

Hey [Friend's Name],

I just wanted to say I'm really sorry for missing your birthday party. I was really looking forward to celebrating with you and everyone else, but unfortunately, [brief reason for absence, e.g., "got caught up with work" or "wasn't feeling well"].

I know your birthday is a big deal and I feel terrible for not being there to join in the fun. I hope you had an amazing time, and that you were surrounded by lots of love and laughter. You deserve the best, always!

Let's definitely find a time to meet up soon-maybe I can take you out for coffee or dinner and hear all about the party. I promise I'll make it up to you!

Again, I'm really sorry for missing your special day. Hope to see you soon!

Your friend,  
[Your Name]