

THE LADYBUG HOME SPA EXPERIENCE

BOOK FIVE

NEW ZEALAND

OCEAN & OUTDOOR

Wellness Experience

New
Zealand
♡

NATURE • MOVEMENT • FRESH AIR • REAL FOOD • A CALMER YOU

Tokerau Beach

NORTHLAND, NEW ZEALAND

BRING
THAT
PEACEFUL
FEELING
HOME



BEACHES
YOGA
FISHING
DIVING
NATURE WALKS
HEALTHY LIVING
SOUND THERAPY
SIMPLE RITUALS
FOR EVERYDAY LIFE

*Inspired by
New Zealand,
created for
Your Home*

Ocean Air, Healthier You

WELLNESS RITUALS, RECIPES,
AND REAL-LIFE INSPIRATION
FROM TOKERAU BEACH

With love, ♡
Wendy Ladybug

THELADYBUGSPA.COM



*A Happier,
Calmer, Healthier
You... Anywhere*
♡

TRAVEL • WELLNESS • A BRIGHTER EVERYDAY

THE HEALING POWER OF Water

Water
Heals
the Heart

I still
love being
in the water

HYDRATE • BREATHE • BE PRESENT • FEEL BETTER

You don't have to live by the ocean to experience the calming, healing benefits of water. You can bring it home!

My Water Story

When I was about three or four years old, I was fishing with my family and that's what made me go in the water. I ended up under the water and met a turtle! I didn't know how to swim and someone pulled me out — a young boy, I think around 16 years old. My mother was terrified and never wanted me in the water again. Her fears took over, and I never learned how to swim.

Even at 73 years old, I still don't know how to swim the "correct" way, but I go in the water to exercise. I float, I paddle, and I feel safe. The water heals my heart. I love the ocean, lakes, rivers, fountains — the sound of water is so calming and beautiful.

If you have a fear of water, start slowly. You can still enjoy and receive the amazing benefits of being near water.

Don't let fear take away the beauty from your life.

WHY WATER MATTERS

WATER KEEPS YOU GOING



BOOSTS ENERGY

Helps your cells function and keeps you feeling alert.



SUPPORTS DIGESTION

Helps break down food and keep things moving.



GOOD FOR YOUR HEART

Supports healthy circulation and blood pressure.



KEEPS YOUR SKIN GLOWING

Helps flush out toxins and keeps skin hydrated.



SUPPORTS BRAIN HEALTH

Improves focus, mood, and memory.



LUBRICATES JOINTS

Helps keep you moving with ease and less stiffness.



SUPPORTS IMMUNITY

Helps your body fight off illness.

Water is life.
Drink it, love it, feel it!

HOW MUCH WATER SHOULD YOU DRINK?



A general guide is 6–8 glasses (about 2–3 liters) per day.

More if you are active, in the sun, or in a warm climate.

Add natural flavors (like lime, lemon, cucumber or mint) to make it enjoyable.

Listen to your body — it will often tell you when it needs water.

Small sips make a big difference!

REFRESHING LIME MINT WELLNESS WATER

A SIMPLE RECIPE I LOVE



- 1–2 fresh limes (sliced)
- A few fresh mint leaves
- Ice (optional)
- Filtered water
- Let it infuse for a few hours for even more flavor.

So refreshing, hydrating, and nourishing!

BRING THE SOUND OF WATER HOME

CREATE YOUR OWN PEACEFUL WATER SPACE

- ✓ Add a water fountain to your home, patio, or garden.
- ✓ Listen to my ocean sounds or a water meditation.
- ✓ Take a relaxing bath with calming essential oils.
- ✓ Visit a lake, river, or local beach — even just to sit and listen.
- ✓ Sit by a pool, watch the water, and breathe deeply.
- ✓ Try a simple water ritual: drink a glass slowly and be thankful.
- ✓ Notice the beauty in rain, waterfalls, sprinklers, or any flowing water.
- ✓ Create a quiet space, close your eyes, and let the sound of water bring you calm.

Nature's music is good for the soul.



With love,
Wendy Ladybug



THELADYBUGSPA.COM

"Like water, we are always healing, always growing, and always finding our way."



Move
Breathe
Be Happy
♥

It's never
too late
to feel good
in your
body! ♥

Grandma Wendy's SENIOR CITIZEN YOGA

MOVE YOUR BODY, YOUR WAY

GENTLE STRETCHES FOR A HAPPIER, HEALTHIER YOU

"I call it senior citizen yoga. I'm not trying to perform perfect poses. I simply move, stretch, breathe and do what feels good for my body. At 73, I want to keep moving for as long as God allows me to."

♥ Wendy

Stronger

Calmer

Happier

Healthier

You ♥

MY YOGA PARTNER & DAILY REMINDER ♥

Our cat would always go out on my yoga mat on my meditation porch. He (or she!) would stretch, claw the mat, and meow — very vocal — until I came outside to do yoga. In a funny way, my cat made me get into a routine!

It became our special time together, and it reminded me that movement can be fun, relaxing, and something to look forward to.

Sometimes our greatest teachers come with whiskers! ♥

Good
Energy
Comes
in All
Forms ♥

TRY MY GENTLE ROUTINE

Just 10 minutes can make a big difference!



1 BREATHE

Take 3 slow, deep breaths. Feel your body relax.



2 SHOULDER ROLLS

Gently roll your shoulders forward and back.



3 REACH FOR THE SKY

Stretch your arms up high. Feel the sunshine!



4 SIDE STRETCH

Reach gently to the right, then to the left.



5 SEATED OR STANDING LEG STRETCH

Extend one leg, then the other. Use a chair or wall for support if needed.



6 ANKLE CIRCLES

Slowly circle each ankle. Great for balance and mobility.



7 FINISH WITH GRATITUDE

Take a few more deep breaths. Smile. You did it! ♥

Move within your comfort level.
Use a chair or wall if you need support.
There is no right or wrong way —
just do what feels good for you. ♥

You don't have to be flexible to begin.
You just have to begin. ♥

With love, ♥
Wendy Ladybug

THELADYBUGSPA.COM

WENDY'S 10-MINUTE HAPPY RESET ♥

MOVE • BREATHE • FEEL GOOD



Need a little lift? Press play and move with me. I created this special 10-minute reset inspired by the sounds and spirit of New Zealand and Māori culture. The music brings me joy when I'm in New Zealand, and I wanted to share a little of that happy feeling with you.

You don't have to know yoga. Stretch, sway, breathe, move your arms, tap your feet — or simply sit and listen. There is no right or wrong way to do it.

Just give yourself 10 minutes to move, breathe and reset. ♥

OTHER WAYS TO ENJOY



Choose from my ocean sounds, relaxation music, or your own favorite calming playlist.



Do your stretches outdoors, on your patio, or near a fountain.



Let the fresh air, sunshine, and nature lift your spirit.

A Healthier,
Happier You...
At Any Age! ♥

Breathe

Stretch

Be Present

Choose Joy

You Got This! ♥

YOUR OUTDOOR Wellness Day AT HOME

SIMPLE RITUALS FOR A HAPPIER, HEALTHIER YOU

You don't have to be in New Zealand to live a little more like this.
Create your own outdoor wellness day — right where you are.

Good Health
Brighter Days
Happier You 

Move
Breathe
Be Present
Be You 

Yoga
Fresh Air
Ocean Sounds
A Happier Me 

A LITTLE STORY ABOUT MY YOGA PARTNER

Our cat would always go out on my yoga mat on my meditation porch. He (or she!) would stretch, claw the mat, and meow — very vocal — until I came outside to do yoga.

In a funny way, my cat made me get into a routine! It became our special time together, and it reminded me that movement can be fun, relaxing, and something to look forward to.

Sometimes our greatest teachers come with whiskers! 



Grateful
for these
moments 

A happy body,
a calmer mind,
a brighter you 

A SIMPLE DAY TO FEEL YOUR BEST



7:00 AM
WAKE UP WITH INTENTION
Take a deep breath, say a prayer, and be thankful for a new day.



7:15 AM
OCEAN MEDITATION
Play one of my New Zealand ocean sounds or a calming meditation. Set the tone for a peaceful day.



7:30 AM
**GENTLE STRETCHES
(SENIOR CITIZEN YOGA)**
Do 10–15 minutes of gentle yoga or my own stretches. Move your body, your way.



8:00 AM
HEALTHY WATER DRINK
Enjoy a refreshing drink (recipe on the right) and stay hydrated throughout the day.



9:00 AM
OUTSIDE TIME
Step into nature — your garden, patio, a walk, or even just sit and listen to the birds. Breathe the fresh air.



12:00 PM
SIMPLE, FRESH LUNCH
Choose fresh, nourishing foods. Think fruits, vegetables, lean protein, and local favorites.



2:00 PM
AFTERNOON REST
Take a break, read, listen to calming music, or simply relax. Rest is part of wellness.



6:00 PM
SUNSET REFLECTION
Watch the sunset if you can. Be thankful. Let go of stress. Celebrate another beautiful day.



A balanced day brings a brighter you! 

REFRESHING LIME WELLNESS WATER A SIMPLE RECIPE I LOVE



- ✓ 1–2 fresh limes (sliced)
- ✓ A few fresh mint leaves
- ✓ Ice (optional)
- ✓ Filtered water
- ✓ Let it sit for a few minutes to infuse. So refreshing, hydrating, and delicious! 

Simple. Natural. Refreshing. 

WATER EXERCISE A FAVORITE WAY TO STAY ACTIVE



I love going to the pool a few times a week and running the pool for about 45 minutes. I use light weights in my hands for extra resistance. It's a great full-body workout, easy on the joints, and so refreshing!

- ✓ Builds strength and endurance
- ✓ Great for your heart and lungs
- ✓ Easy on your joints
- ✓ Helps with balance and flexibility
- ✓ Feels good and boosts your mood

If you don't have a pool, check out a local gym, community center, or aquatic class. Find what works for you and keep moving — you've got this! 

Nature
Heals
Always 

With love, 
Wendy Ladybug 

THELADYBUGSPA.COM

Same Peace
New Zealand Taught Me...
You Can Create at Home 

BRING THE OCEAN FEELING Home

The ocean
is always
a good idea ♡

No matter where you live, you can experience the peace, healing, and joy of the ocean. Close your eyes, press play, and let the sounds of Tokerau Beach bring you to this beautiful place.

Calmer Mind

Happier You

Brighter Days

Ocean Vibes

Anywhere ♡

LISTEN TO MY OCEAN SOUNDS & MEDITATIONS



Find the Audio Library in Your Member Area.



Choose from New Zealand ocean sounds, nature sounds, and guided meditations.



Press play, get comfortable, and let the sound of the waves help you relax, breathe deeper, and be in the present moment.



Use them while you do yoga, meditate, take a bath, or simply need a few minutes of calm.

Real Sounds. Real Peace.
Right at Home. ♡



Breathe
Stretch
Listen
Be Present ♡

CREATE YOUR OWN NATURE EXPERIENCE

You don't have to live at the beach to enjoy the benefits of nature. Here are simple ways to bring the ocean feeling into your everyday life:



FIND YOUR NATURE SPOT
A beach, lake, river, park, walking trail, mountains, or even your backyard.



GET OUTSIDE
Breathe fresh air, feel the sunshine on your skin, and notice the beauty around you.



MOVE YOUR BODY
Do gentle stretches or yoga. Let the fresh air and natural surroundings lift your spirit.



ENJOY A REFRESHING DRINK
Try a mint-lime or herbal drink (like the one on the left) and savor the moment.



USE YOUR SENSES
Listen to the birds, feel the breeze, notice the colors, and be grateful for today.



DISCONNECT TO RECONNECT
Turn off your phone, slow down, and give yourself a few minutes of quiet time.

Nature is always available
to help you feel better. ♡

A LITTLE STORY FROM WENDY

At Tokerau Beach, my husband Tony dives and fishes for our lunch and dinner while I do my yoga stretches, soak up the sunshine, and listen to the ocean waves. Tony does the hard work... I do the relaxing. LOL!

We love this simple life — fresh air, good food, and God's beautiful creation all around us. It reminds me to be grateful, slow down, and enjoy the present moment.



Tony & Wendy ♡

The ocean stirs the heart, inspires the soul
and reminds us what really matters. ♡

With love, ♡
Wendy Ladybug

THELADYBUGSPA.COM

CLOSING THOUGHTS

A HAPPIER, HEALTHIER YOU

The Journey Continues... ♡

*Same
Ocean
Bigger
Perspective
Brighter
You ♡*

Thank you for spending this time with me.
I hope this New Zealand Ocean & Outdoor
Wellness Experience has inspired you to slow down,
breathe deeper, and bring a little more of the ocean's
peace into your everyday life.

You don't have to travel across the world to feel better —
you can create moments of calm, joy, and wellness right
where you are. A healthier, happier you is possible,
and it starts with small, intentional choices.

You've got this! ♡

KEY TAKEAWAYS TO REMEMBER

SIMPLE HABITS • LASTING WELLNESS



MOVE

Gentle
movement
brings energy
and joy.



BREATHE

Fresh air
and nature
calm the mind
and lift the spirit.



NOURISH

Choose fresh,
wholesome foods
and stay
hydrated.



BE PRESENT

Notice the
beauty in the
simple things.



BE GRATEFUL

A thankful
heart creates
a happier
life.

A FINAL WORD OF ENCOURAGEMENT

*“Be still, and know
that I am God.”*

PSALM 46:10 (NIV)

May you feel God's peace in the
stillness, His strength in each new day,
and His love in all of creation. Whether
you are near the ocean or simply
dreaming of it, may you always
remember that you are loved,
you are capable, and you are enough.

*Keep choosing joy,
Keep taking care of you,
Keep living your beautiful life. ♡*

*With love, ♡
Wendy Ladybug*

THELADYBUGSPA.COM



MY FINAL TIP

CREATE YOUR OWN LITTLE PIECE OF PARADISE AT HOME

It doesn't have to be perfect — it just has
to be yours. Start with one small change,
and let it grow from there. Make time for
what brings you peace, whether it's a few
minutes of stretches, a walk outside,
a healthy drink, or simply sitting in the
sun with a good book.

*Take care of your body,
nourish your soul, cherish your loved ones,
and never stop exploring the beauty
God has given us. ♡*

*New Zealand taught me...
Peace is a choice
and a beautiful life is possible
at any age. ♡*