

LUMA GIRLS

Birthday Bash

GUIDE

MAGICAL. MEANINGFUL. TOTALLY HER.



LUMA  GIRLS

SISTERHOOD | WELLNESS | MAGIC

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590 Giffords Church Road, Rotterdam, NY 12306



A Special Note From Your Luma Hosts

Welcome to LUMA GIRLS—where birthdays shine brighter, laughter lasts longer, and your daughter's inner sparkle takes center stage.

Every celebration is custom-crafted with love, care, and intention to inspire confidence, connection, and joy.

From our peaceful, sunlit space to the guided activities that spark sisterhood and silliness, every moment is designed to uplift and empower.

Behind every dreamy setup and mindful detail are hours of planning, creativity, and heart-led magic.

This is more than a party—it's a soul-nourishing celebration where your daughter feels seen, special, and truly herself.

Because she deserves more than cake and candles—she deserves a day full of magic, movement, and memories that last forever.

We can't wait to celebrate your daughter—and make it a day you'll both never forget!

With LUMA love,

Marissa + Lindsey Phelps
Owners, LUMA Hosts, Sisters

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More Than Just A Party



THE LUMA DIFFERENCE

WHAT MAKES A LUMA BIRTHDAY BASH DIFFERENT?

At LUMA GIRLS a birthday isn't just a party—it's a powerful moment of celebration, connection, and confidence-building. We've designed every detail with intention to make your daughter feel uplifted, seen, and totally herself. From guided sisterhood activities to heartfelt touches, our celebrations are joyful, magical, and deeply meaningful.



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Parents Love Luma Birthdays



BIRTHDAY TESTIMONIALS

WHY PARENTS LOVE LUMA BIRTHDAYS

Parents love LUMA birthdays because their daughters leave glowing after a day of fun, creativity, and calm — all thanks to a caring team that makes it truly special.

- ✓ Every detail is taken care of—from setup to cleanup
- ✓ Our trained LUMA Hosts lead the experience with warmth + professionalism
- ✓ Girls feel empowered, connected, and celebrated
- ✓ You get to be fully present and enjoy the day stress-free
- ✓ It's not just fun—it's uplifting, enriching, and unforgettable

REAL MAGIC, REAL MOMENTS – WHAT MOMS ARE SAYING

"LUMA GIRLS hosted my **daughter's 11th birthday** party back in November. Girls are **still talking about** what a fun experience it was! **My daughter loved it!** They all enjoyed dancing, the essential oils activity, and sound bath! Marissa was wonderful with the girls – her bright personality and peaceful demeanor helped make this experience **fun and unique!** I **totally recommend LUMA GIRLS** for a special tween/teen party experience!"

-Irene O., Mom from Scotia

"I **highly recommend** all of the LUMA GIRLS experiences! I initially brought my daughter as part of a Girl Scout event. She enjoyed it so much that we returned to celebrate her **10th birthday**. Marissa was so helpful in helping me plan the **perfect experience tailored to what my daughter wanted**. Every girl had a blast. They really enjoyed the essential oils, the dancing, and the relaxing sound bath. It's just **so fun and beautiful** inside. Marissa and Lindsey are the best!"

-Shannon F., Mom from Voorheesville

This place is **amazing!** My 11 y/o chose LUMA GIRLS as her **birthday adventure** for the variety of **self-care activities** that she could choose to do with her girls. Everyone got in some **relaxation and calming**; got their groove on, and made a DIY spa craft. They all **had a blast and not one girl wanted to leave** at the end.

-Tiffany S., Mom from Troy

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Your Birthday Bash



PARTY OVERVIEW

Included in every celebration: **Celebration Circle + Mindful Movement + Sound Bath with Guided Visualization.**

THE MAGIC BEGINS...

Your guests arrive at the dreamy LUMA Lounge where the vibe is calm, cozy, and oh-so-sparkly! Girls are 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**

CELEBRATION CIRCLE

We gather in a cozy circle for a playful icebreaker to help everyone feel connected—and to shine the spotlight on the birthday girl. She'll receive a **custom Birthday Fortune**, beautifully framed as a keepsake to take home.

MOVE + FLOW

Next, the energy builds with a **Mindful Movement session** of her choice—designed to inspire confidence, joy, and a whole lot of fun! Then, we melt into stillness with a calming **Sound Bath + Guided Visualization**, tailored to the birthday girl's favorite vibe. She gets to choose her favorite activities from our **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 or cake
- 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**!

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Pricing + Whats Included



PRICING

THE BIRTHDAY BASH PACKAGE

Celebration Circle + Mindful Movement + Soundbath + Party Time
2 Hours | Up to 12 girls | Parents welcome to stay
Hosted at the dreamy LUMA Lounge
\$444

MAGICAL ADD-ON'S

Make + Take wellness-inspired crafts
Adds 30 minutes to the party
\$15 per girl

WHAT'S INCLUDED:

- ✓ A bright + luxurious celebration space designed to wow
- ✓ All setup + cleanup handled with care
- ✓ Thoughtfully guided activities that spark joy and connection
- ✓ A team of trained LUMA Hosts leading every step
- ✓ Time for cupcakes, presents, and sweet photo moments
- ✓ Special LUMA party favors for every guest
- ✓ Heart, sparkle, and intention in everything we do

WHAT YOU BRING:

Cupcakes, a camera, your daughter—and maybe a few light snacks or extra waters if you'd like. We'll take care of the rest—with love, light, and a little LUMA magic.

HOW TO PAY + POLICIES

Easy breezy! Payment is due at the end of your event. We accept cash, checks, or credit cards.

NEED TO CANCEL OR RESCHEDULE?

We get it—plans change! Please let us know at least 48 hours in advance so we can accommodate your party or offer your spot to another group. We're happy to reschedule and keep the magic going!

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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 customize your celebration!

This is your party, your vibe, your magic—so let's design it together.

Choose your favorite activities from each category below to create a birthday that's totally you! Check out the next few pages for details on each activity.

Mindful Movement

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

Soundbath Adventure

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

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

It's time to move, stretch, and shine! Our Mindful Movement sessions are all about feeling strong, free, and full of good energy. Whether it's upbeat and playful or slow and flowy, each session is designed to help girls connect with their bodies, boost confidence, and have fun. Choose your favorite way to move—every option brings the LUMA magic! (Approx. 20 minutes)

CHOOSE YOUR MINDFUL MOVEMENT!

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 & Dreamy Vibes



SOUNDBATH OPTIONS

Time to chill, LUMA-style. Girls get cozy on their yoga mats with a fluffy pillow, cozy blanket, super soft eye mask, and cooling eye gels—then drift into relaxation as calming sounds wash over them. A calming sound journey and guided visualization to relax, imagine + dream. Gentle chimes, crystal bowls, and a soothing story help quiet the mind and open the heart. Girls leave feeling calm, clear, refreshed, and recharged.
(Approx. 20 minutes)

CHOOSE YOUR SOUNDBATH ADVENTURE!

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 little LUMA learning—like safety tips, self-love practices, and positive affirmations. It's the perfect way to make your celebration even more meaningful and memorable! (Approx. 20 minutes)

CHOOSE YOUR MAGICAL ADD-ON!

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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Event Essentials



EVENT INFORMATION

LOCATION

590 GIFFORDS CHURCH RD.
ROTTERDAM, NY 12306

Inside the Dance Force building, a former elementary school—look for a school building!

PARKING + ENTRY

Please use the Front Parking Lot (look for the white and maroon Business Directory sign). Kids can enter through the double red doors marked "Front Entrance."

A team member will be there to guide them, and signs will help direct them.

Caregivers are welcome to stay!

WHAT TO WEAR + BRING

We recommend that kids wear comfortable, stretchy clothing suitable for movement activities such as dance and yoga. **Layered outfits are ideal**, as body temperature may fluctuate between active movement and relaxation during the sound bath.

For footwear, kids may wear sneakers, socks, dance shoes, or go barefoot during the movement portion. Additionally, please ensure they **bring a water bottle to stay hydrated** throughout the session.

CONTACT INFO

Questions? Please contact **Marissa** at 518.250.9028.

Thank you for supporting LUMA GIRLS!
Together, we are helping the next generation shine!

*Shine Bright!
Illuminate the World!*

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