



TRAVEL TO BALI *With Me*

A JOURNEY TO WELLNESS,
PEACE & SACRED TRADITIONS



Discover the beauty, healing rituals,
and natural wisdom of Bali through
three unforgettable spa experiences.



ROOTED IN
TRADITION

MADE FOR
YOU



INSPIRED BY NATURE



ROOTED IN TRADITION



MADE FOR YOU

With love, Grandma Wendy



THE LADYBUG HOME SPA



Welcome to Bali

Welcome, My Friend...

Bali gently captured my heart in a way I never expected. As Tony and I explored peaceful temples, wandered through lush rice terraces, admired tropical flowers, and met the warm-hearted Balinese people, I discovered that wellness isn't something reserved for luxury spas. It's a beautiful way of living.

Everywhere we traveled, we noticed small handmade offerings carefully placed outside homes, shops, and temples. Filled with flowers, incense, and gratitude, these daily rituals reminded me that even the simplest moments can become sacred when they are filled with intention.

The peaceful rhythm of Bali encouraged me to slow down, breathe deeply, and appreciate the beauty that surrounded me. That experience changed me.

It inspired me to create The Ladybug Home Spa Experience so you can enjoy many of the same calming rituals right where you live.

Today, I invite you to set aside the busyness of life. Take a deep breath. Pour yourself a cup of tea. Turn on your Bali meditation. Allow yourself to slow down. And together... let's experience a little piece of Bali.

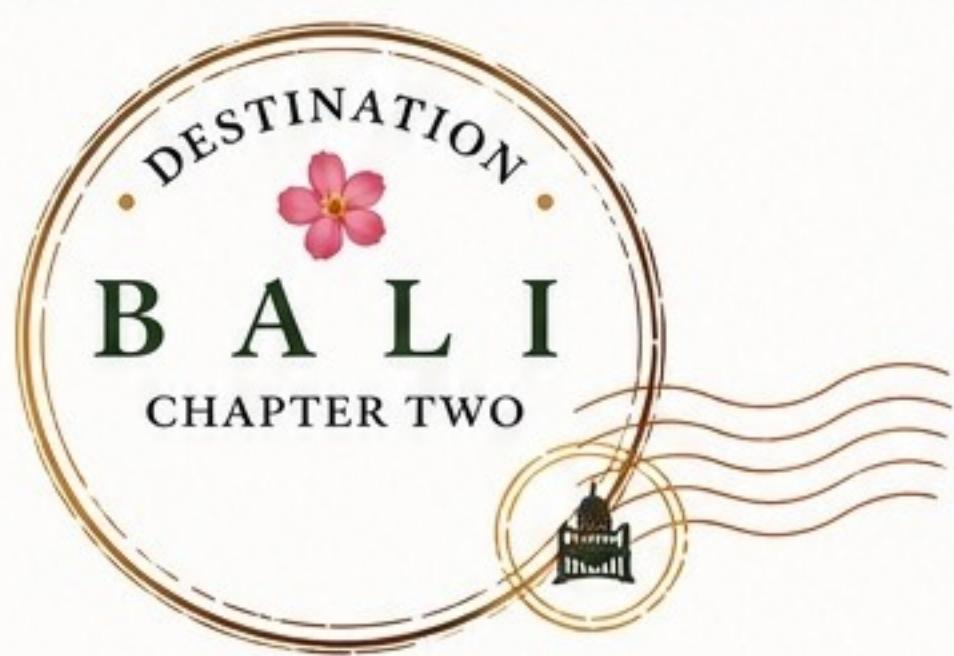


“
BE STILL,
AND KNOW THAT
I AM GOD.
PSALM 46:10

With love,
Grandma Wendy

TRAVELER • LICENSED MASSAGE THERAPIST • WELLNESS EXPLORER

TheLadybugSpa.com



Why I Fell *in Love* With Bali

Bali isn't just a place you visit...
it's a feeling that stays with you.

From the moment I arrived, I felt a deep sense of peace.
The people welcomed us with the warmest smiles.
The flowers were everywhere.
The temples were breathtaking.
And the daily offerings reminded me that
gratitude is at the heart of every beautiful life.

Every sunrise, every prayer, every flower,
every gentle moment... Bali whispered,
"Slow down. Be present. Be grateful."

Here are just a few of the many reasons
I fell so deeply in love with this magical island.



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When we slow down
and open our hearts,
life becomes
our greatest teacher.



*From Bali and everywhere in between...
our journeys continue, but our purpose remains the same:
to bring wellness, peace, and love into your life.*



*Balance.
Gratitude.
Peace.
Together.*



What I Love Most About Bali



PEACEFUL TEMPLES

Each one feels like a doorway to something sacred.



DAILY OFFERINGS

A beautiful reminder that gratitude transforms every day.



THE KIND HEARTS

The Balinese people welcomed us like family.



NATURAL BEAUTY

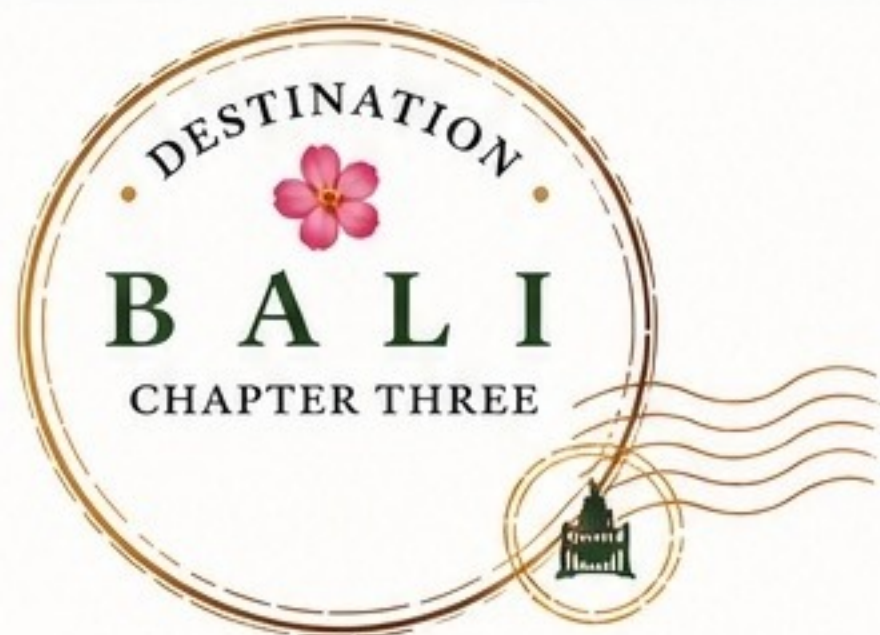
From tropical flowers to rice terraces,
every view took my breath away.



SIMPLE JOYS

Sunsets, coconuts, laughter, and quiet moments
I will never forget.





The Heart of Bali

Bali isn't just beautiful...
it's deeply spiritual.

Everywhere you go, you'll find reminders
to be present, to be thankful, and to live
with an open heart.

The temples invite you to pause.
The flowers invite you to smile.
The people invite you to connect.

Life moves at a gentler pace here,
and it teaches you what really matters.

Gratitude. Kindness. Balance.



Grateful
Heart...
Peaceful
Mind...
Beautiful
Life...



Bali Lessons I Bring Home

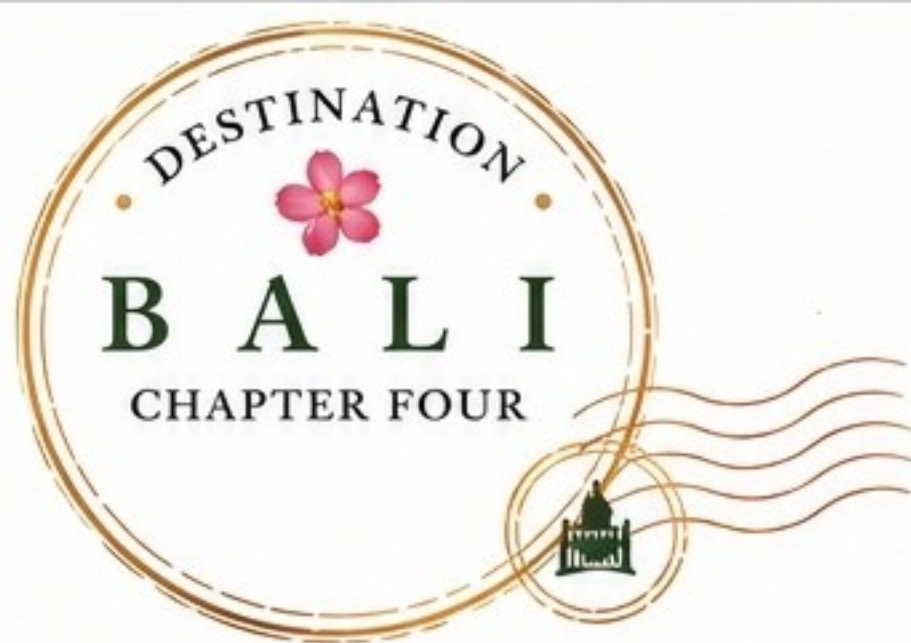
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|--|---------------------------|---|
| | BE PRESENT | The past is gone, the future is not here yet. This moment is a gift. |
| | SHOW GRATITUDE | A daily offering of thanks transforms even the simplest day. |
| | BE KIND | A smile, a kind word, a helping hand—these are universal languages. |
| | LIVE IN BALANCE | Wellness is about harmony in body, mind, and spirit. |
| | FIND JOY IN SIMPLE THINGS | A flower, a sunset, a prayer, a good laugh... are the real treasures. |

66

When we slow down
and open our hearts,
life becomes
our greatest teacher.



BALI IS A PLACE YOU VISIT ONCE, BUT A FEELING YOU CARRY FOREVER.



Living the *Bali* Way

Bali teaches us that true beauty
comes from within.

It's in the way we treat others.
It's in the way we care for nature.
It's in the way we show up—
with love, with respect, and with kindness.

The Balinese people live with devotion
and joy in the little things.
They remind us that a peaceful heart
creates a beautiful life.

*Live simply. Love deeply.
Be kind always.*



Bali Lessons I Bring Home

-  **GRATITUDE FIRST**
Start each day with thanks, and watch
your blessings multiply.
-  **HONOR TRADITIONS**
Rituals and rituals connect us to
something greater than ourselves.
-  **LIVE WITH HARMONY**
Respect nature, respect others,
and live in balance.
-  **FIND JOY IN SMALL MOMENTS**
A flower, a smile, a sunset—these
are life's real treasures.
-  **LOVE WITHOUT LIMITS**
The more love we give, the more
beautiful our world becomes.

66

When we live
with an open heart,
every moment
becomes sacred.



BALI ISN'T JUST A DESTINATION... IT'S A WAY OF LIFE. 



MAHA HILLS

BALI



*A Sacred Place
of Balance & Beauty*



A SANCTUARY IN THE HEART OF BALI

Nestled in the lush jungle of Bali, surrounded by flowing rivers, sacred fountains, and emerald rice paddies, Maha Hills is more than a resort—it is a wellness retreat and spiritual sanctuary. Here, nature inspires every breath, every step, and every moment.

Maha Hills is a place where traditional healing meets modern wellness, and where balance is at the heart of everything.



THE 182 SACRED STEPS



At the heart of Maha Hills are the 182 sacred steps. These steps are not just a pathway...they are a spiritual journey.

- They represent the journey of life—ups and downs, curves and turns.
- Each step reminds us to move mindfully, breathe deeply, and stay present.
- The intention is to bring balance to our body, mind, and spirit as we climb with gratitude.



Every step is a step closer to peace and harmony within.

ROOTED IN BALINESE BELIEFS & TRADITIONS

At Maha Hills, the deep wisdom of Balinese Hinduism is woven into daily life. They believe in one Supreme God, with many divine energies that support and protect all life. Balance, respect, and gratitude are the keys to living in harmony.



OFFERINGS THREE TIMES A DAY

Morning, noon, and evening, offerings are made to honor God and the divine energies.

I learned how to weave the sacred baskets, fill them with flowers, and bring incense in gratitude.



BALANCE IS EVERYTHING

From the 182 steps to the healing rituals, everything is designed to help us find balance in our lives.

Balance in body, mind, and spirit.



NATURAL. PURE. SACRED.

Everything comes from the land. From the gardens they grow to the ingredients they use—it is 100% natural, fresh, and pure.



SURROUNDED BY NATURE'S HEALING

Running waters, sacred fountains, tropical gardens, and rice paddies create a powerful energy that soothes the soul and awakens your senses.



WORKSHOPS, RITUALS & HEALING

Yoga, meditation, sound therapy, wellness workshops, and traditional spa rituals help you learn, heal, and grow. Body, mind, and soul.”



*“Maha Hills is not just a place you visit...
it is a place that stays in your heart forever.”*

With love,
Grandma Wendy
THE LADYBUG HOME SPA

INSPIRED BY NATURE



ROOTED IN TRADITION



MADE FOR YOU



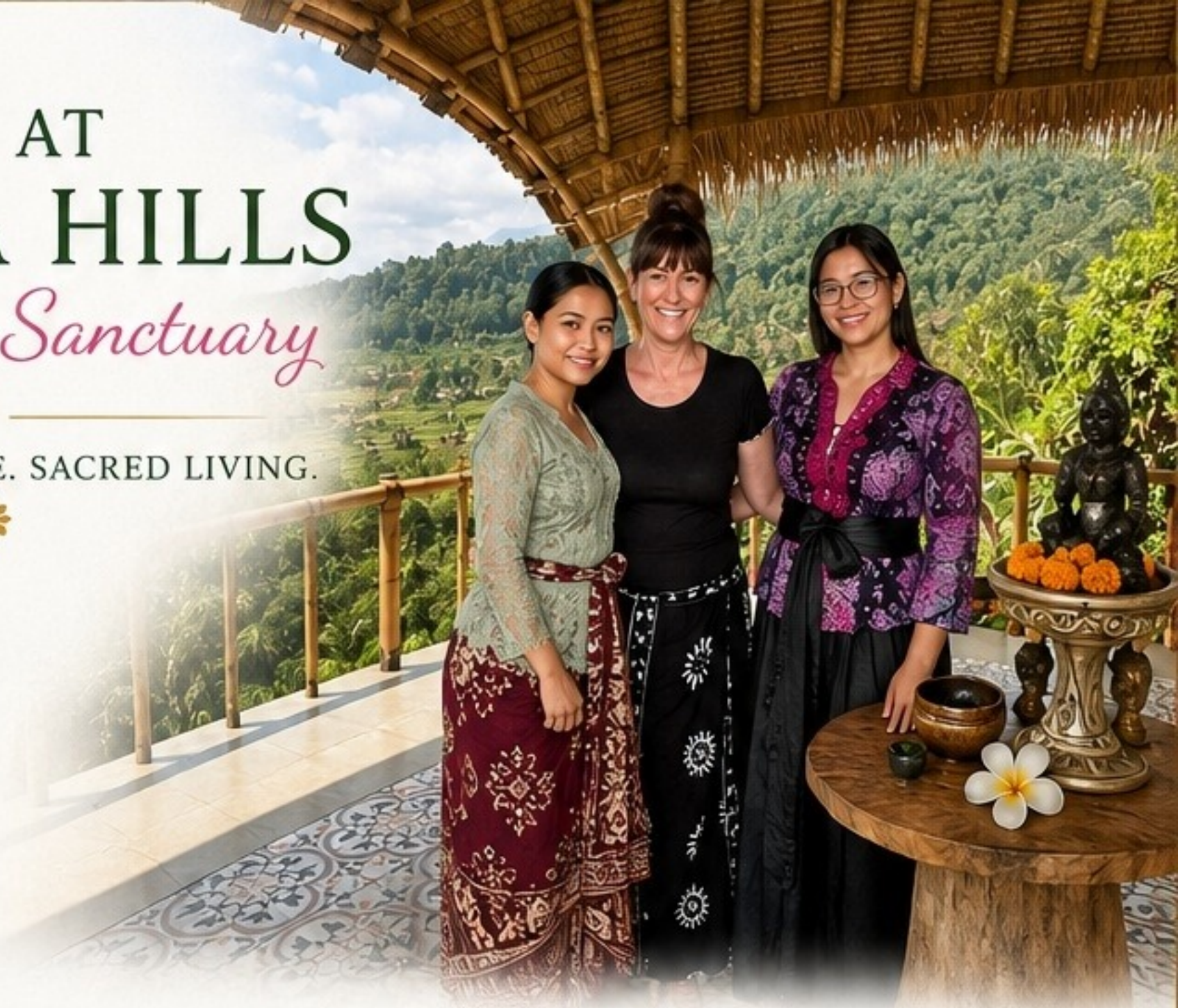


A DAY AT MAHA HILLS *Wellness Sanctuary*

NATURE. BALANCE. SACRED LIVING.

Maha Hills is a hidden gem in the heart of Bali's jungle. It is a place where ancient traditions, natural beauty, and modern wellness come together to create a truly transformational experience.

Here, every moment is an invitation to slow down, reconnect, and remember what truly matters.



WHAT MAKES MAHA HILLS SO SPECIAL



JUNGLE SANCTUARY

Surrounded by lush jungle, flowing rivers, sacred fountains, and emerald rice paddies.

Nature is your constant companion.



THE 182 SACRED STEPS

Climb the 182 steps filled with natural stones. With little assistance, they remind us to find balance in life—one step at a time.



BALANCE IS EVERYTHING

Maha Hills teaches that balance is the key to peace—balance in body, mind, emotions, and spirit.



SACRED RITUALS & OFFERINGS

Learn the art of creating canang sari (offerings) and discover the meaning behind honoring God three times a day—morning, noon, and evening.



NATURAL & SUSTAINABLE

Everything is grown in their organic gardens and used for your treatments, food, and rituals. 100% natural. 100% pure.



WORKSHOPS & WELLNESS

Yoga, meditation, sound therapy, herbal workshops, cooking classes, and holistic treatments that nourish the body and soul.



THE MAHA HILLS EXPERIENCE

- ♥ Wake to the sounds of nature.
- ♥ Enjoy healthy, delicious meals made with love.
- ♥ Relax in natural soaking tubs.
- ♥ Participate in meaningful workshops.
- ♥ Receive holistic treatments inspired by ancient Balinese wisdom.
- ♥ Feel lighter, clearer, and deeply nourished inside and out.

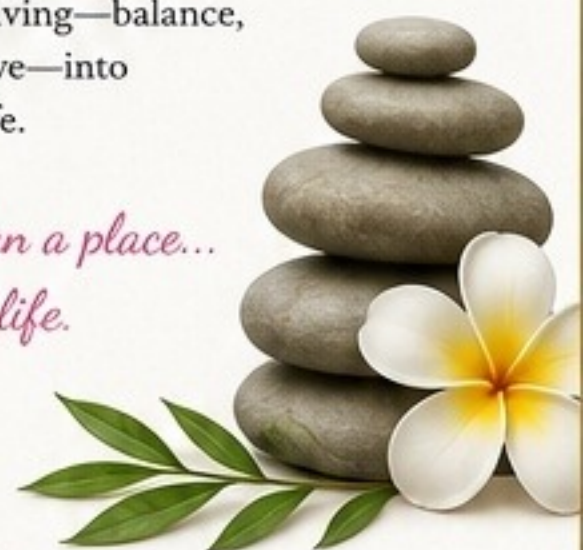


The journey up the 182 steps is a reminder that life is a climb... but with balance, faith, and gratitude, the view is always worth it.

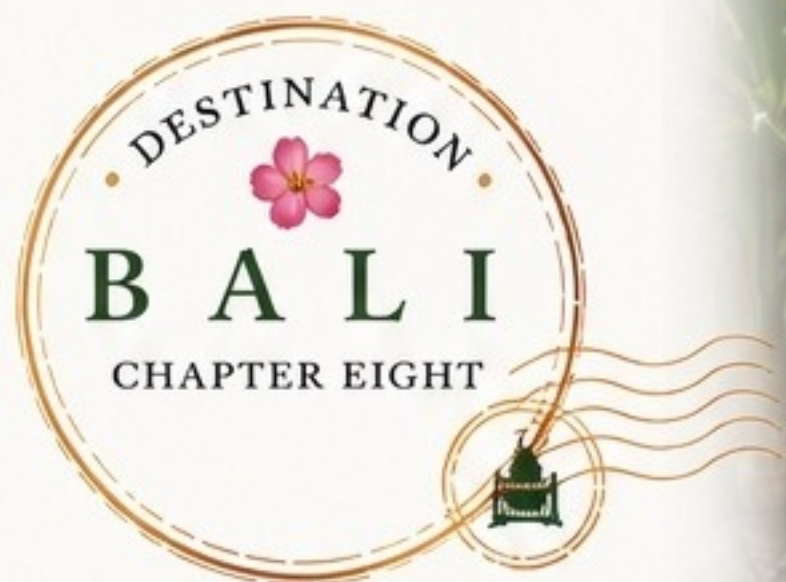
YOU LEAVE DIFFERENT

You come to Maha Hills to relax, but you leave feeling renewed, grounded, and inspired to bring the Bali way of living—balance, gratitude, and love—into your everyday life.

This is more than a place... it is a way of life.



ROOTED IN TRADITION ♥ INSPIRED BY NATURE ♥ MADE FOR YOU
THE LADYBUG HOME SPA EXPERIENCE



Preparing Your Home Spa



The beauty of Bali lives
in the little details.

When we create a spa experience
at home, it's not about perfection—
it's about presence.

It's about honoring yourself,
slowing down, and creating a
space where you can truly relax,
restore, and renew.

“

You don't need
a lot of space.
You just need
intention and love.

”



TIPS FOR THE PERFECT SPA ATMOSPHERE

- ♥ Declutter your space.
- ♥ Turn off distractions.
- ♥ Focus on your breath.
- ♥ Set an intention.
- ♥ Be fully present.

*This is your time.
You deserve it.*



Create
your space.
Set your
intention.
Savor the
experience.



Transform your home into a peaceful sanctuary
with these simple touches inspired by Bali.



LIGHTING

Use soft, warm lighting.
Candles or dim lamps
create a calm, cozy glow.



MUSIC

Play gentle, soothing music
or nature sounds to help
you relax and unwind.



TEA

Enjoy a cup of herbal tea
before or after your spa
to hydrate and nourish.



INCENSE (OPTIONAL)

Incense purifies the air
and creates a sacred, peaceful
atmosphere. Choose a scent
you love.



FLOWERS

Fresh flowers bring beauty,
positive energy, and a touch
of Bali's magic to your space.



TOWELS

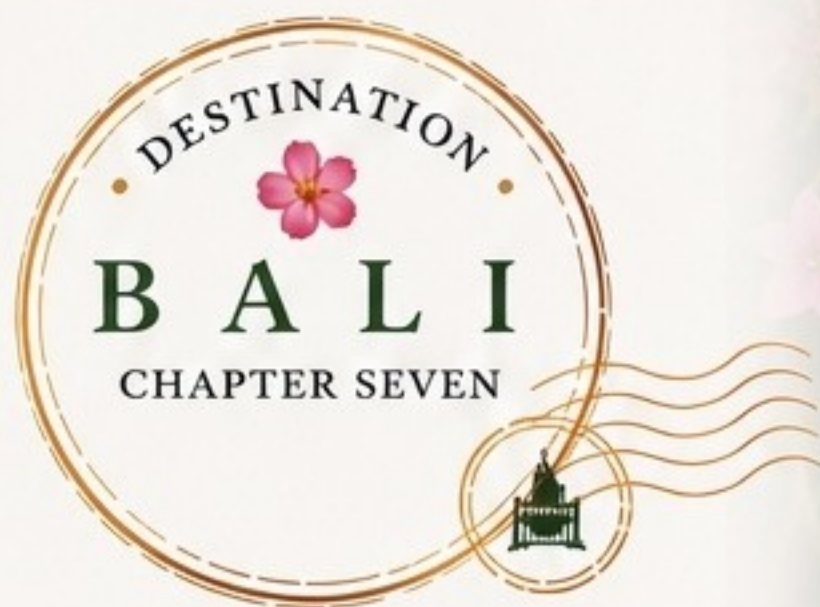
Use soft, fluffy towels
that make you feel pampered
and cared for.



COMFORTABLE CLOTHING

Wear something loose,
breathable, and comfortable
so you can fully relax.





Your Bali Experiences

Three beautiful ways
to nurture your body,
calm your mind, and
bring a touch of Bali
into your home.

Each of these experiences
is inspired by the natural
beauty, traditions, and
healing rituals of Bali.

Choose the one
that calls to you...

or enjoy them all.



“

Self-care isn't
a luxury.
It's a way of life
in Bali.



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



COCONUT CUCUMBER Spa Experience

Cool, refreshing, and deeply hydrating.
This experience combines the soothing
power of coconut with the calming
essence of cucumber to nourish your
skin and awaken your senses.

 Hydrate. Refresh. Rebalance.



FLOWER Spa Experience

Romantic, uplifting, and beautifully fragrant.
Infused with the essence of Bali's most
beautiful blooms, this experience helps
you relax, soften, and reconnect with
your natural glow.

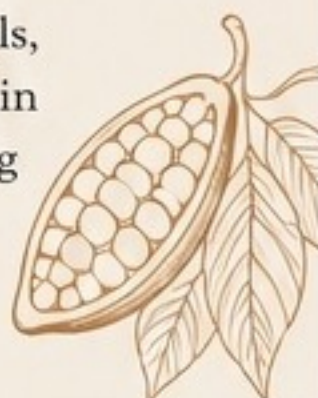
 Relax. Renew. Bloom.

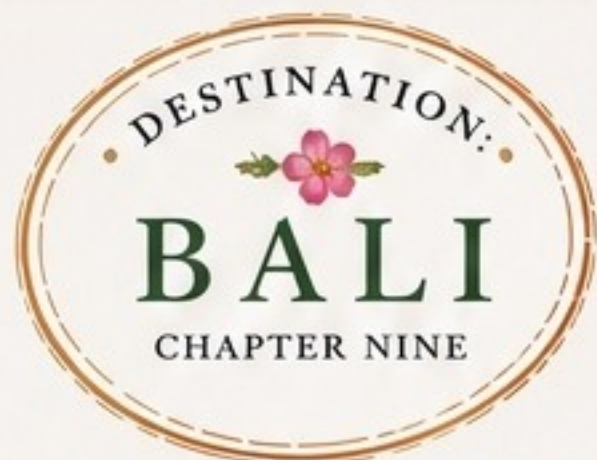


CHOCOLATE Spa Experience

Indulgent, nourishing, and soul-satisfying.
Rich in antioxidants and natural minerals,
this experience deeply nourishes your skin
while comforting your body and uplifting
your spirit.

 Nourish. Indulge. Glow.





Travel opens your heart, teaches you to be present,
and shows you what truly matters.

Here are a few lessons I'll always carry with me.

Grandma Wendy's Tips

SIMPLE LESSONS
I BROUGHT HOME FROM BALI

*Some of life's greatest lessons
aren't learned in a classroom...
they're discovered while walking
through villages, meeting kind
people, and slowing down long
enough to notice the beauty
around us.*



*The world has taught me
that joy is rarely found
in rushing. Slow down,
notice the beauty around
you, and let gratitude
fill your heart. That's
where true wellness begins.*

With Love,

Grandma Wendy

Traveler • Wellness Explorer •
Licensed Massage Therapist

TheLadybugSpa.com

1 Be Thankful for Every Moment



I try not to expect much. Whatever the moment gives me, I'm thankful for it. Every day is a gift, and every experience teaches me something beautiful.



2 Bring Love to Others



I try to bring love to others by being kind and generous. Small acts of kindness can brighten someone's entire day—and the world needs more of that.



3 Balance Is Part of Wellness



Bali is simple. Climbing 144 stone steps at one of my favorite spas taught me how important balance is in our lives. We must balance work and rest, giving and receiving, doing and being.



4 Slow Down Enough to Notice Life



The best memories aren't in the itinerary. They're in the little moments—roosters crowing, children laughing, incense in the air, and families giving thanks each day.



5 Wellness Doesn't Have to Be Expensive



Some of the most peaceful moments I experienced didn't cost a thing. Nature, fresh air, quiet mornings, and a grateful heart—these are the truest luxuries.



6 Enjoy the Journey



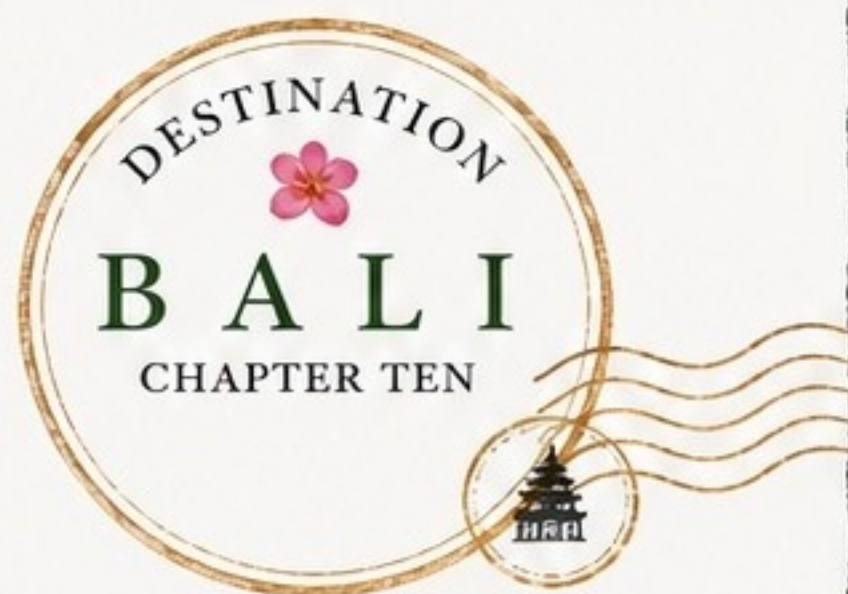
Don't rush through your spa day or through life. Take time to savor it all—the scents, the sounds, the stillness. The experience is the gift. Enjoy every moment.



Slow down. Be present. Create peace. Live with gratitude.

These are the real treasures I brought home from Bali.





A Scripture for Peace

One verse that anchors my
heart and sets the tone for
everything we do.

“Be still,
and know
that I am God.”

PSALM 46:10



My Reflection

My stillness in Bali was the night I stayed at a wellness resort. I asked them if I could lay in one of their tubs that sits in the jungle.

They filled it with coconut milk and flowers.

I sat in the stillness capturing the night sounds of the jungle...the rustling leaves, the chirping crickets, the distant calls of the night birds.

In that moment, I let go of the noise in my mind and simply was.

We recorded a sound therapy video for you to listen to in your home—a gentle reminder to pause, breathe, and be still.

*It taught me to be still...
and know God in that still moment.*

A Gentle Reminder

You don't have to travel to Bali to experience peace. You can create sacred still moments right at home. Close your eyes. Take a deep breath. Play our Bali Sound Therapy video. Let the sounds of nature draw you closer to God.



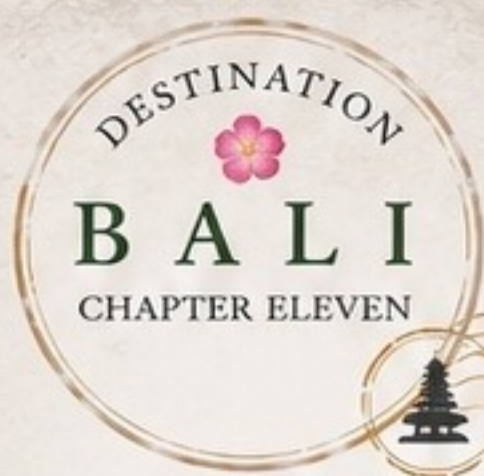
BE STILL
Slow down enough
to quiet your
thoughts and
hear His whisper.

KNOW GOD
Rest in His
presence and
trust in His love
for you.

FIND PEACE
True peace
isn't found in
circumstances,
it's found in Him.

BE STILL. KNOW GOD. FIND PEACE.

May this verse be the heartbeat of your home spa experience.



Your Bali Journey Begins

You've explored the beauty of Bali.
You've heard my stories.
You've met some of the wonderful people who welcomed us into their homes and villages.
You've discovered the traditions, temples, flowers, and peaceful rhythm of this beautiful island.

Most importantly... I've traveled to Bali for you.

- ♥ I walked the villages.
- ♥ I visited the wellness resorts.
- ♥ I experienced the spa rituals.
- ♥ I captured the real sounds of Bali—the birds singing at sunrise, the gentle rain, flowing water, jungle sounds, and peaceful moments—so you can experience them from the comfort of your own home.

Together, we've created beautiful meditation and sound therapy videos using these authentic recordings to help you slow down, relax, and create your own peaceful sanctuary.

My hope is that, for a little while, you'll feel as though you're right here with me.

Now it's your turn.

- ♥ Pour yourself a cup of tea.
- ♥ Light a candle if you'd like.
- ♥ Press play on your Experience Video.
- ♥ Listen to the Meditation & Sound Therapy.
- ♥ Then simply relax...and enjoy your own Bali Home Spa Experience.



CHOOSE YOUR EXPERIENCE



COCONUT CUCUMBER SPA EXPERIENCE

Refresh your body.
Calm your mind.



FLOWER SPA EXPERIENCE

Surround yourself with beauty, gratitude, and peace.



CHOCOLATE SPA EXPERIENCE

Indulge your senses.
Nourish your soul.

My Promise to You

I travel the world collecting wellness traditions, authentic spa rituals, peaceful places, and real nature sounds...so you can experience them right where you live.

With Love,
Grandma Wendy
TheLadybugSpa.com



Congratulations!

You've just experienced the beauty, wellness traditions, and peaceful spirit of Bali.

I hope you've discovered that a little peace can be created anywhere... especially in your own home.



DATE COMPLETED



MY FAVORITE EXPERIENCE



ONE THING I LEARNED

Next Stop... Vietnam!

Discover bamboo massage, jasmine rituals, coconut milk baths, herbal traditions, reflexology, and peaceful wellness inspired by the beautiful people and culture of Vietnam.

Your journey around the world is just beginning...

BALI
INDONESIA

VIETNAM

COLLECT BEAUTIFUL MEMORIES. NURTURE YOUR WELLNESS. LIVE WITH GRATITUDE.