

LUMA GIRLS

The Signature Menu

ONE MENU, ENDLESS WAYS TO CELEBRATE!

Designed for The Birthday Bash,
The Sparkle Party, and The Girl Scout Getaway.

Book today!

To reserve your
unforgettable LUMA GIRLS
celebration, head to:
www.lumagirls.com/book

LUMA  GIRLS

SISTERHOOD | WELLNESS | MAGIC

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WELCOME TO THE SIGNATURE MENU

YOUR DAY, YOUR WAY!

Designed for The Birthday Bash,
The Sparkle Party, and The Girl Scout Getaway.

Every celebration at LUMA Girls is designed to shine as bright as the girls we honor.
This menu gives you the power to customize your experience—your way!

Pick one option from each category to design your perfect celebration. Explore the magical details on the next pages, and don't forget—you can always add extra sparkle with our Magical Add-Ons!

Your party, your style, your sparkle—no two LUMA experiences are ever the same.

YOUR LUMA ACTIVITY CATEGORIES

MINDFUL MOVEMENT

CHOOSE YOUR VIBE + LET IT MOVE YOU

It's time to shine from the inside out! Our Mindful Movement sessions are all about feeling strong, free, and full of positive energy. From dancing it out to flowing slow, each option boosts confidence, sparks joy, and helps girls connect deeply with their bodies. Every movement comes with a touch of LUMA magic.

SOUNDBATH ADVENTURES

CALM. DREAM. GLOW.

Settle in, get cozy, and drift into pure relaxation. With pillows, blankets, silky eye masks, and soothing sounds, girls will float away on a peaceful journey. Each Soundbath Adventure blends gentle chimes, crystal bowls, and guided visualization to quiet the mind, open the heart, and leave everyone calm, clear, and recharged.

MAGICAL ADD-ONS (OPTIONAL)

CREATE, PLAY + TAKE HOME

Want even more sparkle? Magical Add-Ons give girls the chance to dive into hands-on fun and take home something special. Each wellness-inspired activity sparks creativity, inspires joy, and sends every guest home with a meaningful keepsake.

MINDFUL MOVEMENT

CHOOSE YOUR VIBE + LET IT MOVE YOU

1 UPBEAT YOGA + STRETCH

Flow through fun poses and energizing stretches in this upbeat yoga session! Feel strong, happy, and full of good vibes. It's the perfect way to brighten your day and move your body.

2 CHANNEL YOUR INNER TAYLOR

Dance it out like a superstar to Taylor Swift's "22"! This sassy, powerful, and fun choreographed session is packed with energy and sing-along vibes. Get ready to shine and totally own the spotlight!

3 SHIMMY SHIMMY (BELLY DANCE)

Looking for something different and unique? Shimmy and shake to energizing drum beats in this belly dancing(ish) session – each girl gets to wear a colorful jingle skirt! Build confidence, feel powerful, and get transported by the rhythm as you dance like a true queen.

4 FRESH MOVES (HIP HOP)

Get ready to step into the beat and feel the rhythm in this fun hip hop session! We'll break down easy moves, so everyone can join in and feel like a star. It's all about having fun, learning new dances, and rocking that main character energy!

5 LUMA GIRLS DANCE PARTY

Get ready to dance, move, and groove in this fun, high-energy Zumba-inspired session! You'll shake off the stress and feel like you're at the best dance party ever. No experience needed—just bring your energy and get ready to feel awesome!

SOUNDBATH ADVENTURES

CALM. DREAM. GLOW.

1

ENCHANTED FOREST

Step into a peaceful forest where the trees whisper and magic sparkles all around. With soothing sounds and gentle drumbeats, you'll imagine wandering fairy trails and breathing in fresh pine air. Feel grounded, calm, and connected to nature's magic.

2

MAGIC CARPET RIDE

Imagine gliding on a shimmering magic carpet over glowing cities and golden sand dunes. With ancient melodies and gentle winds, this sound journey carries you to places full of adventure and wonder.

3

BEACHY BLISS

Feel the sunshine, hear the waves, and let the beach vibes wash over you! With ocean sounds, seagull songs, and sparkly shell chimes, this dreamy sound bath helps you relax, recharge, and feel like a magical mermaid.

4

MOONBEAMS + STARDUST

Get cozy under a sky full of stars and soft, fluffy clouds. Float through space with moonbeams, stardust, and twinkling chimes guiding your way. Let the sound waves carry you into a peaceful, dreamy universe.

5

LUMA GIRLS RETREAT VIBES

Welcome to your luxurious LUMA Girls wellness retreat! Relax poolside with soft skies, lush greenery, and calming nature sounds. Unwind, recharge, and shine bright with glamorous, feel-good LUMA vibes.

MAGICAL ADD-ONS

CREATE, PLAY + TAKE HOME

1 SHIMMER + SHINE (SUGAR SCRUB)

In this fun workshop, you'll create your own dreamy sugar scrub using coconut oil and a magical mix of essential oils. We'll guide you step-by-step and keep it safe, so you can shimmer all day long! Plus, you'll leave with a jar of your custom scrub to keep the glow going!

2 SELF-LOVE SPRITZ (FACE + BODY MIST)

Refreshing face + body mist that gives every girl a sparkling boost of confidence! One spritz feels like a magical hug, reminding her to shine bright and love herself inside and out.

3 MAGIC MOODS (ESSENTIAL OIL ROLLER)

Create your own essential oil roller with a special blend of mood-boosting oils. We'll take you through each safe and easy step, so you can carry a little magic wherever you go! Learn how aromatherapy supports your mood and energy—your custom roller is perfect for pockets, backpacks, or anytime you need a quick boost!

4 STARLIGHT SPELL BOTTLE (MAGIC POTION)

Tiny bottles of shimmering "magic potion" that capture wishes, dreams, and a sprinkle of starlight! Girls can make a wish, seal it with sparkle, and keep their spell close as a reminder of their own magic.

5 LUMA LIGHT GRID (CRAFTING WITH CRYSTALS)

Girls create a sparkling crystal grid based on a special intention like joy, confidence, or calm. Using sacred geometry and shimmering crystals, each girl designs and activates her own magical masterpiece to take home and keep the glow going!



*Shine bright.
Illuminate the world.*

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