Milena Moser was born in Zurich in 1963. She trained as a bookstore clerk, but moved to Paris after completing her training. She lived in the City of Light for two years, where she wrote her first three, as of yet unpublished novels. Upon returning, she founded the literary magazine "Sans Blague" with her then-husband, where she published her first short stories. For six long years she collected rejection letters, but she never gave up. Finally her friends took pity on her and founded "Krösus Verlag", where she published her first three books, including the Bestseller "The Cleaning Lady's Island". Since then she published over twenty novels, short story collections and memoirs. She also writes essays, articles, columns and radio plays. She published a couple of translations (Agatha Christie for one) and is part of many anthologies. She also has a weekly column in a Swiss Sunday Paper.

In 2004 she started teaching Creative Writing Workshops in San Francisco, Santa Fe and in Switzerland, amongst other places for the Swiss School of Journalism and the Swiss Postal Employes. Her friend, the musician Sibylle Aeberli persuaded her in 2011 to join her on stage. Their two-women-show "The Unfinished Ones" was a great hit and played for two years. The sequel, "The Unfinished Ones Are Changing" was also a big public success.

Milena Moser has two grown sons from two marriages. She lived in Zurich and in San Francisco, in the Canton of Argovia and in Santa Fe. In 2019 she joined her partner and co-author Victor-Mario Zaballa (and his two cats) in San Francisco.