

LUMA GIRLS

# Birthday Bash

## MENU

MAGICAL. MEANINGFUL. TOTALLY HER.



LUMA  GIRLS

SISTERHOOD | WELLNESS | MAGIC

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590 Giffords Church Road, Rotterdam, NY 12306

The background is a solid light pink color. Scattered around the edges are several shiny, multi-faceted disco ball ornaments. These ornaments are made of clear plastic or glass with many small, reflective facets that catch the light, giving them a sparkling appearance. They are arranged in a way that they seem to be floating or hanging around the text.

# Welcome to the Magic!

At LUMA GIRLS, birthdays shine a little brighter—because **your sparkle** takes center stage.

This is your **Birthday Bash Menu** — a chance for you and your grown-up to plan a celebration that feels just like **you**. From movement to music to magical extras, everything you'll choose helps make your day unforgettable.

Whether you're a dancing queen, a crystal lover, a sound bath superstar—or all three—this is your moment to shine bright, have fun, and feel truly celebrated.

We're here to make sure you feel seen, uplifted, and totally yourself.

**Let's make this your best birthday ever!**

With LUMA love,

**Marissa + Lindsey Phelps**  
Owners, LUMA Hosts, Sisters

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# Your Birthday Bash



## YOUR CELEBRATION FLOW

### YOUR BIRTHDAY BASH

Included in every celebration:

Celebration Circle + Mindful Movement + Soundbath + Party Time!

### THE MAGIC BEGINS

Your guests arrive at the dreamy LUMA Lounge where the vibe is calm, cozy, and oh-so-sparkly! Every guest is welcomed with:

- **Fruit-infused Saratoga Sparkling Water**
- **A Mini Aromatherapy Bar** for a little self-care magic
- **A "Pick-a-Card" station** filled with uplifting messages and positive vibes

### YOUR CELEBRATION CIRCLE

We gather in a cozy circle for a fun icebreaker—and to shine the spotlight on the birthday girl! She'll be crowned with a **Birthday Crown & Sash** and receive a custom **Birthday Fortune**, framed to take home.

### MOVE YOUR BODY, CALM YOUR MIND

Next, the energy builds with a **Mindful Movement** session of her choice—designed to boost confidence, joy, and fun! Then we unwind with a calming **Sound Bath + Guided Visualization** based on her favorite vibe. She'll choose her experiences from the **Magical Movement** and **Soothing Sound** menus.

### SWEET ENDINGS

We wrap up with time for **cake, gifts, and all the giggles!** Parents are welcome to bring:

- Cupcakes, cake, or dessert
- Light snacks
- Extra drinks
- Any fun décor to personalize the space

Every guest leaves with a **LUMA GIRLS goodie bag**—a sparkly thank-you for sharing the day.

### WANT TO ADD MORE MAGIC?

Add a **Magical Make & Take Craft** to your party! These fun, wellness-inspired DIY creations make the perfect hands-on activity and take-home treat. Choose one from our Make & Take Menu! (Adds 30 minutes. Priced per guest.)

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# Design Your Dream Day



## ACTIVITY MENU

### YOUR DAY, YOUR WAY!

At LUMA GIRLS, we believe every girl deserves a birthday that's as unique, joyful, and one-of-a-kind as she is. That's why **you** get to design it!

This is your party, your vibe, your magic—let's make it unforgettable!

Choose **one activity from each category** below to build a birthday that's totally **you**. (And peek at the next few pages for all the sparkly details!)

### Your Mindful Movement

- ☐ UPBEAT YOGA + STRETCH
- ☐ CHANNEL YOUR INNER TAYLOR
- ☐ SHIMMY SHIMMY (BELLY DANCE)
- ☐ FRESH MOVES (HIP HOP)
- ☐ LUMA GIRLS DANCE PARTY (ZUMBA-INSPIRED)

### Your Soundbath Adventure

- ☐ ENCHANTED FOREST
- ☐ MAGIC CARPET RIDE
- ☐ BEACHY BLISS
- ☐ MOONBEAMS + STARDUST
- ☐ LUMA GIRLS RETREAT VIBES

### Your Magical Add-On's (optional)

- ☐ SHIMMER + SHINE (SUGAR SCRUB)
- ☐ MAGIC MOODS (ESSENTIAL OIL ROLLER)
- ☐ CRYSTALS + CONFIDENCE

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# Move. Stretch. Groove.



## MINDFUL MOVEMENT OPTIONS

### CHOOSE YOUR VIBE + LET IT MOVE YOU

It's time to move, stretch, and shine! Our Mindful Movement sessions are all about feeling strong, free, and full of good energy. Whether you want to dance it out or flow slow, each session is designed to boost confidence, spark joy, and help girls feel connected to their bodies.

Pick your favorite way to move—every option brings the LUMA magic!

(Approx. 20 minutes)

#### 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!

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### CALM, DREAM, GLOW

Time to chill, LUMA-style. Girls get cozy on their yoga mats with a fluffy pillow, soft blanket, silky eye mask, and cooling eye gels—then drift into deep relaxation as soothing sounds wash over them.

This calming sound journey includes a guided visualization with gentle chimes, crystal bowls, and a peaceful story to quiet the mind and open the heart.

Girls leave feeling calm, clear, refreshed, and recharged.

(Approx. 20 minutes)

#### 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.

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# More Magic & Sparkle



## MAGICAL ADD-ON OPTIONS

### OPTIONAL ADD-ON: CREATE, PLAY + TAKE HOME

Want to add even more sparkle to your celebration? Choose a Magical Add-On for hands-on fun, creativity, and feel-good vibes.

Each wellness-inspired activity includes a special take-home treat and a touch of LUMA learning—like safety tips, self-love practices, or positive affirmations.

It's the perfect way to make your celebration even more meaningful and memorable!

(Adds 30 minutes. Priced per guest.)

#### 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 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 vibe boost!

#### 3 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!

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The background of the entire image is a solid light pink color. Overlaid on this background is a repeating pattern of disco balls. Each disco ball is spherical and covered in small, multi-colored facets that reflect light in shades of white, silver, gold, and hints of green and blue. The disco balls are arranged in a grid-like fashion, with some appearing slightly more prominent than others due to perspective and lighting. Each disco ball casts a soft, dark pink shadow onto the background below it.

*Let's make her birthday shine!*

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