

THE LADYBUG SPA

BONUS E-BOOK

CREATING YOUR *Ladybug* HOME SPA



YOUR COMPLETE HOME SPA
SHOPPING GUIDE

*Everything you need to create
a peaceful spa sanctuary
right where you live.*



SIMPLE ITEMS.
BEAUTIFUL MOMENTS.
Endless Relaxation.



CREATE
YOUR SANCTUARY



RELAX
YOUR MIND



NOURISH
YOUR BODY



ENJOY
EVERY MOMENT

With love, ♥ *Grandma Wendy* 

LICENSED MASSAGE THERAPIST • WELLNESS EDUCATOR • WORLD TRAVELER

TheLadybugSpa.com

Your home.
Your spa.
Your peace.
Your time.

THE LADYBUG SPA

BONUS E-BOOK

YOUR COMPLETE HOME SPA SHOPPING GUIDE

Shop, Relax & Enjoy!

MANY ITEMS, EXTRAS & WELLNESS GOODIES

available at

TheLadybugSpa.com

Everything you need to create your spa sanctuary.

Relax • Restore • Rejuvenate

You can find many of these items, luxury upgrades, wellness tools, and oils at **TheLadybugSpa.com** and in our doTERRA® shop!

LUXURY & COMFORT

- ✓ Plush spa robe
- ✓ Spa slippers
- ✓ Fluffy bath towels
- ✓ Hand towels & washcloths
- ✓ Cozy blanket or throw
- ✓ Spa headband & hair clips



AROMATHERAPY & SCENT

- ✓ Diffuser (ultrasonic preferred)
- ✓ doTERRA® essential oils
- ✓ Incense (chakra or other scents)
- ✓ Incense holder
- ✓ Soy candles
- ✓ Candle lighter



FOOT SPA & REFLEXOLOGY

- ✓ Foot soak basin
- ✓ Epsom salts & Himalayan salt
- ✓ Foot scrub
- ✓ Foot file
- ✓ Foot cream
- ✓ Reflexology tools or ball



FACIAL & SKIN CARE TOOLS

- ✓ Facial steamer (optional)
- ✓ Mixing bowls
- ✓ Facial brush
- ✓ Jade roller
- ✓ Gua Sha stone
- ✓ Face cloths & sponges



HEAT THERAPY & WELLNESS

- ✓ Herbal eye mask (microwaveable)
- ✓ Microwaveable neck & shoulder wrap
- ✓ Rice heating bag
- ✓ Heating pad
- ✓ Warm compress towels



MASSAGE & BODY CARE

- ✓ Massage oil
- ✓ Body butter
- ✓ Body scrub
- ✓ Massage stones
- ✓ Foam roller
- ✓ Massage balls
- ✓ Wooden massage tools
- ✓ Massage table (optional)



TEA & WELLNESS ESSENTIALS

- ✓ Favorite tea mug
- ✓ Teapot or infuser
- ✓ Herbal teas
- ✓ Honey & lemon
- ✓ Glass water bottle



SMOOTHIES, DRINKS & NUTRITION

- ✓ Nutribullet or blender
- ✓ Glass jars
- ✓ Reusable straws
- ✓ Smoothie glasses
- ✓ Ice cube trays
- ✓ Recipe guide or notebook



UPGRADE YOUR EXPERIENCE!

You can find many larger wellness items and luxurious upgrades at **TheLadybugSpa.com**

- ♥ Infrared Saunas
- ♥ Massage Tables
- ♥ Diffusers
- ♥ Wellness Accessories
- ♥ Spa Gadgets & So Much More!



doTERRA® ESSENTIAL OILS

Pure. Natural. Therapeutic.

- ♥ Made with the highest quality standards
- ♥ Perfect for your diffuser, bath, massage & more
- ♥ Available at **TheLadybugSpa.com**
- ♥ Members save with exclusive discounts!



♥ Build your spa sanctuary. Add one special item at a time.
Create the home spa you'll love and enjoy every day.

With love, ♥ **Grandma Wendy** 🐞

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TheLadybugSpa.com

Shopping at **TheLadybugSpa.com** helps support our mission to help you relax, rest, and live a healthier, happier life.

