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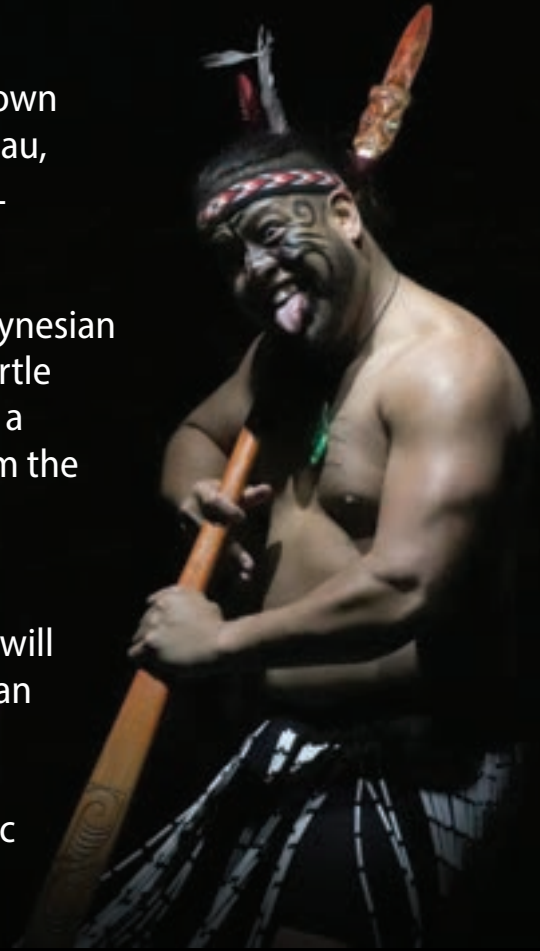


We are happy to be in our new beautiful location, right in Downtown Daytona Beach: Polynesian Fire Luau, 180 N Beach St. Daytona Beach, FL 32114 843-424-1978

Polynesian Fire is an authentic Polynesian dinner show company serving Myrtle Beach and Daytona Beach. We are a Samoan family coming to you from the village of Nu'uuli on the island of Tutuila, American Samoa.

The performers of Polynesian Fire will captivate you during live Polynesian music, ethnic dances and Samoan fire knife performances. Take a journey with us through the Pacific Islands at our luau dinner show.

Our Daytona Beach luau is a year-round show held in our beautiful new location on Beach Street. Doors to the bar open at 4:30pm. Check-in is between 4:30 and 5:00. Doors close at 5:30. Over at 7:00. Step into the spirit of aloha when entering this venue. Complete with a volcano, ambient lighting, good eats & the feel of being in the Pacific Islands. Come say hello to our warm and friendly crew while staying cool inside for a Polynesian Experience and fire knife performance led by Seanoa Lavatai, world champion fire knife dancer! Ample parking can be found on venue location grounds.



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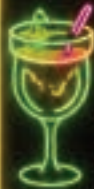
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Summer SKIN CARE

**Whether you are on the beach,
the boat or the golf course,
male or female, here are some
Summer Skin Care Essentials to
help protect your skin.**

All our skin is susceptible to sun damage. Your skin can tan, burn, break out, get oily or dry out. While everyone may have a different tolerance for the sun, it is important to stock up on summer skin care essentials to ensure our skin stays hydrated and protected.

Our skin is constantly bombarded with environmental damage. Fortunately we have access to many effective skin care products that can help us keep our skin looking great no matter what the weather is like. With skin cancer incidents rising every year it is more important than ever to keep your skin protected from UV damage. During the summer, this damage can get even worse due to the increased time spent outdoors. Use these summer skin care essentials and your skin will be at an advantage against the elements.

Moisturizer: During the summer the sun can really take every a lot of water from your skin. Summer days are the hottest of the year which means the sun is stripping

more moisture than ever. Look into applying a natural moisturizer to balance out the damage the sun causes by taking out moisture. You can use an anti wrinkle moisturizer, this will help anti age and keep wrinkles away. If you give your skin the proper care it will stay looking youthful for years to come.

Lip Balm: Your lips are prone to the most sun damage. They are made out of the most delicate skin, yet they receive the least amount of attention. Give your lips the proper care, a lip balm with SPF is essential for summer. Though you may be applying sun screen, a lip balm that has SPF is especially formulated for your sensitive lips. Be sure to apply it before you go outside or if you are planning a long day outside.

Sun Screen: The most notable of all the skin care products for summer is sun screen. Get in the habit and apply as often as possible to keep your skin protected from the sun. Be sure to apply sun screen



on your nose, ears, and neck.

Your nose and ears stand out of your face which make them even more prone to sun damage. Skin cancer usually starts on the nose and ears because they have been neglected. Applying sun screen on your neck will help prevent and prolong your skin from sagging in this area.

Summer Cover Ups: It is easier than ever to find good cover ups for summer. Many companies are creating clothing with SPF tech built in. Here are some good cover ups to consider:

☀️ **Sarongs:** These wraps will hug your hips and show off your curves. Sarongs are made with all kinds of fabrics and they can be long or short. Wearing a sarong can keep your legs and thighs from being exposed to the hot summer sun.

☀️ **Sun Glasses:** These summer skin care essentials are more than stylish, they're important for protecting your eyes. Your eyes are prone to getting sun burned as well, and this can cause blindness in the long run. Don't let your eyes go unprotected, be sure to wear glasses with SPF whenever you go out.*

☀️ **Beach Tops:** There are so many options when it comes to covering up, one of these is beach tops and dresses. For ultimate skin protection avoid sheer tops and go for ones that are made with SPF fabric.

☀️ **Sun Hats:** Your facial skin is very delicate, and needs to be protected. Sun hats are perfect for giving your skin a little extra protection. Be sure to wear one along with sun screen.

When you use these summer skin care essentials you can be sure that you are doing the best for your skin. Always be sure to practice healthy habits and stay out of the sun at its hottest hours between 11 and 4.

Taking preventive measures and lowering your exposure to the sun greatly reduces your risk of sun damage and premature aging. Lets face it, we all like to look younger, and we all look for ways to prevent and reduce the risk of any type of cancer. Be smart, take care of your skin and enjoy the great weather!

** Source: webmd.com/eye-health/tc/eye-injuries-caused-by-ultraviolet-uv-light-topic-overview*





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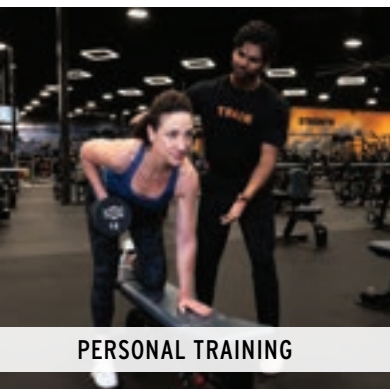
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DAILY

TASTE THE *Tropics*

Sweet mango, creamy avocado, and chili-lime shrimp come together in this refreshing coastal-inspired summer salad.

Looking for a light meal packed with bold flavor? This colorful salad combines juicy shrimp, ripe mango, creamy avocado, and fresh lime for a dish that tastes like a *tropical vacation* in every bite.

INGREDIENTS

- 1 lb raw shrimp, peeled & deveined
- 2 ripe mangoes, diced
- 1 large avocado, diced
- ¼ red onion, finely chopped
- 1 jalapeño, seeded & minced
- 2 Tbsp fresh cilantro, chopped
- Juice of 3–6 fresh limes

SEASONINGS

- 1½ tsp chili powder
- ½ tsp paprika
- ¼ tsp sea salt
- Pinch of cayenne (optional)

DIRECTIONS

- 1 Pat the shrimp dry and season evenly with chili powder, paprika, salt, and cayenne.
- 2 Heat a skillet over medium-high heat and lightly coat with cooking spray. Cook shrimp for 1–2 minutes per side until pink and opaque. Remove from heat and let cool.
- 3 In a large bowl, combine mango, avocado, red onion, jalapeño, and cilantro.
- 4 Chop the cooled shrimp into bite-sized pieces and add to the bowl.
- 5 Squeeze fresh lime juice over the mixture and gently toss to combine. Taste and adjust lime juice as desired.
- 6 Refrigerate for 10–20 minutes before serving for maximum flavor.



CHEF'S TIP

For the sweetest flavor, use Ataulfo (Honey) mangoes when available. Their rich, buttery texture perfectly complements the creamy avocado and bright citrus.



PREP TIME
15 MINUTES



COOK TIME
5 MINUTES



TOTAL TIME
20 MINUTES



SERVES
4

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SUPERFOODS:

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Discover 20 nutrient-packed foods that can help support heart health, boost immunity, and bring more vitality to your everyday life.

When people hear the term “superfood”, they often imagine rare berries from distant rainforests or expensive powders sold in trendy wellness shops. The truth is much simpler: many of the world’s most powerful superfoods can be found right in your local grocery store.

According to nutrition experts, superfoods are foods packed with vitamins, minerals, antioxidants, fiber, and other compounds that help support overall health. While no single food can provide everything the body needs, regularly including a variety of nutrient-dense foods in your diet can help promote heart health, support brain function, strengthen immunity, and reduce inflammation.

Some of the most impressive superfoods are everyday staples. Beans and lentils provide plant-based protein and fiber that help support digestive health and maintain steady energy levels. Colorful fruits such as blueberries, strawberries, cherries, kiwi, and Concord grapes are rich in antioxidants that help protect cells from oxidative stress. Dark leafy greens like kale deliver essential vitamins, minerals, and phytonutrients that have long been associated with better overall wellness.

Healthy fats also play an important role in a balanced diet. Walnuts and sunflower seeds offer heart-friendly fats, protein, and important nutrients, while salmon is widely recognized as one of the best dietary sources of omega-3 fatty acids, which support cardiovascular and brain health. Quinoa and black rice provide nutrient-rich alternatives to refined grains, offering additional fiber, minerals, and antioxidants.

Even some favorite indulgences make the superfood list. Dark chocolate and cacao contain beneficial flavonoids, while coffee and green tea provide antioxidants that may support cognitive function and overall health when enjoyed in moderation. Mushrooms, figs, dried plums, squash, and edamame round out the list, each contributing their own unique nutritional benefits.

Perhaps the most important takeaway is that healthy eating doesn't require complicated diets or exotic ingredients. Nutrition experts consistently emphasize variety. By incorporating a colorful mix of fruits, vegetables, legumes, whole grains, nuts, seeds, and healthy proteins into daily meals, you can naturally increase your intake of the nutrients your body needs to thrive.

EAT THE RAINBOW!



Blueberries



Strawberries



Kale



Squash



Grapes



Kiwi



Mushrooms



Did You Know?

Research continues to show that diets rich in fruits, vegetables, legumes, whole grains, nuts, and healthy fats are associated with better long-term health and wellness.

Live Well. Eat Well. 

TOP SUPERFOOD ALL-STARS



FRUITS

- Concord Grapes
- Blueberries
- Strawberries
- Kiwi



VEGETABLES

- Kale
- Squash
- Mushrooms



PROTEIN & HEALTHY FATS

- Salmon
- Walnuts
- Sunflower Seeds
- Edamame



WHOLE GRAINS

- Quinoa
- Black Rice



GOOD INDULGENCES

- Dark Chocolate / Cacao
- Coffee
- Green Tea
- Figs & Dried Plums



“
Healthy eating
doesn't require exotic
ingredients. Some of the
world's most powerful
superfoods are already
in your grocery cart.
”

Plant-Based Power: Beans and lentils provide plant-based protein and fiber that help support digestive health and maintain steady energy levels. Colorful fruits like blueberries, strawberries, cherries, kiwi, and Concord grapes are rich in antioxidants that help protect cells from oxidative stress.

Greens & Veggies: Dark leafy greens like kale deliver essential vitamins, minerals, and powerful phytonutrients that have long been linked to overall wellness.

Healthy Fats & Proteins: Walnuts and sunflower seeds offer heart-friendly fats and important nutrients, while salmon is one of the best sources of omega-3 fatty acids for your heart and brain.

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