



ITINERARY

Goddess Getaway

DAY ONE - 15 JULY 2024

3.00 pm - Check in & Registration

4.00 pm - Welcome Address & Overview of Retreat by Dato' Merina Gan, MGA WIGC Chairman

4.30 pm - Beacon Resort Facilities Exploration & Durian Feast

6.00 pm - Discover Effective Strategies for Longevity & Vitality with Dr. Rajbans: A Comprehensive Talk on Healthy Ageing

8.00 pm - Buffet Dinner

9.00 pm - Indulge in Bliss: Aroma Touch Hand Therapy

Rest of the evening - Unwind at the Lounge with Live Band Vibes

DAY TWO - 16 JULY 2024

8.00 am - Buffet Breakfast

9.00 am - PGX - DNA Analysis by Dr Gew. (A personalised genetic health insights)

10.00 am - HSC Wellness Talks by Dr Elsha Liew (Latest Trends in Holistic Wellness and Weight Management)

11.00 am - Acupuncture on Sport Joints Talk (The benefits & Techniques)

12.00 am - Interactive TCS Session

1.00 pm - Buffet Lunch

3.00 pm - River Water Relaxation, a guided relaxation by the river

8.00 pm - Buffet Dinner

9.00 pm - Hot Spring Night Experience: Dive into a Therapeutic Session in Natural Hot Springs

Rest of evening - Free & Easy

DAY THREE - 17 JULY 2024

8.00 am - Buffet Breakfast

9.00 am - Physio Session by Ms Katrina Ooi, MGA National Physiotherapist

10.30 am - Embrace your natural glow and discover the secrets to radiant, even-toned skin with Dr Elizabeth Chang. Learn how to reduce pigmentation and enhance your beauty with expert tips and personalized care

12.00 pm - Closing Lunch & Feedback Session

1.00 pm - Certificate Presentation by WIGC Chairman & Group Photo

2.00 pm - Check out

Farewell & See you Again at another WIGC programs

Optional Evening Activities (Self-Pay)

- Hydrogen Spa – RM40 per 1 hour, please book to confirm your slot
- Durian Feast (Price to be advised)
- Functional Relaxation Therapy – RM180+ (60 minutes), RM250+ (90 minutes), RM320+ (120 minutes)
- Karaoke Night at RM550.00+ 8%

For more details, please contact Ms Nadia at 012-255 6205

