

Grandma Wendy ♡



Celebrate ♡

Vietnamese Rose & Coconut Wellness Drink

NOURISH • HYDRATE • GLOW FROM WITHIN

In Vietnam, beauty is more than skin deep—
it begins with how we nourish our bodies.

This delicate blend of roses, coconut, and healing botanicals
hydrates, uplifts, and restores balance from within,
leaving you refreshed, radiant, and glowing with love.

*Drink in the beauty. Feel the love.
You are worth every sip. ♡*

INSPIRED BY
MY EXPERIENCE
IN VIETNAM ♡

RECIPE

A hydrating, heart-opening drink that
supports your skin, digestion, mood,
and overall well-being.

- ♡ 1 cup young coconut water (cold)
- ♡ 1/2 cup coconut milk (full-fat)
- ♡ 1 tablespoon honey or maple syrup
- ♡ 1 tablespoon rose water (pure)
- ♡ 1 teaspoon dried rose petals
- ♡ 1/2 teaspoon chia seeds (optional)
- ♡ 1/4 teaspoon vanilla extract
- ♡ A squeeze of fresh lime juice
- ♡ Ice cubes
- ♡ Fresh rose petals & mint for garnish

HOW TO PREPARE

Gently whisk all ingredients
(except garnish) in a blender or jar.
Add ice and blend until smooth
or stir to combine.
Pour into your favorite glass
and garnish with love.

BENEFITS



Deep Hydration: Coconut water
replenishes electrolytes for
lasting hydration.



Radiant Skin: Coconut, rose, and
vitamin C help promote a natural
glow and healthy skin.



Heart & Mood Booster: Rose is
known to uplift emotions, reduce
stress, and open the heart.



Digestive Support: Lime, chia
seeds, and coconut milk aid
digestion and gut health.



Anti-Inflammatory: Rose petals
and coconut contain antioxidants
that help reduce inflammation.



Hormonal Balance: The gentle
nourishment of coconut and
roses supports hormonal
balance and inner harmony.

INGREDIENT SPOTLIGHT



ROSE PETALS

Rich in antioxidants and natural
oils that tone, soothe, and beautify.



COCONUT WATER

Naturally hydrating, mineral-rich,
and refreshing for body & mind.



COCONUT MILK

Creamy and nourishing, it supports
glowing skin and sustained energy.



ROSE WATER

Heart-opening and calming,
it balances and uplifts your spirit.



LIME JUICE

A touch of vitamin C to detoxify,
brighten, and boost immunity.

GRANDMA
WENDY'S TIP ♡

This drink is
best enjoyed in
the morning on
an empty stomach
or as an afternoon
pick-me-up.

Sip slowly,
be present,
and feel your
body say
"thank you."

RITUAL: HOW TO ENJOY YOUR ROSE & COCONUT WELLNESS DRINK



1. SET THE MOOD
Create a calm space.
Light a candle, take
a deep breath, and
set an intention.



2. PREPARE
Make your drink
mindfully and with
gratitude for the
nourishment it offers.



3. HOLD & APPRECIATE
Hold your glass,
admire the beauty,
and take a moment
to be grateful.



4. SIP SLOWLY
Sip mindfully.
Let each sip hydrate,
nourish, and uplift
your body and soul.



5. FEEL THE LOVE
Feel the care you're
giving yourself
and the love that
flows within.



6. CARRY THE GLOW
Let the nourishment
radiate through you
all day long.
You deserve it! ♡

PERFECT FOR

- ♡ Morning glow
- ♡ Detox & hydration
- ♡ Clear skin support
- ♡ Stress relief
- ♡ A self-love ritual
- ♡ Anytime you
need a boost!

*"True beauty begins when you
nourish yourself with love,
inside and out." ♡*

With love,

Grandma Wendy ♡



Celebrate ♡

Vietnamese Rose & Coconut Spa Tea Ritual

CALM THE MIND • OPEN THE HEART • NOURISH THE SPIRIT



In Vietnam, tea is more than a drink—it is a moment of connection, reflection, and gratitude. This delicate rose & coconut tea is a gentle invitation to slow down, restore balance, and fill your day with beauty from the inside out.

*Breathe in. Sip slowly.
Let love and peace fill your soul. ♡*

INSPIRED BY
MY EXPERIENCE
IN VIETNAM ♡

RECIPE

A delicate floral tea with creamy coconut notes to nourish your body and soul.

- ♡ 1 cup hot water (not boiling)
- ♡ 1 tablespoon dried rose petals (or 1 rose tea bag)
- ♡ 1/4 cup coconut milk (or coconut cream for a richer tea)
- ♡ 1 teaspoon honey (or to taste)
- ♡ 1 drop vanilla extract (optional)
- ♡ 1 pinch of cardamom (optional)
- ♡ A few goji berries or red dates (optional)
- ♡ A tiny pinch of sea salt

HOW TO PREPARE

Gather your ingredients with love. This tea is best made with fresh, high-quality items for maximum flavor and healing benefits.



BENEFITS



Calms the Mind: Rose is known to reduce stress and promote emotional balance.



Supports Heart Health: Roses help uplift the mood and open the heart.



Nourishes the Skin: Rich in antioxidants and vitamin C.



Aids Digestion: Coconut soothes the stomach and supports a healthy gut.



Hydrates & Replenishes: Perfect for glowing skin and overall hydration.



Promotes Restful Sleep: Ideal as an evening tea to relax and unwind.



EXTRA TOUCHES



Enjoy in a beautiful teacup. Make it a ritual, not a rush.



Play soft Vietnamese instrumental music or nature sounds.



Light a candle and breathe deeply. Be present.



Add a fresh rose petal as a garnish before drinking.

GRANDMA WENDY'S TIP ♡



This tea is my special go-to when I need to reset, reconnect, and come back to myself. Let it be your cup of calm.



RITUAL: HOW TO ENJOY YOUR ROSE & COCONUT SPA TEA



1. PREPARE

Heat water until steaming but not boiling. This keeps the delicate rose petals beautifully fragrant.



2. STEEP

Add rose petals (or rose tea bag) to your cup or teapot. Pour hot water over and let steep for 5–7 minutes.



3. ADD COCONUT

Stir in coconut milk and watch the magic happen.



4. SWEETEN

Add honey, vanilla, cardamom, and a pinch of sea salt. Stir gently.



5. SIP & SAVOR

Take your time. Sip slowly and savor the floral coconut goodness.



6. BE GRATEFUL

Close your eyes and give thanks for this moment of peace and self-love.

PERFECT FOR



- ♡ Morning calm
- ♡ Afternoon pause
- ♡ Evening relaxation
- ♡ Self-care rituals
- ♡ Spa days
- ♡ Before meditation or journaling

*"Take time to enjoy the simple things in life.
A warm cup of tea, a quiet moment,
and a grateful heart can change your day." ♡*

With love,

Grandma Wendy ♡





Celebrate ♥ Vietnamese Rose & Coconut Foot Soak

Refresh • Restore • Reconnect

After a day of exploring Vietnam, our feet needed care and comfort. This rose & coconut foot soak became our favorite way to relax, refresh, and feel deeply cared for.

*Your feet carry you through life—
treat them with love. ♥*

A SMALL RITUAL
WITH BIG
BENEFITS ♥

FOOT SOAK RECIPE ♥

A soothing blend to relax tired feet, soften skin, and uplift your spirit.

- ♥ 4 cups warm water (in a large basin)
- ♥ 1/2 cup coconut milk
- ♥ 1 tablespoon coconut oil (melted if solid)
- ♥ 1 tablespoon Epsom salts
- ♥ 1 tablespoon sea salt
- ♥ 1/4 cup fresh or dried rose petals
- ♥ 5 drops rose essential oil
- ♥ 3 drops peppermint essential oil
- ♥ 2 drops lavender essential oil
- ♥ 1 slice of fresh ginger (optional)

HOW TO PREPARE

Add all ingredients to warm water and stir gently until salts dissolve and oils are blended. Enjoy the aroma as it fills the air.



BENEFITS ♥

- ♥ **Relaxes Tired Feet:** Soothes sore feet and reduces swelling.
- ♥ **Improves Circulation:** Warm water and essential oils help boost blood flow.
- ♥ **Detoxifies:** Epsom and sea salts help draw out impurities.
- ♥ **Softens Skin:** Coconut milk and oil nourish and leave feet soft and smooth.
- ♥ **Deodorizes & Refreshes:** Peppermint and lavender oils leave feet feeling clean and renewed.
- ♥ **Uplifts Mood:** The delicate scent of roses promotes relaxation and joy.



EXTRA TOUCHES ♥



Add stones or seashells to your basin for a spa feeling.



Play calming Vietnamese instrumental music or nature sounds.



Light a candle and set the mood with soft lighting.



Follow with a foot scrub or massage for extra pampering!

GRANDMA WENDY'S TIP ♥

I love to sip a warm rose tea while soaking my feet. It's a beautiful way to take care of your whole self—inside and out.



RITUAL: HOW TO ENJOY YOUR ROSE & COCONUT FOOT SOAK ♥



1. CREATE YOUR SPACE
Find a quiet, comfortable place where you won't be disturbed.



2. SOAK YOUR FEET
Place your feet in the warm water and take a deep breath.



3. RELAX & BREATHE
Close your eyes and breathe deeply. Let the stress melt away.



4. ENJOY THE MOMENT
Soak for 15–20 minutes. Allow the warm water and aroma to renew your body and mind.



5. RINSE & DRY
Rinse your feet with clean water and pat dry gently.



6. MOISTURIZE
Apply coconut oil or your favorite foot cream and massage gently.

PERFECT FOR

- ♥ After travel days
- ♥ Long days on your feet
- ♥ Self-care days
- ♥ Before bed
- ♥ Anytime you need a reset ♥



*"Caring for your feet is
honoring the journey they take you on." ♥*

With love,

Grandma Wendy ♥





Celebrate ♡ Vietnamese Rose & Coconut Facial Ritual

RADIANCE • NOURISHMENT • SELF-LOVE



In Vietnam, roses are a symbol of love and beauty, and coconut is cherished for its ability to deeply nourish and protect. This facial combines their power to hydrate, brighten, and restore your natural glow—inside and out.

*Your skin deserves to be cared for,
just as much as your heart. ♡*

INSPIRED BY MY EXPERIENCE ♡

After long days of exploring Vietnam, the rose & coconut facial was my time to slow down and reconnect.

My skin felt so soft, hydrated, and radiant—and so did my spirit.



RECIPE

A luxurious blend that hydrates, brightens, soothes, and leaves your skin glowing.

- ♥ 2 tablespoons fresh or dried rose petals
- ♥ 2 tablespoons coconut milk (full-fat)
- ♥ 1 tablespoon coconut oil (melted)
- ♥ 1 teaspoon honey
- ♥ 2 drops rose essential oil
- ♥ 2 drops geranium essential oil
- ♥ 1/2 teaspoon aloe vera gel
- ♥ 1/4 teaspoon vitamin E oil (optional)
- ♥ A pinch of turmeric (optional for glow)
- ♥ Rose water (as needed)

HOW TO PREPARE

Blend the rose petals with coconut milk until soft. Stir in the remaining ingredients to create a smooth, creamy mixture. Store any leftovers in the refrigerator for up to 3 days.



BENEFITS

- ♥ **Deep Hydration:** Coconut milk and oil nourish and lock in moisture.
- ♥ **Brightens & Evens Tone:** Roses and turmeric help reveal a natural glow.
- ♥ **Soothes & Calms:** Ideal for sensitive or stressed skin.
- ♥ **Antioxidant Protection:** Roses and vitamin E help protect against environmental damage.
- ♥ **Promotes Elasticity:** Keeps skin soft, plump, and youthful.
- ♥ **Uplifts the Spirit:** The scent of roses brings joy, love, and calm.



EXTRA TOUCHES



Sip on rose tea while your mask works its magic.



Play soft Vietnamese instrumental music to create a peaceful spa atmosphere.



Dim the lights and light a candle.



Use this facial before a special occasion or anytime you need a self-love moment.

TIP FROM GRANDMA WENDY ♡



Always apply your facial with gentle hands and loving intention.

You are not just caring for your skin—you are reminding yourself that you are worthy of beautiful things. ♡



RITUAL: HOW TO ENJOY YOUR ROSE & COCONUT FACIAL



1. CLEANSE

Wash your face gently with warm water or a gentle cleanser.



2. PREPARE

Apply a warm towel to your face for 1–2 minutes to open your pores.



3. APPLY MASK

Using clean fingers or a brush, apply the mask evenly to your face.



4. RELAX

Close your eyes and relax for 15–20 minutes. Breathe deeply.



5. RINSE

Rinse with lukewarm water and gently pat your skin dry with a soft towel.



6. HYDRATE

Apply a few drops of rose water or your favorite facial oil.



7. GLOW

Smile at yourself in the mirror. You are beautiful. Inside and out.

PERFECT FOR

- ♥ Self-care Sundays
- ♥ Before a date
- ♥ After travel
- ♥ A spa night
- ♥ At-home pampering
- ♥ Whenever you need to feel radiant!

*"When you take care of your skin
with love, you glow from the inside out." ♡*

With love,

Grandma Wendy ♡





Celebrate ♥ Vietnamese Rose & Coconut Body Scrub Ritual

EXFOLIATE • RENEW • GLOW

In Vietnam, we were welcomed with roses everywhere we went—on our bed, in our bath, in our drinks, and even in our spa treatments. This rose & coconut body scrub was one of our favorite rituals. It left our skin so soft and glowing, and the scent of roses stayed with us all day.

Now you can bring this beautiful ritual into your own home. ♥

"The little things we do with love are the ones that leave the biggest impressions on the heart."



RECIPE ♥

A luxurious scrub that exfoliates, nourishes, and leaves your skin silky smooth and beautifully scented.

- ♥ 1 cup coconut sugar (or brown sugar)
- ♥ 1/2 cup finely ground oats
- ♥ 1/2 cup shredded coconut (unsweetened)
- ♥ 1/4 cup coconut oil (melted)
- ♥ 2 tablespoons rosehip oil (or sweet almond oil)
- ♥ 2 tablespoons rose water
- ♥ 2 tablespoons dried rose petals (crushed)
- ♥ 5 drops rose essential oil
- ♥ 3 drops ylang ylang essential oil
- ♥ 1/2 teaspoon vitamin E oil (optional)

HOW TO MAKE

In a large bowl, combine all dry ingredients. Add the oils and rose water. Mix well until moist and clumps slightly when squeezed. Store in an airtight jar.

BENEFITS ♥

-  Exfoliates dead skin cells, revealing fresh, radiant skin.
-  Coconut nourishes and hydrates deeply.
-  Rose petals and rosehip oil help soothe, repair, and promote a healthy glow.
-  Stimulates circulation and helps detoxify the skin.
-  Leaves your skin soft, smooth, and beautifully scented.
-  Aromatherapy benefits uplift the mood and reduce stress.

OUR EXPERIENCE IN VIETNAM ♥

After a long day of exploring Halong Bay, we came back to our room to a warm rose-petal bath and this amazing rose & coconut scrub. Our skin felt so soft and renewed—it was pure bliss! It became a part of our anniversary celebration that we'll never forget.



GRANDMA WENDY'S TIP ♥

Use this scrub before a special dinner, date night, or anytime you want to feel pampered and beautiful!

RITUAL: HOW TO ENJOY YOUR ROSE & COCONUT BODY SCRUB ♥



1. PREPARE

Shower or bathe with warm water to open your pores and relax.



2. SCOOP

Take a handful of scrub and let the beautiful scent of roses fill your senses.



3. EXFOLIATE

Gently massage onto your skin in circular motions. Spend extra time on rough areas.



4. RELAX

Let the natural oils nourish your skin for a few minutes while you breathe and enjoy.



5. RINSE

Rinse off with warm water. Pat your skin dry and feel the softness!



6. MOISTURIZE

Follow with your favorite body butter or oil to lock in moisture.

CREATE YOUR SPA MOMENT ♥

- ♥ Light a candle
- ♥ Play soft music
- ♥ Sip a rose tea
- ♥ Breathe deeply
- ♥ Love yourself

PERFECT FOR:

- ♥ Anniversaries
- ♥ Valentine's Day
- ♥ Birthdays
- ♥ Self-Love Days
- ♥ Any day you want to feel special!



"When you take time to care for yourself, you are showing the ones you love how important you are." ♥

Treat yourself. You deserve this. ♥

*With love,
Grandma Wendy ♥*





Celebrate Vietnamese Rose & Coconut Milk Body Wrap

NOURISH • HYDRATE • RENEW



A luxurious, hydrating body wrap inspired by Vietnam's beautiful roses and creamy coconuts. Perfect for special occasions—or any day you want to feel truly loved.



RECIPE

This wrap deeply nourishes your skin, leaving it soft, smooth, and beautifully scented.

- ♥ 1 cup full-fat coconut milk (chilled)
- ♥ 1/2 cup plain yogurt
- ♥ 1/4 cup honey
- ♥ 2 tablespoons rose water
- ♥ 1 tablespoon coconut oil (melted)
- ♥ 1/4 cup finely ground oats
- ♥ 1 tablespoon dried rose petals (crushed)
- ♥ 2 drops of your favorite essential oil (optional) (Rose or Geranium)

HOW TO MAKE

In a bowl, mix all ingredients until smooth and creamy. Adjust consistency with a little more coconut milk if needed.



BENEFITS

- ♥ Deeply hydrates and softens the skin
- ♥ Helps improve skin elasticity
- ♥ Rich in antioxidants to help nourish and protect
- ♥ Soothes and calms the skin
- ♥ Leaves skin glowing and radiant
- ♥ Rose petals uplift the mood and calm the heart
- ♥ Coconut milk helps restore moisture and balance
- ♥ Creates a sense of romance, relaxation, and well-being



RITUAL: HOW TO ENJOY YOUR ROSE & COCONUT WRAP



1. PREPARE

Start with a warm shower or bath to open your pores and relax your body.



2. APPLY

Apply the wrap evenly over your body using long, gentle strokes. Avoid your face.



3. RELAX

Wrap yourself in a warm towel or blanket and relax for 20–30 minutes. Breathe deeply and enjoy the calm.



4. RINSE

Rinse off with warm water. Gently pat your skin dry.



5. MOISTURIZE

Follow with your favorite body oil or lotion to lock in moisture.

GRANDMA WENDY'S TIP



Make this wrap even more special by adding soft music, candlelight, and a beautiful rose tea or drink while you relax. You deserve this moment!



You are worthy of beautiful, nurturing moments.
Celebrate yourself and the people you love. 

With love, *Grandma Wendy*  





Celebrate ♥
**Vietnamese Rose,
Coconut & Vanilla**
Body Butter ♥

NOURISH • PROTECT • GLOW



A rich, silky body butter inspired by the beauty of Vietnamese roses and creamy coconuts.

This luxurious blend melts into your skin, leaving it deeply moisturized, soft, and beautifully scented.

Perfect for pampering yourself—or someone you love. ♥



BODY BUTTER RECIPE

A deeply nourishing blend that hydrates, softens, and leaves your skin with a beautiful, natural glow.

- ♥ 1/2 cup unrefined shea butter
- ♥ 1/2 cup coconut oil (refined or fractionated)
- ♥ 1/4 cup cocoa butter
- ♥ 2 tablespoons sweet almond oil
- ♥ 2 tablespoons rosehip oil (extra nourishment)
- ♥ 2 tablespoons pure coconut milk powder (or fresh coconut milk – reduce water)
- ♥ 1 tablespoon rose water
- ♥ 1 tablespoon dried rose petals (finely ground)
- ♥ 10 drops rose essential oil
- ♥ 5 drops vanilla essential oil
- ♥ 2 drops vitamin E oil (natural preservative)

HOW TO MAKE

Gently melt the butters and oils using a double boiler. Remove from heat and stir in the remaining ingredients. Let cool until creamy and fluffy. Spoon into a clean glass jar. Store in a cool place.



BENEFITS

- ♥ **Deep Moisture:** Coconut and shea butters deeply hydrate and lock in moisture for long-lasting softness.
- ♥ **Skin Repair:** Rosehip oil helps improve skin elasticity, tone, and texture.
- ♥ **Antioxidant-Rich:** Roses are packed with antioxidants that help protect and rejuvenate the skin.
- ♥ **Soothes & Calms:** Rose essential oil helps soothe the senses and relax the body and mind.
- ♥ **Soft, Silky Feel:** Melts beautifully into the skin without feeling greasy.
- ♥ **Romantic Aroma:** The delicate scent of roses and vanilla uplifts the mood and creates a feeling of love and well-being.



WAYS TO USE

- ♥ Massage into damp skin after a bath or shower for deep hydration.
- ♥ Use as a luxurious hand and nail cream.
- ♥ Apply to dry areas like elbows, knees, and feet.
- ♥ Use as a romantic massage butter.
- ♥ Great as a small gift for someone special—made with love.

GRANDMA WENDY'S TIP ♥

Warm a small amount between your hands and take a deep breath of the beautiful rose aroma before applying. It's not just good for your skin—it's good for your soul.



RITUAL: HOW TO ENJOY YOUR ROSE & COCONUT BODY BUTTER



1. PREPARE

Take a warm bath with rose petals or use your favorite rose shower gel.



2. CREATE AMBIENCE

Light a candle, play soothing music, and breathe deeply. Let the stress melt away.



3. WARM & BREATHE

Warm a small amount of body butter in your hands. Inhale the rose aroma and smile.



4. APPLY WITH LOVE

Massage the butter gently into your skin using upward, loving strokes.



5. RELAX & ENJOY

Allow your skin to absorb the nutrients. Rest, relax, and enjoy the moment.

You Deserve This ♥

You are worthy of beautiful moments of self-care, love, and nourishment.



Let the beauty of roses, the nourishment of coconuts, and the warmth of love wrap around you. ♥

With love, *Grandma Wendy* ♥



LOVE IS ALWAYS WORTH CELEBRATING. ♥





Celebrate ♡

Vietnamese Rose, Coconut & Bamboo Massage

A RITUAL OF LOVE, HEALING & RENEWAL



This treatment blends the beauty of roses, the nourishment of coconut, and the healing touch of bamboo to create a deeply relaxing, rejuvenating massage experience.

Perfect for special occasions—or any day you want to feel cherished.



MASSAGE OIL RECIPE

A silky, aromatic oil that nourishes the skin and enhances the healing benefits of your massage.

- ♥ 1/2 cup fractionated coconut oil (or melted coconut oil)
- ♥ 1/4 cup sweet almond oil
- ♥ 2 tablespoons rosehip oil (optional for extra nourishment)
- ♥ 1 tablespoon rose petals (dried or fresh)
- ♥ 5–7 drops rose essential oil
- ♥ 3 drops ylang ylang essential oil
- ♥ 2 drops lavender essential oil

HOW TO MAKE

Warm the coconut oil and add the dried rose petals. Let it infuse for several hours (or overnight). Strain out the petals and mix in the remaining oils. Store in a dark glass bottle.



BENEFITS

- ♥ **Deep Relaxation:** Relieves tension and promotes deep calm.
- ♥ **Improves Circulation:** Bamboo techniques stimulate blood flow and lymphatic drainage.
- ♥ **Detoxifies the Body:** Helps release toxins and reduce fluid retention.
- ♥ **Nourishes Skin:** Coconut oil deeply hydrates, leaving skin soft and glowing.
- ♥ **Reduces Stress:** The aroma of roses uplifts the mood and soothes the heart.
- ♥ **Relieves Muscle Pain:** Bamboo pressure helps ease sore muscles and tightness.
- ♥ **Enhances Connection:** A beautiful way to celebrate love and togetherness.



BAMBOO MASSAGE TECHNIQUES

Bamboo adds a unique rhythm and deep tissue relief to your massage.

- 1 **Rolling:** Long, smooth strokes to warm and relax the muscles.
- 2 **Pressing:** Gentle to firm pressure along the muscles to release tension.
- 3 **Kneading:** Using bamboo to knead deep into tight areas.
- 4 **Tapping:** Rhythmic tapping to stimulate circulation and energy flow.
- 5 **Stretching:** Assisting gentle stretches to improve flexibility and release stiffness.



YOUR RITUAL: HOW TO ENJOY YOUR ROSE, COCONUT & BAMBOO MASSAGE



1. SET THE MOOD
Light candles, play soothing music, and fill the space with the calming aroma of roses.



2. WARM THE OIL
Warm the rose & coconut oil blend between your hands and set the intention to relax and connect.



3. BEGIN MASSAGE
Start with long, gentle strokes using your hands to warm and relax the body.



4. USE BAMBOO
Use bamboo sticks with rhythm and flow—rolling, pressing, kneading, tapping and stretching.



5. FINISH WITH LOVE
End with gentle strokes by hand. Cover with a warm towel and let them rest for a few minutes.

GRANDMA WENDY'S TIP



Communicate with your partner. The best massage is a dance of giving and receiving. Take your time, enjoy the moment, and let love lead the way.



*Massage is the perfect way to say,
"You are loved. You are cherished. You are enough."* ♡

With love, *Grandma Wendy* ♡



DESTINATION VIETNAM



LADYBUG HOME SPA LIBRARY ♡



Thank You ♡ You've Just Enjoyed a Beautiful Moment for You

CELEBRATE • RENEW • GLOW

I hope you truly enjoyed your Vietnamese Rose & Coconut Spa Experience as much as I did. Each ritual was created with love, inspired by the beauty, traditions, and peaceful moments I experienced in Vietnam.



May you feel refreshed, renewed, and radiant—inside and out. ♡

YOU TOOK
TIME FOR YOU—
AND THAT IS THE
GREATEST GIFT
OF ALL.



VIETNAM SOUND THERAPY EXPERIENCE

Captured Just for You



While on our river cruise in Vietnam during one of our rose spa experiences, the sky opened up with a gentle thunderstorm.

I stepped out onto our balcony and captured the rain, thunder, and the peaceful flow of the river.

This sound therapy was made just for you—to help you relax, release tension, and be transported back to that magical moment.

*Let the sounds of Vietnam wash over you
whenever you need calm, comfort,
and deep relaxation. ♡*



Rain on the River – Vietnam
EXCLUSIVE TO YOUR ROSE SPA EXPERIENCE



YOU DESERVE THESE MOMENTS.



A little self-care can change your entire day... and your entire life.

Keep coming back to these rituals whenever you need to reset, restore, and reconnect. ♡

CONTINUE YOUR SPA JOURNEY ♡



Explore the other experiences in your library



Revisit your favorite recipes and rituals



Enjoy your meditation & sound therapy videos



Share the experience with someone you love



REMEMBER

You are worthy of peace.

You are worthy of love.

You are worthy of
beautiful things.



I'D LOVE TO HEAR FROM YOU ♡

How did this experience make you feel?

What was your favorite part?

Your feedback means the world to me
and helps me create even more
beautiful experiences for you.

★★★★★

Thank you!

*Thank you for allowing me to be part of your self-care journey.
I am so grateful that you are here. ♡*

With love,

Grandma Wendy



NOURISH YOUR BODY. CALM YOUR MIND. OPEN YOUR HEART. ♡

