

Wellness *Retreat*

3 DAYS 2 NIGHTS
Luxury Wellness Experience

A thoughtfully designed experience for both women and men, with a special focus on women's recovery & wellbeing



RETREAT DATES

Every Friday – Sunday
(June – August 2026)

- 26 Jun – 28 Jun
- 3 Jul – 5 Jul
- 10 Jul – 12 Jul
- 17 Jul – 19 Jul
- 24 Jul – 26 Jul
- 31 Jul – 2 Aug
- 7 Aug – 9 Aug
- 14 Aug – 16 Aug

◆ Limited to selected rooms per weekend for a private & personalized experience.



BOOK YOUR RETREAT

Secure your spot today for a restorative journey.



WHATSAPP US TO
BOOK YOUR RETREAT

+60 19-780 7313

We are here to answer your questions and help you begin your wellness journey.



Scan to WhatsApp

*Your well-being
is our priority*



EARLY BOOKING IS HIGHLY RECOMMENDED

Limited slots available for each weekend.



Le Harmony
Confinement Centre
乐馨月汇



Le Harmony Sdn Bhd No.2, Jalan Awan Makmur, OUG Square, Jalan Klang Lama, 58200, Kuala Lumpur.

RETREAT PROGRAMME

DAY 1

ARRIVAL & REST



3:00 PM **Check-in & Welcome Wellness Ritual**

"Your experience begins the moment you arrive."

Upon arrival, guests will be welcomed with:

- Premium double boiled bird's nest
- Light refreshments



5:00 PM **Welcome Healing Session**
(Relaxation & reset session)



7:00 PM **Nourishing Dinner**



DAY 2

EXPERIENCE & TRANSFORMATION



9:00 AM **Healthy Breakfast**
Morning Wellness Ritual:
Bird's Nest Serving



10:30 AM **Wellness Workshop**
(Topics may include:)

- Stress & lifestyle balance
- Body posture & core awareness
- Women's recovery (optional focus)
- Aramotherapy & relaxation



12:00 PM **Lunch**



2:00 PM **Signature Experience**
(One session per retreat)

- Floral Therapy Experience
- Art Healing Session
- Selfcare / Grooming session



3:00 PM **Tea Time**



6:00 PM **Dinner**



8:00 PM **Women Circle/ Sharing Night**

- Relaxed sharing, connection & bonding
- Safe Space for women conversations
- Special session:
"How partners can support women better" (couple-friendly)

DAY 3

RESTORE & CLOSING



9:00 AM **Breakfast**
Morning Wellness Ritual:
Bird's Nest Serving



10:30 AM **Free & Relaxation Time**



12:10 PM **Check-out**



EXCLUSIVE RETREAT PRIVILEGE



Guests who book any 28-day confinement package during the retreat will enjoy:

- ✓ Special retreat-only rebate
- ✓ Priority room selection
- ✓ Exclusive upgrade privileges

ABOUT LE HARMONY

Le Harmony Confinement Centre is founded by a team of experienced professionals in maternal care, with a heartfelt mission to create a space where women feel truly cared for, supported, and able to recover with peace of mind.

As a mother of two, our founder deeply understands the importance of postpartum care — and this retreat is created to let you experience that care, even before motherhood.



TERMS AND CONDITIONS:



- ✓ Full payment is required to confirm the booking.
- ✓ Bookings are **subject to availability** and on a first-come-first-served basis.
- ✓ Prices are **not exchangeable for cash**.
- ✓ This is a **wellness & lifestyle retreat**, not a medical program
- ✓ Activities are light & suitable for general participants
- ✓ Programme schedule may vary slightly.
- ✓ Limited slots per session, advance booking required.
- ✓ Le Harmony reserves the right to amend the programme, pricing, or terms without prior notice.
- ✓ By confirming the booking, guests are deemed to have **read and agreed** to all terms and conditions

RETREAT PACKAGES

Choose the room that suits your comfort and journey best.

 <p>Royal Suite</p> <p>RM 1188 PER PERSON</p>	<p>MOST RECOMMENDED</p>  <p>Grand Room</p> <p>RM 988 PER PERSON</p>	 <p>Deluxe Room</p> <p>RM 888 PER PERSON</p>	 <p>Classic Room</p> <p>RM 788 PER PERSON</p>
--	--	--	--

WHO IS THIS RETREAT FOR?



Women seeking rest, reset & self-care



Couples who want to reconnect & recharge together



Individuals exploring a wellness-focused lifestyle



Expecting parents who want to understand postpartum care



Friends getaway

WHAT'S INCLUDED

A thoughtfully curated experience for your body, mind and soul.



LUXURY STAY EXPERIENCE

- Private room with hotel-grade comfort
- Daily housekeeping service



NOURISHING MEALS

- 5 meals daily (confinement-inspired healthy cuisine)
- Herbal drinks & wellness beverages
- Double boiled bird's nest x 6 servings



WELLNESS & HEALING EXPERIENCE

- Guided relaxation & healing sessions
- Stress relief & emotional reset



SIGNATURE EXPERIENCE

- Body awareness & posture session
- Relaxation / Recovery experience
- Self-care & lifestyle session



EXCLUSIVE CONSULTATION

- Wellness & Lifestyle consultation
- Body recovery awareness (optional for women)
- Postnatal / body recovery / lifestyle consultation

