



BALI

SACRED FLOWER

Experience

Surround yourself with the beauty,
fragrance, and peaceful
traditions of Bali.

Bloom. Breathe. Restore.

A SACRED SPA
JOURNEY INSPIRED
BY BALI

CREATED
WITH LOVE BY
GRANDMA WENDY

NOURISH
CALM
UPLIFT
LOVE

yourself



A DAY OF PEACE, BEAUTY & RENEWAL





WELCOME TO YOUR *Bali Sacred Flower* EXPERIENCE

Welcome, beautiful friend.

I'm so happy you're here. This experience was created with love, inspired by the peaceful traditions of Bali and the sacred beauty of its flowers.

In Bali, flowers are more than decoration—they are offerings of love, gratitude, and purity. They are used in daily rituals to bring peace, healing, and connection to something greater than ourselves.

I created this experience so you can bring that same **peace, beauty, and renewal** into your own home. Take your time, follow your heart, and enjoy each moment just for you.

♥ You deserve this time to rest, restore, and be gently cared for.

*You are loved. You are enough.
You are worthy of this.*



NOURISH
your body

with nature's
healing gifts.



CALM
your mind

and find peace
in every moment.



UPLIFT
your spirit

with the beauty and
energy of flowers.



LOVE
yourself

because you are
always worthy.



Let this be your time to bloom, breathe,
and come back to yourself.

With love,

Grandma Wendy



IN THIS EXPERIENCE, YOU WILL ENJOY:



- ♥ A calming herbal tea ritual
- ♥ A nourishing wellness drink
- ♥ A sacred flower facial
- ♥ A relaxing foot soak
- ♥ A luxurious bath ritual
- ♥ A gentle body scrub
- ♥ A silky body butter
- ♥ A relaxing massage experience
- ♥ A detoxifying body wrap
- ♥ A complete spa day ritual
- ♥ A special letter from Bali
- ♥ Nature sounds & real photos from my Bali journeys





BALI SACRED Flower Experience

A LETTER FROM BALI

My Beautiful Friend,

As I traveled through Bali, I fell in love with the peaceful way the people live. They move slowly, honor nature, care for one another, and see beauty in the simplest things—fresh flowers, morning sunlight, flowing water, and moments of stillness.

I collected and captured these moments with my heart. Every photo you see in our videos is a *real photo* I personally took in Bali.

I also captured the sounds of Bali—the ocean, the rain, temple bells, birds, waterfalls, nature, and everyday life.

You can listen to all of these soothing sounds in your sacred spa experiences. Close your eyes, breathe deeply, and let the sights and sounds of Bali take you there.

♡ You may never get to visit Bali in person, but through these rituals, sounds, and real images, you can experience its beauty and peace right where you are.

♡ These experiences were created so you can relax, restore, and feel deeply nourished in body, mind, and soul.

♡ May these sacred flower rituals remind you that you are worthy of peace, that you deserve time for yourself, and that beauty can be created in the little moments you choose.

♡ You are loved. You are enough.
You are always worthy of self care.

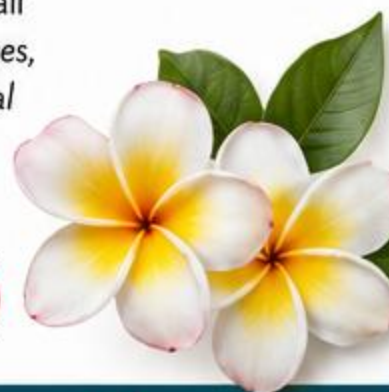
*Peace isn't found in a destination.
It's created in the little moments
you choose each day.*



Thank you for choosing to bring a little piece of Bali into your home. I hope these sacred flower experiences, sounds, and images bring you peace, joy, and renewal whenever you need it most.

With love, ♡

Grandma Wendy





BALI SACRED Flower Experience

TEA RECIPE & RITUAL

Sip. Soften. Bloom.

This sacred tea is inspired by the flowers of Bali—used for centuries in healing rituals, temple offerings, and daily life.

FLOWER POWER

In Bali, flowers are a way of life. They represent love, gratitude, purity, and the beauty of the soul. Let this tea be your moment of peace and connection.



A gentle blend to calm your mind, open your heart, and bring beauty into your day.



SACRED FLOWER TEA RECIPE



INGREDIENTS:

- ❁ 1 cup hot water (just below boiling)
- ❁ 1 tsp dried hibiscus petals
- ❁ 1 tsp dried rose petals
- ❁ 1 tsp dried jasmine flowers
- ❁ 1 slice fresh ginger
- ❁ 1 tsp honey or coconut nectar (optional)
- ❁ A squeeze of fresh lime (optional)

INSTRUCTIONS:

- ❁ Add all ingredients to a teapot or infuser.
- ❁ Pour hot water over the flowers and ginger.
- ❁ Steep for 5–7 minutes.
- ❁ Strain, sweeten if desired, and add lime.
- ❁ Sip slowly and enjoy the beauty of the moment.

Each sip is a reminder that you are loved, you are enough, and you are blooming.



TEA BENEFITS



HIBISCUS

Rich in antioxidants, helps support healthy circulation and lowers stress.



ROSE PETALS

Calms the mind, uplifts the mood, and opens the heart.



JASMINE

Promotes relaxation, reduces anxiety, and supports restful sleep.



GINGER

Soothes digestion, warms the body, and boosts immunity.



LIME

Detoxifies and adds a fresh, uplifting flavor.

BALI TEA RITUAL



- ❁ **Set the Scene**
Create a calm space. Light a candle or incense. Play soft music or nature sounds.
- ❁ **Prepare with Intention**
As you make your tea, think of something you are grateful for.
- ❁ **Hold Your Cup**
Hold your tea with both hands. Feel its warmth. Take a deep breath.
- ❁ **Sip Mindfully**
Sip slowly. Let the flavors and aromas fill you with peace.
- ❁ **Reflect & Release**
Take a moment to reflect, journal, or simply sit in stillness.
- ❁ **Give Thanks**
Thank yourself for this time. You deserve it.



BALI FLOWER WISDOM



Flowers teach us that true beauty comes from within. Just like a flower opens to the sun, we open to love, peace, and new possibilities.

Let today be a beautiful day for your heart and soul.



LADYBUG TIP



Make a big jar of this tea and keep it in the fridge. Enjoy it iced for a refreshing, flower-filled treat all day long!

Bloom, Beautiful Friend.



*You are a flower of God's beautiful creation.
Take time to bloom.*



With love,

Wendy Ladybug





BALI SACRED Flower Experience

WELLNESS DRINK

Sip. Nourish. Bloom.

*Inspired by
nature.
Rooted in
tradition.
Made for
you.*

FLOWER POWER

In Bali, flowers are more than decoration—they are a way of life. They represent love, gratitude, purity, and the beauty of the soul. Let this drink be your moment of peace, nourishment, and connection.

This refreshing drink is inspired by the beautiful flowers of Bali. It hydrates your body, lifts your mood, and fills you with natural energy and radiance.

A daily reminder to slow down, care for yourself, and bloom from the inside out.



SACRED FLOWER DRINK RECIPE

INGREDIENTS:

- 1 cup coconut water
- 1/2 cup cold filtered water
- 1 tbsp fresh lime juice
- 1 tsp honey or coconut nectar
- 1/4 cup pineapple juice
- 1/4 cup dragon fruit (or strawberries), blended
- 5–6 fresh mint leaves
- Ice cubes
- Edible flower (hibiscus, frangipani, or rose petals) for garnish

INSTRUCTIONS:

- Add coconut water, filtered water, lime juice, honey, and pineapple juice to a shaker or jar.
- Add blended dragon fruit and mint leaves.
- Fill with ice and shake or stir well.
- Pour into a beautiful glass.
- Garnish with edible flowers and enjoy mindfully.

*Each sip is a celebration of you.
You are vibrant. You are beautiful.
You are blooming.*

WELLNESS BENEFITS

HYDRATES

Coconut water and fresh fruit replenish your body and restore balance.

RADIANCE

Dragon fruit and pineapple support healthy, glowing skin.

MOOD LIFT

The beauty and aroma of flowers help reduce stress and uplift your spirit.

DIGESTION

Lime and mint aid digestion and leave you feeling fresh and light.

SELF LOVE

A mindful moment to pause, breathe, and nourish you.

BALI DRINK RITUAL

Set Your Space

Create a calm space. Light a candle or incense. Play soft music or nature sounds.

Prepare with Intention

As you prepare your drink, think of something you are grateful for.

Sip Mindfully

Hold your drink. Take a deep breath. Sip slowly and savor every flavor.

Feel the Beauty

Notice the colors, the aromas, and how it makes you feel.

Give Thanks

Thank yourself for this moment of care. You deserve it.

BALI FLOWER WISDOM

Flowers teach us that true beauty comes from within. Just like a flower opens to the sun, we open to love, peace, and new possibilities.

*Let today be a beautiful day
for your heart and soul.*



LADYBUG TIP

Make a big jar of this drink and keep it in the fridge. It's perfect for hot days, spa days, or anytime you need a gentle lift!

Refresh. Replenish. Bloom.

*You are a flower of God's beautiful creation.
Take time to bloom.*

With love,

Wendy Ladybug





BALI SACRED Flower Experience

FACIAL RECIPE & RITUAL

Nourish. Refresh. Bloom.

*Inspired by
nature.
Rooted in
tradition.
Made for
you.*

FLOWER POWER

In Bali, flowers are more than decoration—they are a way of life. They represent love, gratitude, purity, and the beauty of the soul. Let this facial be your moment of peace, self love, and connection.

This floral facial is inspired by Bali's sacred flowers and traditional beauty rituals. It hydrates, soothes, and brings radiance to your natural glow.

A moment just for you—to relax, refresh, and bloom.



SACRED FLOWER FACIAL RECIPE

INGREDIENTS:

- 2 tbsp plain yogurt (or coconut yogurt)
- 1 tbsp raw honey
- 1 tbsp finely ground oats (or rice flour)
- 1 tbsp mashed ripe papaya or banana
- 1 tsp coconut oil
- 5–7 fresh flower petals (hibiscus, frangipani, rose, or jasmine) finely chopped
- 1–2 drops of rose water (optional)

INSTRUCTIONS:

- Mash papaya or banana until smooth.
- Add yogurt, honey, oats, and coconut oil.
- Stir in chopped flower petals and rose water.
- Mix until you have a creamy paste.
- Use immediately for the freshest benefits.

If you can't find fresh flowers, you can use dried edible flower petals, floral tea infusions, or even a few drops of floral essential oil.

FACIAL BENEFITS

FLOWER EXTRACTS

Natural flowers are rich in antioxidants and help calm and rejuvenate your skin.

HYDRATION

Yogurt, honey, and coconut oil deeply hydrate and nourish your skin.

SOOTHING

Helps reduce redness, soothes irritation, and promotes an even tone.

RADIANCE

Papaya and flowers help brighten your complexion for a healthy glow.

RELAXATION

A beautiful ritual to calm your mind and uplift your spirit.

BALI FACIAL RITUAL

Set the Scene

Create a calm space. Light a candle or incense. Play soft music or nature sounds.

Prepare with Intention

Take a deep breath. Think of something you are grateful for.

Cleansing

Wash your face with warm water and pat dry.

Apply the Mask

Gently apply the floral mask to your face and neck. Avoid the eye area.

Relax & Bloom

Close your eyes and relax for 10–15 minutes. Enjoy the scent and the moment.

Rinse & Glow

Rinse with warm water and gently pat dry. Feel your skin soft, refreshed, and beautifully nourished.

Finish with Love

Apply a light moisturizer or a few drops of facial oil. Smile. You are blooming!

FLOWER WISDOM

Every flower carries its own blessing. Let their beauty remind you of your own inner beauty.

You are blooming!

CAN'T FIND THESE FLOWERS?

No worries! Use what you have. Rose petals, calendula, lavender, chamomile, or even hibiscus tea work beautifully. You can also use floral waters or essential oils to bring the benefits of flowers to your facial.

LADYBUG TIP

Batch some of your dry ingredients (oats, flower petals) in a jar so you're always ready for a quick facial treat. Store fresh petals in the fridge for up to 2 days.

Self care doesn't have to be fancy—just intentional.

*Take time to care for yourself.
You are a flower of God's beautiful creation.
Bloom from the inside out.*

With love,

Wendy Ladybug





BALI SACRED Flower Experience

FOOT SOAK RECIPE & RITUAL

Soak. Relax. Renew.

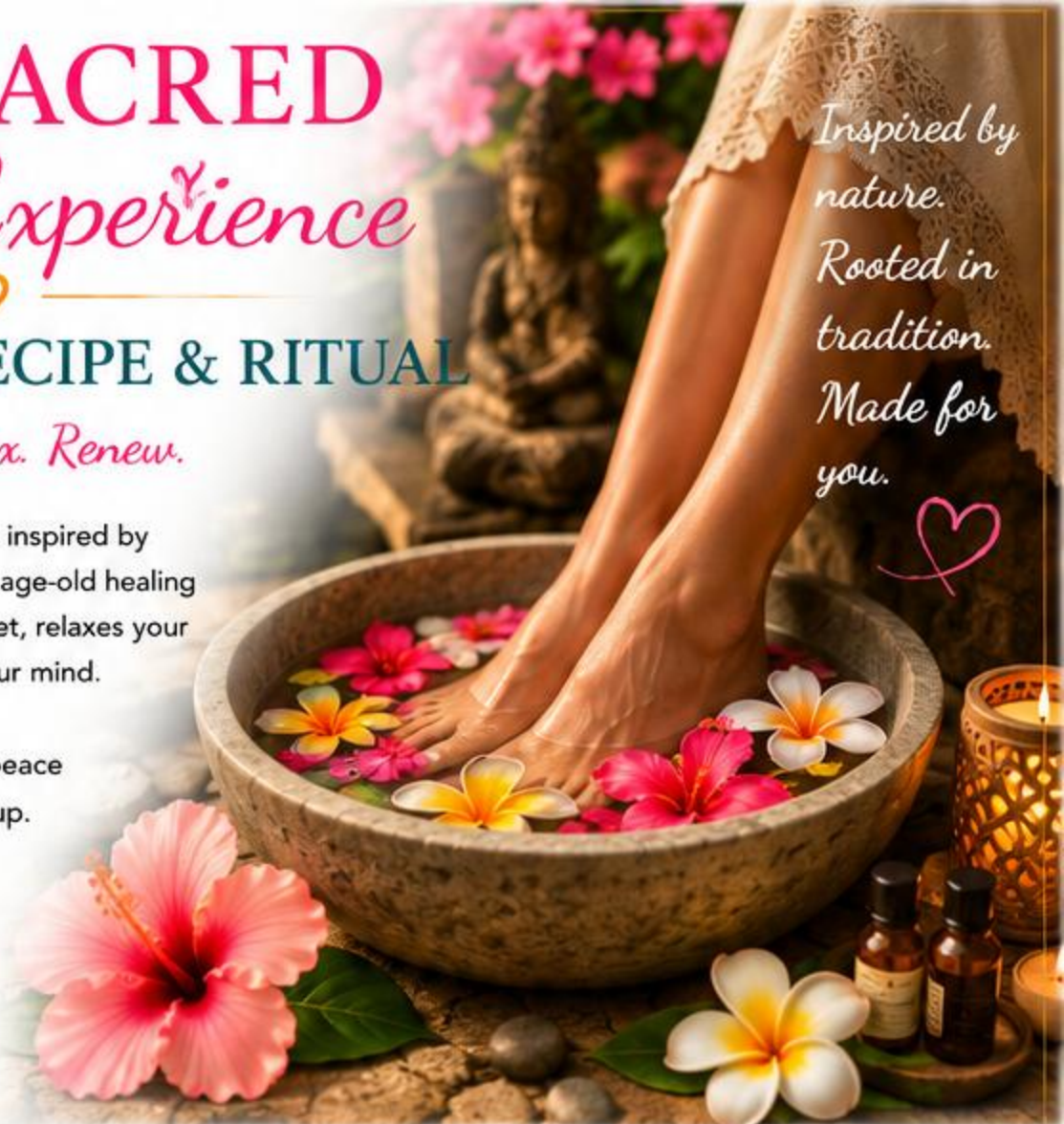
*Inspired by
nature.
Rooted in
tradition.
Made for
you.*

THE POWER OF FLOWERS

In Bali, flowers are more than decoration—they are a way of life. They represent love, gratitude, purity, and the beauty of the soul. Let this foot soak be your time to slow down, release stress, and reconnect.

This sacred foot soak is inspired by Bali's beautiful flowers and age-old healing traditions. It eases tired feet, relaxes your body, and calms your mind.

A moment of pure peace
from the ground up.



SACRED FLOWER FOOT SOAK RECIPE

INGREDIENTS:

- 2 cups warm water (in a basin large enough for both feet)
- 1/2 cup Epsom salts
- 1/4 cup sea salt or Himalayan salt
- 1 tbsp dried hibiscus flowers
- 1 tbsp dried rose petals or frangipani petals
- 1–2 drops of lavender essential oil
- 1–2 drops of sweet orange or ylang ylang essential oil
- 1 tsp coconut oil (optional)
- Fresh flower petals for garnish (optional)

INSTRUCTIONS:

- Fill the basin with warm water.
- Add Epsom salts, sea salt, dried flowers, and essential oils.
- Let the flowers float and the aroma rise.
- Soak your feet for 15–20 minutes.
- Breathe deeply and let go of the day.

*Let the beauty of flowers heal you
from the ground up.*

FOOT SOAK BENEFITS



RELAXES

Soothes tired feet and relieves tension.



SOFTENS

Epsom and sea salts soften and refresh tired feet.



DETOXIFIES

Helps draw out toxins and reduce swelling.



CALMS THE MIND

The aroma of flowers and essential oils brings deep peace.



IMPROVES SLEEP

A warm foot soak before bed promotes restful sleep.



NOURISHES

Flowers uplift your spirit and renew your energy.

BALI FOOT SOAK RITUAL

Create Your Space

Light a candle or incense. Play soft music or nature sounds.

Set Your Intention

As you soak, think of something you are grateful for.

Soak & Breathe

Place your feet in the warm water. Close your eyes and take a deep breath in... and let it out slowly.

Relax & Receive

Let the warm water and the flowers melt away stress and tension.

Massage Your Feet

Gently massage your feet and ankles while soaking.

Give Thanks

Thank yourself for this beautiful moment of self care.

FLOWER WISDOM

Flowers remind us that beauty is everywhere—inside you, around you, and in every moment of your day.

*You are worthy
of this peace.*

CAN'T FIND THESE FLOWERS?

No worries! Use what you have.

You can substitute with:

- Dried lavender
 - Chamomile tea bags
 - Calendula petals
 - Rose tea
 - Jasmine tea
 - A few drops of floral essential oil
- Even simple ingredients create beautiful results.

LADYBUG TIP

Do this foot soak at the end of a long day or before bed. It's a wonderful way to reset your body, mind, and spirit.

*A little time for you
makes everything better!*

With love,

Wendy Ladybug



*Your feet carry you through life...
Take care of them, and they will take care of you.*



THE LADYBUG HOME SPA



CREATING PEACE RIGHT WHERE YOU LIVE





BALI SACRED Flower Experience

BATH RITUAL RECIPE & RITUAL

Soak. Soothe. Blossom.

*Inspired by
nature.
Rooted in
tradition.
Made for
you.*

THE POWER OF FLOWERS

In Bali, flowers are more than decoration—they are a way of life. They represent love, gratitude, purity, and the beauty of the soul. Let this bath be your time to release, restore, and reconnect with YOU.

This sacred bath ritual is inspired by Bali's time-honored use of flowers, herbs, and natural ingredients to cleanse the body, calm the mind, and uplift the spirit.

A beautiful way to wash away the day and step into deep relaxation and renewal.

SACRED FLOWER BATH RITUAL RECIPE

INGREDIENTS:

- 2 cups warm water (to dissolve ingredients)
- 1 cup Epsom salts
- 1/2 cup sea salt or Himalayan salt
- 1/4 cup baking soda (optional, for softness)
- 1 tbsp coconut milk powder or milk
- 1 tbsp honey or coconut nectar
- 1 tbsp dried hibiscus flowers
- 1 tbsp dried rose petals
- 1 tbsp dried jasmine or frangipani flowers
- 5–10 drops lavender essential oil
- 5 drops ylang ylang essential oil
- Fresh flower petals for garnish

INSTRUCTIONS:

- In a bowl, mix the Epsom salts, sea salt, baking soda, and coconut milk powder.
- Add the dried flowers and stir gently.
- Pour in the warm water and mix until well combined.
- Add honey and essential oils. Stir again.
- Pour mixture under warm running bath water.
- Step in, add fresh flower petals, and enjoy!

*Let the water hold you. Let the flowers heal you.
Let your spirit bloom.*

BATH BENEFITS



RELAXES & RELEASES

Soothing salts and flowers help melt away stress and tension.



DETOXIFIES

Draws out impurities and refreshes your skin naturally.



NOURISHES SKIN

Coconut milk and honey soften, hydrate, and leave your skin glowing.



BALANCES MOOD

Floral aromas uplift your mood and calm your mind.



PROMOTES REST

A warm floral bath before bed supports deep, restful sleep.



SPIRIT RENEWAL

Flowers are a reminder of beauty, gratitude, and new beginnings.

BALI BATH RITUAL

- Create a Sacred Space**
Dim the lights. Light candles or incense. Play soft music or nature sounds.
- Set Your Intention**
Before you step in, think of what you want to release and what you want to invite in.
- Step In Slowly**
Lower yourself into the warm water and take a deep breath.
- Soak & Surrender**
Soak for 20–30 minutes. Let the flowers, aromas, and warmth surround you.
- Visualize & Relax**
Imagine the water washing away stress and filling you with peace and light.
- Give Thanks**
Thank yourself for taking this time to care for your body, mind, and soul.
- Rise Refreshed**
Step out slowly. Pat your skin dry and wear something soft. Carry this peace with you into your day.

FLOWER WISDOM

Flowers don't rush. They open in their time. Let this bath remind you that you are allowed to bloom in yours.

You are a beautiful work in progress.

CAN'T FIND THESE FLOWERS?

No worries! Use what you have.

- Dried lavender
- Chamomile or rose tea bags
- Calendula or marigold petals
- Hibiscus tea
- Coconut milk or almond milk
- Essential oils you love

The intention is what makes it sacred.

LADYBUG TIP

After your bath, drink a glass of warm herbal tea and rest. Allow the peace you created in this ritual to stay with you long after the water drains.

*Self care is sacred.
You are worth it.*

*You are a flower of God's beautiful creation.
Take time to bloom.*

*With love,
Wendy Ladybug*



BALI SACRED Flower Experience

BODY SCRUB RECIPE & RITUAL

Exfoliate. Nourish. Glow.

*Inspired by nature.
Rooted in tradition.
Made for you.*

THE POWER OF FLOWERS

In Bali, flowers are more than decoration—they are a way of life. They represent love, gratitude, purity, and the beauty of the soul. Let this scrub be your ritual to renew your body, refresh your spirit, and reconnect with YOU.

This floral body scrub is inspired by Bali's traditional beauty rituals. Using natural ingredients and fragrant flowers, it gently exfoliates, nourishes, and leaves your skin soft, smooth, and glowing.

A moment to care for your body with love and intention.

SACRED FLOWER BODY SCRUB RECIPE

INGREDIENTS:

- 1 cup raw sugar or coconut sugar
- 1/2 cup sea salt or finely ground sea salt
- 1/2 cup coconut oil (melted)
- 1 tbsp honey or coconut nectar
- 2 tbsp dried hibiscus flowers
- 2 tbsp dried rose petals
- 1 tbsp dried jasmine or frangipani flowers
- 5–10 drops ylang ylang essential oil
- 5 drops sweet orange essential oil
- Fresh flower petals for garnish (optional)

INSTRUCTIONS:

- In a bowl, combine sugar and sea salt.
- Add coconut oil and honey. Mix until well combined.
- Stir in dried flowers and essential oils.
- Scoop into a jar and store in a cool, dry place.
- Use in the shower or bath for the best experience.

*Let the beauty of flowers
renew your skin and your spirit.*

BODY SCRUB BENEFITS

EXFOLIATES

Removes dead skin cells and reveals soft, glowing skin.

NOURISHES

Coconut oil and natural ingredients deeply hydrate and soften.

DETOXIFIES

Sea salt helps draw out toxins and impurities.

IMPROVES CIRCULATION

Massage boosts blood flow and leaves skin radiant.

RELAXES THE MIND

The scent of flowers and essential oils calms the mind and uplifts the spirit.

BALI BODY SCRUB RITUAL

Set Your Space

Create a warm, relaxing space. Light a candle or incense and play soft music.

Prepare Your Skin

Take a warm shower or bath to open your pores and soften your skin.

Exfoliate with Intention

Take a handful of scrub. Massage gently onto your skin in circular motions, starting at your feet and moving upward. Enjoy the aroma and the feeling of renewal.

Rinse & Feel Renewed

Rinse with warm water. Feel your skin soft, smooth, and deeply nourished.

Moisturize & Glow

Gently pat your skin dry and apply body oil or lotion if desired.

Give Thanks

Thank yourself for caring for your beautiful body. You are worthy of this love.

FLOWER WISDOM

Flowers teach us that beauty comes from within. When we take time to care for ourselves, we bloom in every part of life.

Bloom from the inside out.

CAN'T FIND THESE FLOWERS?

No worries! Use what you have.

- Dried lavender
- Dried calendula petals
- Chamomile flowers
- Hibiscus tea (cooled & thickened)
- Rose tea (cooled & thickened)

You can also add a few drops of floral water or essential oil to bring the scent and energy of flowers to your scrub.

*You are a flower of God's beautiful creation.
Take time to bloom.*

LADYBUG TIP

Use this scrub 2–3 times a week for soft, glowing skin. Store in an airtight jar for up to 2 weeks. Stir before each use. Keep it in the fridge if your climate is warm.

*You deserve this
time for you.*

With love,

Wendy Ladybug



THE LADYBUG HOME SPA



CREATING PEACE RIGHT WHERE YOU LIVE





BALI SACRED Flower Experience

BODY BUTTER RECIPE & RITUAL

Nourish. Hydrate. Love Your Skin.

*Inspired by nature.
Rooted in tradition.
Made for you.*

THE POWER OF FLOWERS

In Bali, flowers are more than decoration—they are a way of life. They represent love, gratitude, purity, and the beauty of the soul. Let this body butter be your ritual to deeply nourish your skin, uplift your spirit, and reconnect with YOU.

This luxurious body butter is infused with tropical oils and the delicate essence of Bali's sacred flowers. It melts into your skin, leaving it soft, radiant, and beautifully scented—just like a day in paradise.

A little self love goes a long way.

SACRED FLOWER BODY BUTTER RECIPE

INGREDIENTS:

- 1/2 cup shea butter (raw or unrefined)
- 1/4 cup coconut oil (melted)
- 1/4 cup sweet almond oil or jojoba oil
- 1 tbsp beeswax pastilles (optional, for a firmer texture)
- 1 tbsp hibiscus infused oil (or dried hibiscus steeped in oil)
- 1 tbsp frangipani infused oil (or essential oil)
- 5–10 drops ylang ylang essential oil
- 5 drops sweet orange essential oil
- Dried flower petals for decoration (optional)

INSTRUCTIONS:

- In a double boiler, gently melt shea butter, coconut oil, and beeswax until fully melted.
- Remove from heat and let it cool for 1–2 minutes.
- Stir in the almond oil, hibiscus infused oil, and frangipani oil.
- Add essential oils and mix well.
- Pour into a clean jar or tin.
- Allow to cool and solidify.
- Top with dried flower petals if desired.
- Store in a cool place.

*Made with love and the beauty of flowers
to nourish your skin and soul.*

BODY BUTTER BENEFITS



DEEP HYDRATION

Nourishes and locks in moisture for soft, supple skin.



RADIANT SKIN

Flowers and oils help your skin glow naturally.



SOOTHES & CALMS

Relieves dryness, irritation, and leaves skin feeling comfortable.



ANTI-OXIDANT RICH

Protects your skin from environmental stressors and signs of aging.



MOOD BOOSTING

The beautiful scent of flowers uplifts your mood and spirit.



SELF LOVE RITUAL

A daily reminder that you are worthy of care and kindness.

BALI BODY BUTTER RITUAL

Create Your Space

Find a quiet moment. Light a candle or incense. Play soft music or nature sounds.

Set Your Intention

Take a deep breath and set an intention of love and care for yourself.

Warm the Butter

Scoop a small amount of body butter. Rub between your palms to warm it.

Apply with Love

Massage the butter into your skin using slow, upward strokes. Take your time. Enjoy the fragrance and the moment.

Focus on Key Areas

Pay extra attention to dry areas like elbows, knees, and feet.

Breathe & Receive

Take a deep breath and feel gratitude for this time of self care.

Give Thanks

Thank yourself for choosing you. You are beautiful. You are enough.

FLOWER WISDOM

Flowers carry energy. They remind us of beauty, connection, and the sacred in everyday life. Let their energy nourish you.

You are a beautiful soul, inside and out.

CAN'T FIND THESE FLOWERS?

No worries! Use what you have.

- Dried rose petals
- Calendula petals
- Lavender buds
- Chamomile flowers
- Essential oils you love

The intention you put into your ritual is what makes it truly magical.

LADYBUG TIP

Use your body butter after a bath or shower when your skin is still slightly damp to lock in moisture. A little goes a long way—your skin will thank you!

*A little love today,
a glowing you every day.*

Nourish your body. Uplift your spirit. You deserve this.



THE LADYBUG HOME SPA



CREATING PEACE RIGHT WHERE YOU LIVE





BALI SACRED Flower Experience

MASSAGE EXPERIENCE

Relax. Renew. Reconnect.

This soothing massage experience is inspired by Bali's sacred flower traditions and the healing power of touch. Let warm oils, calming scents, and gentle movements melt away tension and bring you back to your center.

You are worthy of this moment.

*Inspired by
nature.
Rooted in
tradition.
Made for
you.*

THE POWER OF FLOWERS

In Bali, flowers are a way of life. They represent love, gratitude, purity, and the beauty of the soul. Let this massage be your ritual to release tension, restore balance, and reconnect with YOU.

SACRED FLOWER MASSAGE RECIPE

INGREDIENTS:

- 1/2 cup fractionated coconut oil or jojoba oil
- 1/4 cup almond oil
- 5–10 drops ylang ylang essential oil
- 5 drops jasmine essential oil
- 5 drops rose essential oil
- 5 drops frangipani essential oil
- 5 drops lavender essential oil
- Optional: Dried flower petals for decoration (rose, jasmine, or hibiscus)

INSTRUCTIONS:

- In a clean glass bowl, combine all carrier oils.
- Add essential oils and stir gently.
- Pour into a dark glass bottle.
- Shake gently before each use.
- Store in a cool, dark place.

PURE ESSENTIAL OILS ENHANCE THE EXPERIENCE

Diffuse pure flower essential oils during your massage to create a deeply relaxing, spa-like atmosphere.

Some beautiful flower oils to diffuse:

- Ylang Ylang
- Jasmine
- Rose
- Lavender
- Neroli
- Geranium

MASSAGE BENEFITS

RELAXES BODY & MIND

Reduces stress and tension while promoting deep relaxation.

IMPROVES CIRCULATION

Helps oxygen and nutrients flow, leaving you feeling rejuvenated.

NOURISHES SKIN

Natural oils and floral essences hydrate and soften your skin.

BALANCES ENERGY

Restores harmony to your mind, body, and spirit.

PROMOTES EMOTIONAL WELL-BEING

Gentle touch and floral scents uplift your mood and calm your heart.

SUPPORTS DETOX

Encourages lymphatic flow and helps release built-up toxins.

BALI MASSAGE RITUAL

Set the Scene

Create a peaceful space. Dim the lights, light a candle, and diffuse your favorite flower essential oil.

Set Your Intention

Take a deep breath and invite relaxation, healing, and love into this moment.

Warm the Oil

Warm a small amount of your flower-infused oil in your hands.

Massage with Love

Use long, gentle strokes. Start at the feet and work upward. Focus on areas of tension.

Breathe & Be Present

Move slowly and mindfully. Enjoy the connection of touch and the calming aroma.

Rest & Receive

Allow time to rest after your massage. Drink water and let the peace stay with you.

Give Thanks

Thank yourself or your partner for this beautiful act of care and love.

YOU DESERVE TO RECEIVE THIS EXPERIENCE

Trade with a Friend

Take turns giving and receiving this beautiful massage experience.

Hire a Professional

Invite a licensed massage therapist to your home. They can bring their own table and create a relaxing spa experience for you.

DIFFUSE. BREATHE. RELAX.

Diffuse pure essential oils in your space to elevate your experience. Flower oils help calm the mind, soothe emotions, and create a sacred atmosphere.

TIP: Combine 3–5 drops of your favorite flower oils in your diffuser and enjoy the aroma of Bali surrounding you.

AFTER YOUR MASSAGE

- Drink a glass of herbal tea or warm water.
- Rest and allow your body to absorb the benefits.
- Take a few deep breaths and express gratitude for this time for you.

*You are loved. You are enough.
You are worth this.*

*May the healing power of flowers, touch, and intention
bring you deep peace and lasting renewal.*

With love, Wendy Ladybug

LADYBUG TIP

Use this flower-infused oil for more than just massage! It's wonderful for dry skin, after baths, or as a daily moisturizer.





BALI SACRED Flower Experience

SACRED FLOWER BODY WRAP RECIPE & RITUAL

Nourish. Detox. Rejuvenate.

*Inspired by nature.
Rooted in tradition.
Made for you.*

THE POWER OF FLOWERS

In Bali, flowers are more than decoration—they are a way of life. They represent love, gratitude, purity, and the beauty of the soul. Let this body wrap be your ritual to detox, restore, and reconnect with YOU.

This traditional Balinese body wrap uses healing clays, tropical botanicals, and beautiful flowers to draw out impurities, nourish your skin, and renew your energy. Wrap yourself in nature's goodness and give your body the deep care it deserves.



SACRED FLOWER BODY WRAP RECIPE

INGREDIENTS:

- 1/2 cup bentonite clay or green clay
- 1/4 cup coconut milk
- 2 tbsp aloe vera gel
- 1 tbsp honey
- 1 tbsp jojoba or sweet almond oil
- 2 tbsp finely ground oatmeal
- 1 tbsp hibiscus powder (or dried hibiscus flowers)
- 1 tbsp frangipani or jasmine flowers (dried)
- 5–10 drops ylang ylang essential oil
- 5 drops jasmine essential oil
- 5 drops geranium essential oil
- Fresh flower petals for decoration (optional)

INSTRUCTIONS:

- In a bowl, mix clay and oatmeal.
- Add coconut milk, aloe vera, honey, and oil.
- Stir in hibiscus, flowers, and essential oils.
- Mix until you have a smooth, spreadable paste.
- Cover and let rest for 5–10 minutes.
- You are ready to wrap yourself in Bali's beauty!

Let the healing power of flowers cleanse your body and uplift your soul.

BODY WRAP BENEFITS



DETOXIFIES

Clay draws out toxins and impurities, leaving skin clean and refreshed.



NOURISHES SKIN

Coconut milk, honey, and oils deeply hydrate and soften your skin.



BRIGHTENS & RENEWS

Flowers and botanicals help improve tone and reveal a natural glow.



RELAXES & CALMS

The aroma of flowers calms the mind and reduces stress.



REBALANCES ENERGY

A grounding ritual that helps you feel centered, renewed, and peaceful.



SELF LOVE RITUAL

Taking time for yourself is the most beautiful gift you can give.

BALI BODY WRAP RITUAL

Create Your Sacred Space

Dim the lights, light a candle, and diffuse your favorite flower essential oil.

Set Your Intention

Close your eyes and think of what you want to release and what you want to invite into your life.

Apply the Wrap

Shower or bath first. Apply the paste all over your body, avoiding your face.

Wrap & Relax

Wrap yourself in a warm towel or sheet. Relax for 20–30 minutes.

Breathe. Be Present. Receive.

Listen to calming music or your Bali nature sounds. Let go and allow.

Rinse & Renew

Shower or bathe to rinse off the wrap. Feel your skin—soft, clean, and renewed.

Give Thanks

Thank yourself for this loving act of care. You are worthy.

FLOWER WISDOM

Flowers remind us to bloom no matter the season. They heal, they uplift, and they bring beauty into every moment.

You are a beautiful creation.

Wrap yourself in nature. Let go of what no longer serves you. Step out renewed, radiant, and ready to bloom.

CAN'T FIND THESE FLOWERS?

No worries! Use what you have.

- Dried rose petals
- Calendula petals
- Lavender buds
- Chamomile flowers
- Hibiscus tea
- Any fragrant, edible flowers

The intention and your self love are what make this ritual sacred.

LADYBUG TIP

For extra detox, add 1 tsp apple cider vinegar or lemon juice to the wrap.

Stay hydrated and drink a glass of herbal tea after your wrap to help flush out toxins.

Small moments of care create big changes.

With love,

Wendy Ladybug





BALI SACRED Flower Experience

COMPLETE SPA DAY RITUAL

Your Day of Peace, Beauty & Renewal

*Inspired by nature.
Rooted in tradition.
Made for you.*

THE POWER OF FLOWERS

In Bali, flowers are more than decoration—they are a way of life. They represent love, gratitude, purity, and the beauty of the soul. Let this spa day be your ritual to nurture your body, calm your mind, and reconnect with YOU.

This is your time to slow down, honor yourself, and enjoy a full day of self care inspired by Bali's sacred flower traditions.

Follow these steps, move at your own pace, and embrace each moment.

You are worthy of this beautiful experience.

YOUR SACRED FLOWER SPA DAY A STEP-BY-STEP RITUAL

1 WELCOME & SET YOUR INTENTION



Begin with your Sacred Flower Herbal Tea. Take a few deep breaths, set your intention, and invite peace into your day.

2 WELLNESS DRINK



Sip your Sacred Flower Wellness Drink to hydrate, nourish, and support your body from the inside out.

3 PREPARE YOUR SACRED SPACE



Light a candle and diffuse your favorite flower essential oils. Let the calming aroma fill your space.

4 SACRED FLOWER FACIAL



Cleanse, mask, and refresh your skin with the healing power of flowers.

5 SACRED FLOWER BODY SCRUB



Exfoliate with love. This scrub removes dead skin and leaves you soft, smooth, and glowing.

5 SACRED FLOWER BATH RITUAL



Soak in your flower bath and let the warm water cleanse, relax, and renew your body and soul.

7 SACRED FLOWER BODY WRAP



Detox, nourish, and rejuvenate with a healing body wrap. Rest and allow your body to absorb the goodness.

8 SACRED FLOWER BODY BUTTER



Massage the luxurious body butter into your skin to deeply hydrate and seal in moisture.

9 SACRED FLOWER MASSAGE EXPERIENCE



Enjoy a gentle massage. Ask a friend to trade with you or invite a professional massage therapist to your home.

10 SACRED FLOWER FOOT SOAK



Soak your feet and release the day. Feel grounded, relaxed, and deeply cared for.

11 MEDITATE & LISTEN



Play your Bali nature sound therapy video. Meditate, breathe, and let the sounds of Bali restore your peace within.

12 GRATITUDE & JOURNAL



Write down 3 things you are grateful for. Reflect on your day and all the beauty you experienced.

13 HERBAL TEA & REST



Finish your ritual with another cup of herbal tea. Rest, read, or simply enjoy the stillness.

14 CARRY THE PEACE



Take the peace, glow, and love from your spa day with you into your everyday life.

TIPS FOR YOUR SPA DAY

- Move slowly and enjoy each step.
- Turn off your phone and distractions.
- Stay hydrated and listen to your body.
- Give yourself as much time as you need.
- You can do this day alone or share it with a friend.

YOU CAN ENJOY THIS RITUAL YOUR WAY

TRADE WITH A FRIEND

Take turns giving and receiving each part of the experience. It's a beautiful way to connect.



OR

HIRE A PROFESSIONAL

Invite a licensed massage therapist to your home. They can bring their own table and create a spa experience just for you.



PURE ESSENTIAL OILS

Use pure flower essential oils throughout your day. doTERRA offers many beautiful flower oils that you can diffuse to elevate your mood, cleanse the air, and create a sacred, spa-like atmosphere.



*You deserve this time. You are beautiful. You are enough.
You are loved. With love. Wendy Ladybug*