



SPECIAL BONUS GUIDE

Preparing Your Home for Peace

Simple Steps to Create a Calm,
Organized Home Spa Sanctuary

Welcome Home, Beautiful Friend.

Every beautiful home spa begins with one simple decision...

To create a space that brings you peace.

You don't need a perfect home. You don't need expensive décor.

You simply need a place where you can breathe deeply,
relax, and reconnect with yourself.

In this special bonus guide, I'll share the simple principles I use
to create peaceful spaces—lessons that have helped me at home,
throughout my career, and while creating my own home spa sanctuary.

Let's begin this journey together...

One peaceful step at a time.



With love,

Grandma Wendy



THE LADYBUG SPA

A peaceful
home creates
a peaceful
life.



Turn the page to begin your journey.





BONUS GUIDE

PREPARING YOUR *Home* FOR PEACE

SIMPLE STEPS TO CREATE A
CLEAN, ORGANIZED, PEACEFUL
SPACE YOU LOVE.

LESS CLUTTER.
MORE CALM.

When your home is in order,
your mind can rest
and your heart can be light.

Let's begin...



CLEAN

Create a space
that lifts your
energy.



ORGANIZE

Keep only what
you love and
need.



SIMPLIFY

Let go of excess
and make room
for peace.



NURTURE

Create a home
that supports
you.



ENJOY

A peaceful home
leads to a peaceful
heart.

With love,

Wendy Ladybug

THE LADYBUG HOME SPA



CREATING PEACE RIGHT WHERE YOU LIVE



CHAPTER ONE

Your Journey Begins Here

A peaceful home begins
with a peaceful mind.



Welcome, Friend!

This is the beginning of your home spa journey—a journey of peace, self-care, and creating a sanctuary right where you are.

Every small step you take brings you closer to a calmer mind, a happier heart, and a life you truly love.

*You don't need a perfect home.
You just need a space
that feels peaceful to you.*

ONE SMALL STEP TODAY
CAN CHANGE YOUR TOMORROW.

WHY WE START HERE

Before we begin our spa rituals, it helps to create a space that supports your well-being.
A clean, organized home brings clarity to your mind and calm to your heart.
When your space feels good, everything else flows more easily.



CREATE SPACE

Clear the clutter
to make room
for peace.



ORGANIZE

Keep what you
love and let go
of the rest.



SIMPLIFY

Less stuff,
more calm,
more you.



NURTURE

Fill your space
with things that
inspire you.



ENJOY

Savor the simple
moments that
bring joy.



You are worthy of peace. You are worthy of this time.

Let's create a home and a life that fills your soul.

With love,

Wendy Ladybug





CHAPTER TWO

LESS Really Is MORE

SIMPLIFYING YOUR HOME
TO SIMPLIFY YOUR LIFE

Clutter is more than just “stuff.”
It quietly steals our time, energy,
and peace of mind.

*When we clear our space,
we create room for what matters most.*

WHY LESS CREATES MORE

- Less clutter = less stress.
- Less to clean = more time.
- Less noise = more calm.
- Less busyness = more joy.

A simple, peaceful space helps your
mind and body relax and restore.



*You don't need a big house
to create peace.*

*You just need space
for what matters most.*

START HERE: 3 SIMPLE SHIFTS



1. CLEAR

Remove what you
don't use, love, or need.
Give yourself permission
to let it go.

*Freedom begins
with clearing.*



2. KEEP

Keep only what
adds value, beauty,
or meaning to
your life.

*Surround yourself
with what you love.*



3. CREATE

Design a space that
supports your peace,
your wellness,
your you.

*Your home should
feel like a hug.*



Start with one small area.
One drawer. One shelf. One corner.
Small steps lead to big changes.

One step at a time, my friend.

REMEMBER

A peaceful home doesn't happen overnight.
It's built one habit, one decision,
and one act of love at a time.

*You are creating more than a clean home—
you are creating a peaceful life.*

With love, Wendy Ladybug



CHAPTER THREE

GIVE AWAY Three Things TODAY

MAKE SPACE FOR PEACE

Letting go creates room for blessings to flow in.

It lightens your home, your heart, and your life.

*When you release,
God makes room for more.*

WHY GIVE AWAY?

- It clears clutter.
- It blesses someone else.
- It creates space.
- It shifts your energy.
- It invites new blessings.



3 SIMPLE STEPS



1. CHOOSE

Walk through one area. Look for items you no longer use, need, or love.

You don't have to be perfect—just begin.



2. GIVE

Donate, bless a friend, or give to someone who will use and appreciate it.

Your "extra" is someone's treasure.



3. FEEL

Feel the lightness, the space, and the peace that comes with letting go.

You've just created room for more.

WHAT TO START WITH

- One drawer
- One shelf
- One closet
- One corner
- One area

Small steps create big change.

IDEAS TO GIVE AWAY



- Clothes you don't wear
- Books you've already read
- Extra kitchen items
- Toys no longer used
- Decor you no longer love

Don't throw away—bless someone!

A LITTLE CHALLENGE

Give away three things today.

It's a simple act that opens the door for peace, clarity, and new blessings.

LADYBUG TIP

Clutter is heavy.
Peace is light.
Choose light.
Choose peace.

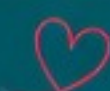
You are worth it!

REMEMBER

A clean, organized space is not about having more. It's about making room for what matters most—your peace, your wellness, and your beautiful life.

*Less is not a sacrifice.
It's the key to a peaceful home and heart.*

With love, Wendy Ladybug





CHAPTER FOUR

ORGANIZATION

Creates OPPORTUNITY

PEACE, PURPOSE & PROVISION

When your surroundings are organized, your mind can relax and your heart can hear God.

Organization is not about perfection—it's about creating peace and purpose.

THE BLESSINGS OF BEING ORGANIZED

- More time for what matters
- Less stress and overwhelm
- Better focus and energy
- A home that feels like a hug
- Room for new opportunities



*A place
for everything,
and everything
in its place.*

MY JOURNEY: WHITE GLOVE & THE UFC



Through White Glove, I used my natural organizational skills every single day. I learned the power of cleaning, organizing, and simplifying—not just for clients, but for my own life.

A clean, organized space became the foundation for peace, success, and new opportunities.

WHAT I LEARNED

- Systems bring freedom.
- Simplicity creates clarity.
- Order opens doors.
- Discipline builds dreams.
- Peace is priceless.

MY ORGANIZATION PRINCIPLES



EVERYTHING HAS A HOME

When everything has a place, everything stays in its place.



LESS IS MORE

Keep what you love and use. Let go of the rest.



A LITTLE TIME DAILY

Spend just 10–15 minutes a day and watch your space transform.



BEAUTY IN SIMPLICITY

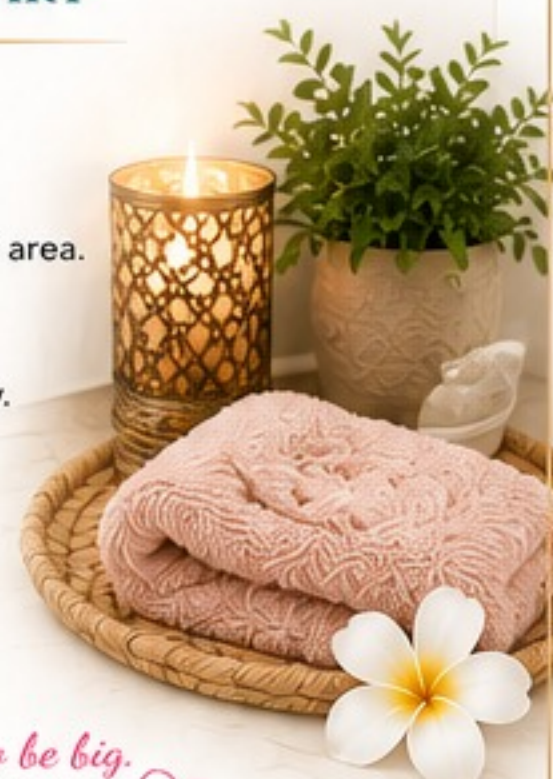
A simple, peaceful space is always more beautiful.



HOW I ORGANIZED MY HOME SPA SANCTUARY

- 1 Clear the clutter and clean the space.
- 2 Choose a quiet, comfortable area.
- 3 Add soft colors, textures, and things that bring you joy.
- 4 Keep only what you need for your spa rituals.
- 5 Add personal touches that make your heart smile.

Your home spa doesn't need to be big. It just needs to be yours.



LADYBUG TIP

Organization is an act of love for yourself and for the life you are creating.

You are worth the time.

REMEMBER

When you take care of your space, you take care of yourself.

A peaceful home is the first step to a peaceful life.





CHAPTER FIVE

SIMPLIFY to Amplify WHAT MATTERS

MAKE ROOM FOR JOY, REST & PURPOSE

When we simplify our space,
we amplify what truly matters—
our time, our peace, our purpose,
and the people we love.

*A simple home
creates a simple life.*

THE BEAUTY OF SIMPLICITY

- It helps you focus on what matters most.
- It gives you more time and energy.
- It creates space for rest and creativity.
- It allows you to enjoy the blessings you already have.

Less really is more.



5 WAYS TO SIMPLIFY TODAY



1. DECLUTTER

Let go of what you don't use, need, or love. Clutter weighs you down—freedom lifts your spirit.

Release to refresh.



2. PRIORITIZE

Focus on what brings you joy, peace, and purpose. Protect your time and energy.

Protect what matters most.



3. CREATE RITUALS

Simple daily habits bring calm and stability to your life. Small moments create big change.

*Simple steps.
Powerful peace.*



4. USE WHAT YOU HAVE

You don't need more. You need less of what doesn't serve you.

Gratitude turns what you have into enough.



5. ADD WHAT BRINGS JOY

Surround yourself with things that inspire, uplift, and make you smile.

Joy is the finishing touch.

SIMPLE SWAPS FOR A PEACEFUL HOME



- Choose quality over quantity.
- Natural textures over plastic.
- Soft lighting over bright lights.
- Calm music over noise.
- Peace over perfection.

Small choices create a peaceful home.

ROOM-BY-ROOM RESET IDEAS



BEDROOM: Make your bed. Clear your nightstand.



BATHROOM: Clear counters. Add a plant or candle.



KITCHEN: Clear one drawer. Keep it simple.



LIVING ROOM: Clear one surface. Add beauty.



ENTRYWAY: Add a welcome touch. Keep it clear.



A MOMENT OF TRUTH

You don't need a perfect home to create a peaceful home. You just need a willing heart and a little bit of time.

*Start where you are.
Use what you have.
Do what you can.*



LADYBUG TIP

Simplicity is not about deprivation—it's about making space for the life you truly want.

Make space for what makes you come alive.



REMEMBER

When you simplify your space, you create room for peace. When you create room for peace, you create room for God.

A peaceful home is a peaceful heart.



CHAPTER SIX

CREATING A Peaceful ATMOSPHERE

SMALL TOUCHES. BIG IMPACT.

The atmosphere in your home affects your mood, your stress levels, your rest, and your ability to enjoy life.

*You don't need a lot—
you just need what feels
calming and beautiful to you.*

WHY ATMOSPHERE MATTERS

- It calms your nervous system.
- It helps you relax and reset.
- It lifts your mood and energy.
- It turns ordinary moments into something special.

*You deserve a home that
feels like a gentle hug.*



*A peaceful
atmosphere
creates a
peaceful
heart.*

ELEMENTS OF A PEACEFUL HOME



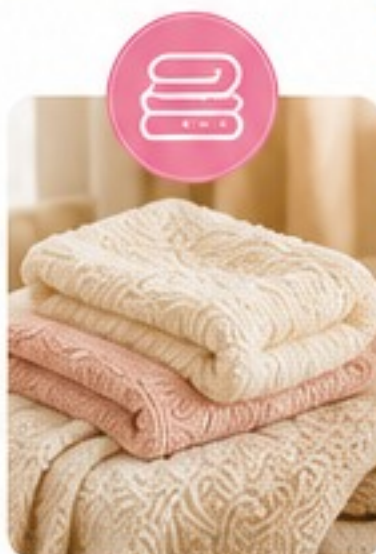
NATURAL LIGHT

Open curtains, let the sunshine in, and brighten your space.



PLANTS & NATURE

Plants purify the air and bring life, calm, and beauty into your home.



SOFT TEXTURES

Blankets, pillows, towels, and rugs add comfort and warmth.



SOOTHING LIGHT

Candles, salt lamps, or soft lighting create a warm, peaceful glow.



CALMING SOUNDS

Gentle music, nature sounds, or silence can relax your mind.



PERSONAL TOUCHES

Surround yourself with things that make your heart feel happy.

MY FAVORITE ATMOSPHERE BOOSTERS

- Fresh flowers from the garden
- Essential oils like lavender, orange, or peppermint
- A clean, cozy blanket
- A beautiful cup of tea
- Nature sounds from the places I travel

*Simple things can transform your home
into your sanctuary.*

REMEMBER

You don't need a perfect home.
You just need a peaceful one.
Create an atmosphere that welcomes you,
heals you, and helps you become your best self.

Your home spa sanctuary begins with your atmosphere.

LADYBUG TIP

Use what you have.
Shop your home first.
Create beauty with
creativity, not money.

*Peace is found in
presence, not in
possessions.*





CHAPTER SEVEN

MAKE IT Personal

YOUR HOME SPA. YOUR STORY.



The most peaceful spaces are the ones that reflect your heart, your memories, and the things you love.

Your home spa should be a reflection of you.

WHY PERSONAL TOUCHES MATTER

- They make your space feel warm and welcoming.
- They remind you of what truly matters.
- They bring comfort on difficult days.
- They inspire gratitude and joy.
- They turn an ordinary room into your sanctuary.

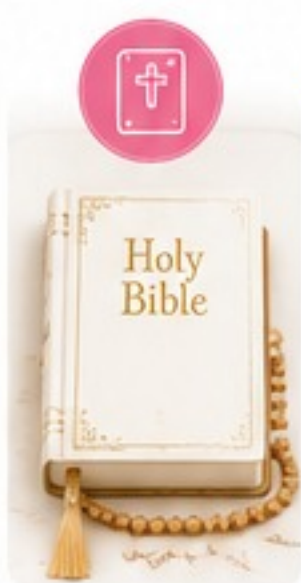
Surround yourself with what feeds your soul.

IDEAS TO MAKE YOUR SPACE PERSONAL



FAMILY PHOTOS

Surround yourself with memories that make you smile.



FAITH & INSPIRATION

Keep your Bible, prayer journal, or favorite devotion close by.



FRESH FLOWERS & PLANTS

Nature brings life, color, and a sense of peace.



YOUR FAVORITES

A special mug, tea, or treat can turn a moment into a ritual.



TREASURES FROM TRAVEL

Souvenirs and keepsakes remind you of adventures and growth.



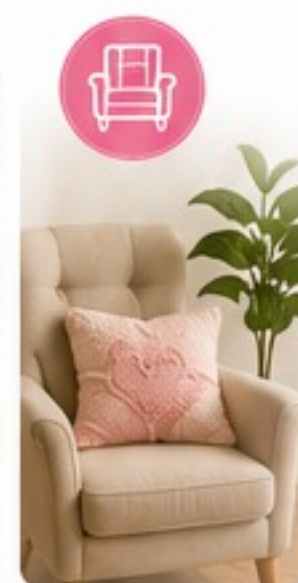
HEARTFELT COMFORTS

A cozy blanket, Grandma's quilt, or something that hugs you.



BEAUTIFUL DETAILS

A pretty teacup, candle, or tray can bring beauty to your routine.



YOUR COMFORT SPOT

A favorite chair or corner that feels like your safe place.

There is no right or wrong—only what brings you peace.

YOUR HOME SPA SHOULD TELL YOUR STORY

It's not about having everything.
It's about surrounding yourself with the things that make your heart feel at home.

You are the heart of your home spa.

MEMORY MAKER IDEAS

- Create a small memory shelf.
- Display one meaningful item that makes you smile.
- Change it with the seasons or your travels.
- Let your space grow with you.

LADYBUG TIP

Your space doesn't have to be big or fancy. It just needs to feel like YOU.

*Your peace. Your story.
Your sanctuary.*

TODAY'S INVITATION

Choose one special thing that makes you happy and place it in your home spa space today.

*Make it yours.
Make it meaningful.*

REMEMBER

Your home spa is more than a room—it's a reflection of your heart.
Make it personal. Make it peaceful.
Make it a place where you can be yourself and be reminded of all that is good.

You are worthy of a beautiful, peaceful home.





CHAPTER EIGHT

PEACE BEGINS Today

ONE CHOICE. ONE STEP.
A MORE PEACEFUL YOU.

You have what you need to
create a peaceful home.
You have the power to
create a peaceful life.

*The choice is yours,
and the time is now.*

YOUR DAILY PEACE PRACTICE

- ❁ Morning: Set an intention for peace.
- ❁ Midday: Take a breathing break.
- ❁ Evening: Reflect and give thanks.

*Small daily steps
create a lifetime of peace.*

HOME SPA CHECKLIST

- ✓ Declutter and simplify
- ✓ Create a calm atmosphere
- ✓ Add personal touches
- ✓ Have your spa essentials
- ✓ Set aside time just for you
- ✓ Enjoy and be present

*You are ready to enjoy
your home spa sanctuary!*

5-MINUTE RESET: ANYTIME YOU NEED A LITTLE PEACE



1. PAUSE

Stop what you're
doing. Close your
eyes and take a
deep breath.



2. BREATHE

Inhale peace.
Exhale tension.
Do this 3 times
slowly.



3. APPRECIATE

Think of 3 things
you are grateful
for right now.



4. RESET

Play soft music
or nature sounds
if you have them.



5. RETURN

Open your eyes.
Smile. You are
ready to continue
your day.

Peace is always just a few minutes away.

YOUR DAILY CHALLENGES



MORNING CHALLENGE

Make your bed.
Open the curtains.
Smile and say,
"Today is a gift."



EVENING CHALLENGE

Clear one small space.
Light a candle.
Thank God for
your day.

Start and end your day with intention.

REMEMBER...

You don't need a bigger house. You don't need more money.
You don't need the perfect room.
Peace begins with one choice...
and one small step today.

You've got this!



THE LADYBUG HOME SPA



CREATING PEACE RIGHT WHERE YOU LIVE

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A LITTLE LOVE LETTER FROM ME TO YOU

Dear Beautiful Friend,

I created this guide to help you feel confident
and excited about creating your own home
spa sanctuary.

You don't need to be perfect.
You don't need a fancy home.
You just need a willing heart
and a desire for peace.

I have traveled the world collecting and
capturing sounds, learning beautiful rituals,
and discovering simple ways people create
health, balance, and joy.

Now I'm turning those experiences into
simple, meaningful moments you can enjoy
right where you live.

You are so worth this.

You deserve this time.

You deserve this peace.

Whenever you feel overwhelmed, come
back to this guide. Let it remind you that
you are creating something beautiful—
one small step at a time.

I am cheering you on every step
of the way.

With love,

Wendy Ladybug

(Grandma Wendy)

Licensed Massage Therapist
Traveler. Grandma. Encourager.
Your biggest cheerleader.

You are not alone on this journey.
I am here for you.

Let's create peace together.

WHAT'S NEXT?

*You've Done the
Preparation...
Now It's Time for the
Experience!*

Get ready to step into the
world with me and enjoy
beautiful spa experiences
in amazing destinations.



BALI SPA EXPERIENCE

Sacred rituals and deep relaxation.



VIETNAM SPA EXPERIENCE

Ancient traditions and healing
therapies.



NEW ZEALAND SPA EXPERIENCE

Natural wonders and thermal
healing.



AND MORE EXPERIENCES

Coming soon!

YOUR HOME SPA SANCTUARY IS WAITING FOR YOU!

You're ready to relax, reset, and renew.
Let's begin your journey together.

Scroll down to begin your first experience!

*You've got this.
Beautiful Friend!*

I CAN'T WAIT TO
TRAVEL WITH YOU!



THE LADYBUG HOME SPA



CREATING PEACE RIGHT WHERE YOU LIVE

With love, Wendy Ladybug