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WOMEN LEADING THE WAY: MALAYSIA'S WOMEN WELLNESS FESTIVAL RETURNS

Women Wellness Festival 2.0 builds on January's success with 30+ workshops, talks, and experiences designed to help women Connect, Recharge and Grow

SUBANG JAYA, 9 OCTOBER 2025 – After a sold-out debut in January, the Women Wellness Festival returns for its second edition on 8 November 2025 at Parc Subang. Founded by Diane Chia and Raja Jesrina Arshad, with Sarah Lian as their newest collaborator, **Women Wellness Festival 2.0** will feature over 30 workshops, talks, and activities, alongside a curated wellness marketplace for conscious seekers.

Brought together by a close-knit friendship of 30 years and a shared mission, they have joined forces to create Malaysia's largest women's wellness gathering, a space designed to inspire women to Connect, Recharge and Grow. More than just another wellness event, it offers a fresh perspective on what it means for women to live well by exploring wellness in all its dimensions: emotional, mental, physical, social, and spiritual.

"My work has always been about reimagining how we age, seeing it not as slowing down, but as evolving with more joy, vitality, and purpose. To me, wellness isn't about how long we live, but how fully we feel alive. Through this festival, we want to create a space where women can reconnect with themselves, explore what nourishes them, and feel inspired to thrive at every stage of life," said **Diane Chia, Co-Founder and Executive Director of Millennia Village**.

The theme for this year's festival, **Wellness in Motion**, reflects the many dimensions of the wellness wheel: spiritual, mental, emotional, physical, and social. Attendees can expect:

- **30+ Workshops, Talks & Activities:** Full spectrum of wellness covering natural healing, fertility, menopause, sustainable wellness, physical workouts and more.
- **Keynote Talk:** *"Breaking Barriers: From Burnout to Balance While Building My Dream Business"* by Raja Jesrina Arshad, sharing her 10-year journey of building PurelyB.
- **Experiential Wellness:** Mindfulness sessions including women's circles, breathwork, and guided practices for deeper connection and self-awareness.
- **Recharge Care Suite:** Dedicated lounge offering spine alignment, massages and facials plus guided practices for balance and renewal.
- **Wellness Marketplace:** Immersive bazaar of intentional living curated with conscious brands, products, and services.



From sunrise yoga to energising workouts, from soulful conversations to wellness shopping, every aspect of the festival is thoughtfully designed to encourage women to pause, reconnect, and explore.

“Our Women Wellness Festival is more than an event, it’s a movement,” says **Jesrina Arshad, Founder & CEO of PurelyB**. “My hope is that every woman who joins us will leave feeling seen, supported, and inspired to nurture herself, while connecting with others on the same journey. I’m also thrilled to share ancestral wellness solutions deeply rooted in our Malaysian heritage, supporting women’s holistic wellbeing naturally - so that no matter their stage of life or the challenges they face, these women can truly thrive.”

The Women Wellness Festival celebrates our unique journeys and reminds us that growth doesn’t have to be a solitary path. Whether you’re here to nourish your mind, body, or soul, you’ll find kindred spirits walking beside you. Powered by Shveta Labs, DeRucci, and Etika, the event is made possible through the support of brands equally committed to advancing natural health and holistic living. The festival also welcomes partners Hammam Spa, Aura Regenerative Wellness Clinic and Satu Creative, further strengthening its commitment to wellness for the body, mind and spirit.

“Our vision for the Women Wellness Festival is deeply rooted in the belief that wellness also includes connection, belonging, and community. This festival invites women to pause and reconnect in a supportive, inspiring space. As the newest member of this trio, I’m excited to bring my experience to create safe, intentional environments where women can unlearn, learn, and relearn as they step into their fullest selves,” said **Sarah Lian, Founder of Supparetreat**.

Tickets are now on sale via the official website [here](#). The Elevate Pass is perfect for those who want the full festival experience, offering exclusive access to registered workshops and priority seating. For those with a tighter schedule, the Flow Pass provides access to a full day of activities, workshops, and community experiences.

For more information, please visit:

Website: <https://www.supparetreat.com/wwf/>

Instagram: [@womenwellnessfest](#)

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About Women Wellness Festival

The **Women Wellness Festival** is a collaborative initiative by **Millennia Village**, **Purely B**, and **Supparetreat**. Founded by three friends united by their shared passion for wellness, the festival is



dedicated to helping women **Connect, Recharge and Grow** through a holistic and community-driven experience. Building on the success of its first edition in January 2025, the festival has now grown into the largest women's wellness gathering in Malaysia.

**For further media enquiries, kindly contact:
Access Communications Sdn. Bhd.**

Priyatasha Prem
012 620 0664
priyatasha.p@accesscoms.com

Idallyne Koh
014 933 1954
idallyne.k@accesscoms.com