

AUGUST 1 - 8, 2027

8 DAYS, 7 NIGHTS

MALAYSIA - REFRESH

(WELLNESS TRAVEL EXPERIENCE)

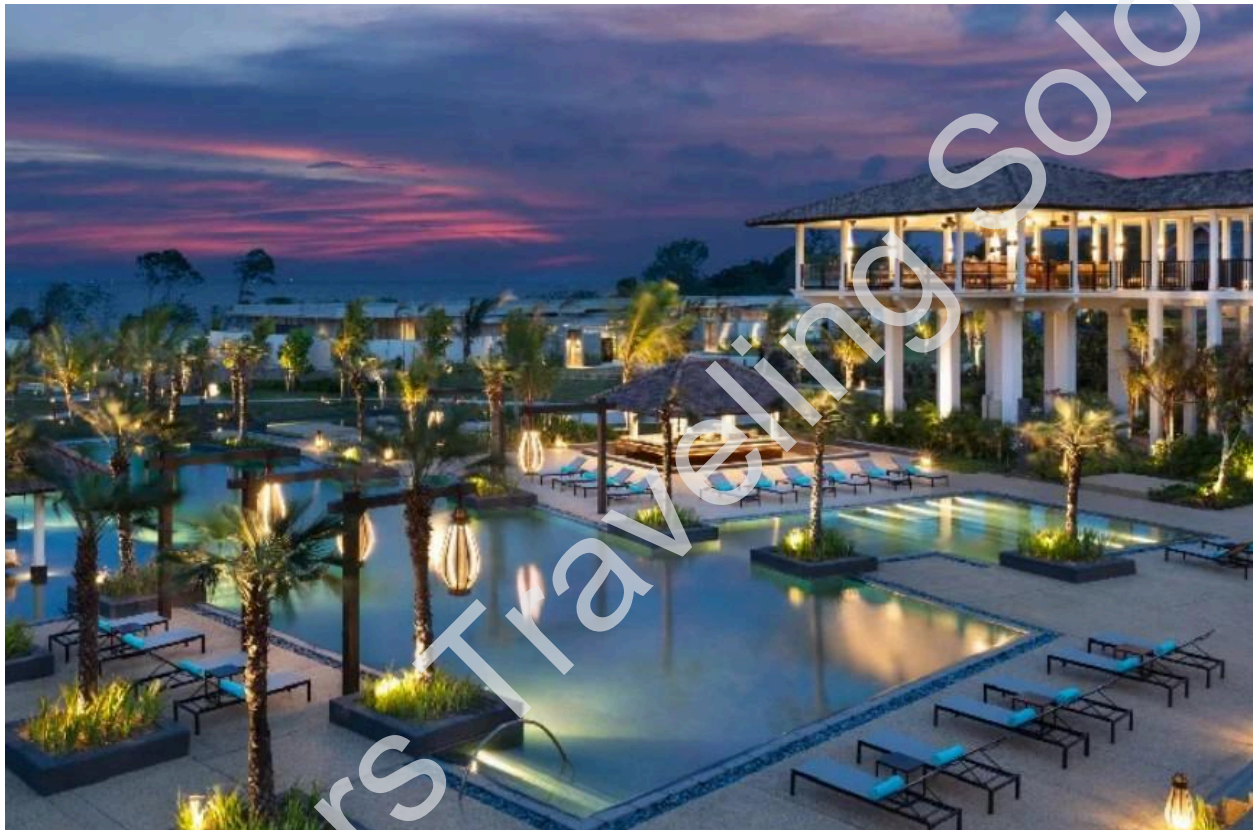


Wellness Travel with Sisters Traveling Solo

Our wellness-centered trips are geared towards the woman looking to break away from her four walls, reset, refresh, and refocus. Each trip will focus on a set of wellness centered, including but not limited to hiking, meditation, pampering, food & digital detoxing, and relaxation. If you are seeking to visit tourist attractions, or tour areas outside of our selected wellness site, our traditional or cultural trips will be a better option for you. The ideal wellness traveler is someone looking to regroup, and self reflect.

Country Overview

Malaysia is a culturally rich destination where Malay, Chinese, and Indian influences come together to shape the country's food, traditions, architecture, and daily life. Known for its modern cities, historic towns, lush rainforests, and coastal landscapes, Malaysia offers a balance of urban energy and natural beauty.



Kuala Lumpur, Malaysia (4-nights)

Kuala Lumpur is Malaysia's capital and largest city, known for its striking skyline, cultural diversity, and vibrant energy. The city blends modern architecture with historic neighborhoods, offering everything from luxury shopping and rooftop dining to street markets and cultural sites.

Desaru Coast, Malaysia (3-nights)

A developing luxury coastal destination on the southeastern edge of Malaysia. Known for its long stretches of white-sand beaches and quieter atmosphere, this area offers a more relaxed and elevated experience compared to the busier cities.



General Information:

CURRENCY:	Malaysian Ringgit (MYR)
CURRENT EXCHANGE RATE:	Approx. 1 USD = 4.6 MYR <i>(rates fluctuate)</i>
AIRPORT CODE(S):	KUL (Kuala Lumpur International Airport)
PASSPORT REQUIREMENTS:	Passport validity duration of stay. With 1 empty page per entry (source US State Department)
VISA REQUIRED?	No. (for US Citizens) All other Country residents check www.visahunter.com
VACCINE(S) REQUIRED FOR ENTRY?	None (source US State Department)
HISTORICAL WEATHER TEMPERATURE	77°F - 80°F

Tentative Itinerary



DAY 1 - ARRIVAL

Arrive into Kuala Lumpur International Airport (KUL) and transfer to our host hotel for check-in.

After settling in, the remainder of the day is at leisure—perfect for exploring the surrounding area, enjoying your hotel amenities, or getting your first taste of Malaysia’s food scene.

In the evening, we gather for a Welcome Dinner to officially begin the experience and connect as a group.

Resort Check-In: 3 PM local time.

Meal(s) Included: Welcome Dinner

DAY 2 - KUALA LUMPUR TOUR

Today, after breakfast, we explore the highlights of Kuala Lumpur.

This guided experience includes visits to Istana Negara (King’s Palace), the National Mosque, Merdeka Square, and a drive past the historic Old Railway Station. We will also visit the iconic Petronas Twin Towers and take in panoramic city views from the KL Tower observation deck.

Later, we head to the Batu Caves, where you’ll climb the colorful steps to explore this cultural and spiritual landmark. The day continues with a visit to Putrajaya, known for its striking architecture, followed by a scenic boat ride on Putrajaya Lake. We will break for lunch during the tour before returning to the hotel in the afternoon.

Meal(s) Included: Breakfast, Lunch



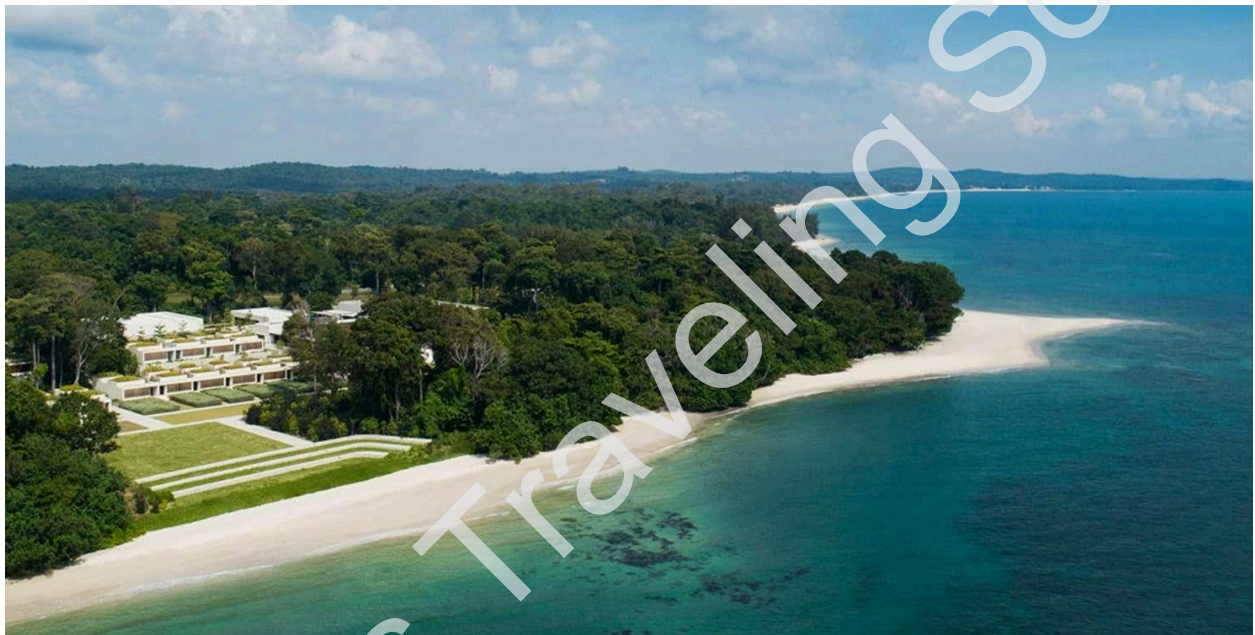
DAY 3 - MALACCA HISTORICAL TOUR

Today we take a full-day trip to Malacca, a UNESCO World Heritage city rich in history and culture.

You will explore colonial architecture, historic landmarks, and vibrant streets influenced by Portuguese, Dutch, and British rule. This experience offers a deeper look into Malaysia's diverse cultural roots.

We will stop for lunch during the tour before returning to Kuala Lumpur in the evening.

Meal(s) Included: Breakfast, Lunch



DAY 4 -DEPART FOR DESARU COAST

Today we depart Kuala Lumpur and make our way to Desaru Coast.

After breakfast and hotel check-out, we will transfer to the airport for our short domestic flight. Upon arrival, we will transfer to our beachfront resort for check-in.

The remainder of the day is at leisure—perfect for settling into the resort, enjoying the beach, or relaxing after travel.

Later, enjoy a 60-minute Foot Massage. This treatment uses targeted thumb, finger, and hand techniques applied to reflex points on the feet to improve circulation, release tension, and restore balance.

Meal(s) Included: Breakfast



DAY 5 - FOOD TOUR & SPA

Today we experience the flavors of Malaysia with a guided food tour through Johor Bahru's old town. This walking experience takes you through the Chinese heritage district and Little India, where you'll sample a variety of local favorites.

Later, unwind with a 90-minute Bamboo Massage. Using warmed bamboo sticks and aromatic oils, this treatment incorporates rolling and deep pressure techniques to release muscle tension, improve circulation, and restore balance.

Meal(s) Included: Breakfast, Food Tour

DAY 6 - SPA & MANGROVE EXPERIENCE

Today begins with a signature wellness experience inspired by Malaysia's cultural traditions. Enjoy the Roots of Malaysia Massage, a 90-minute treatment that blends Malay, Chinese, and Indian techniques. The experience begins with a foot soak and guided breathing, followed by deep pressure and long, flowing strokes designed to release tension and restore balance.

Later, we head out for a mangrove eco tour along the Lebam River. Cruise through the mangroves with a nature guide while learning about the ecosystem, local traditions, and how these forests protect the coastline and support surrounding communities.

Meal(s) Included: Breakfast



DAY 7 - RETURN TO KUALA LUMPUR

Today we depart Desaru Coast and return to Kuala Lumpur.

After breakfast and hotel check-out, we will transfer to the airport for our return flight. Upon arrival, we will transfer to our airport hotel for check-in.

The remainder of the day is at leisure to relax and prepare for departure.

In the evening, we will gather for a Farewell Dinner to close out the experience.

Meal(s) Included: Breakfast, Dinner



DAY 8 - DEPART

After breakfast, transfer to Kuala Lumpur International Airport for your departure flight.

Depending on your flight time, you may have time for a relaxed morning before heading to the airport.

Meal(s) Included: Breakfast

What's Included:

Lodging (7-nights)

- 4 nights in Kuala Lumpur – Stay in the heart of Malaysia's capital, surrounded by modern skyscrapers, cultural landmarks, shopping, and one of the most diverse food scenes in Southeast Asia. **(Return night will be at an airport hotel)**
- 3 nights in Desaru Coast – Enjoy a beachfront resort experience along Malaysia's southeastern coast, offering a more relaxed setting with access to the beach, wellness experiences, and curated excursions.

Wellness Experiences

- Treatment #1 – (60-minute) Foot Massage. Specific thumb, finger, and hand techniques are applied to reflex points on the feet to improve circulation, release tension, and restore balance.
- Treatment #2 – (90-minute) Bamboo Massage. Using warmed bamboo sticks and aromatic oils, this treatment incorporates rolling and deep pressure techniques to release muscle tension, reduce fluid retention, and encourage healthy circulation.
- Treatment #3 – (90-minute) Roots of Malaysia Massage. A signature experience blending Malay, Chinese, and Indian techniques. The treatment begins with a foot soak and guided breathing, followed by deep pressure massage and long kneading strokes to relieve muscle stiffness and restore energy.

Tours & Experiences

- Kuala Lumpur City Tour – Explore the highlights of Kuala Lumpur including the Petronas Twin Towers, KL Tower, Batu Caves, and Putrajaya, combining modern landmarks with cultural and historical sites.
- Malacca Historical Tour – Visit Malacca, a UNESCO World Heritage city known for its colonial architecture, cultural diversity, and historic streets influenced by Portuguese, Dutch, and British rule.
- Johor Bahru Food Tour – Experience Malaysia through its food with a guided walking tour through the Chinese heritage district and Little India, sampling local favorites including baked goods, coffee, dumplings, and traditional street food.
- Mangrove Eco Tour – Cruise through the mangroves of the Lebam River with a nature guide while learning about the ecosystem, local traditions, and how mangroves protect the coastline.

Transportation

- Airport Transfers – Round trip airport transfers on the start and end dates of the trip.
- Domestic Flight – Round trip flight from Kuala Lumpur to Desaru Coast. Economy class. Baggage fees not included.

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- Ground Transportation – Transportation is included for all scheduled tours and activities throughout the itinerary.

Meals

Meals Included – Meals as listed in the trip itinerary.

Tours & Activities

Tours and activities as listed in the trip itinerary.

What's NOT Included: International flights, gratuity, baggage fees, travel visa, travel insurance, or any other cost not listed in “what's included” section.