LECHENG MEDICAL

3-Day & 2-Night International Medical Tourism Experience Package

（Individuals with sleep disorders, anxiety, high stress, and musculoskeletal pain or discomfort.）

序号 Serial No.	项目安排 Program Arrangement	时长 Duration	作用 Function	项目介绍 Program Introduction	适应症 Indications	图片参考 Picture Reference
1	中医四诊仪检测+中医经络仪检测+中医脉诊 TCM Four-Diagnosis Instrument Detection + TCM Meridian Detection Instrument + TCM Pulse Diagnosis	60分钟 60 minutes	中医四诊仪检测，是用中医望闻问切技法与智能系统，AI大数据相结合，模拟医生全面诊疗，分析面色舌图像、动脉的脉象信息，结合医生问、问诊资料，推断脏腑状态并提供诊疗建议。兼容十种目前体质测定或辨证方法，兼容多种国际通用的体质分类方法，兼容多种国际通用的中医辨证方法。 中医TCM Four-Diagnosis Instrument integrates the traditional inspection-listening-smelling-pulse-taking techniques with algorithmic systems and AI big data to simulate physician diagnostics. By analyzing facial complexion, tongue coating images, and radial artery pulse waveforms, combined with physician observations and interview data, it generates quantitative constitution scores for individual clients. This system identifies an individual's current constitutional status and predicts future trends, earning recognition as the "TCM Genetic Map." **"中医基因图谱"功能** Functions of "TCM Genetic Map" 1、自动生成体质报告分析报告； 1、Automatically generates comprehensive constitution analysis reports. 2、提供季节、饮食、起居、药物等调养方案； 2、Provide conditioning plans for seasons, diet, daily routines, medicines, etc. 3、自动产生数据图谱，能用中医语言表述体质特征和数据分析； 3、Automatically creates data profiles to guide constitution-based TCM appropriate therapy selection and efficacy evaluation. 4、实现中医数据数据化、标准化、百度化； 4、Achieves digitized, standardized, and objective TCM diagnosis. 中医经络仪检测，运用生物电磁感应原理，通过生物电磁场无创测量人体24个主要经络穴位的电阻值，结合中医经络大典数据，收集、直观地检测出人体经络的综合状况，系统自动开展用户检测结果，输出专业辨证建议报告，为适宜基本养生调理提供直观的数据依据和量化、数据化的基础。 The TCM (Traditional Chinese Medicine) meridian tester adopts the principle of bioelectric induction. It measures the resistance values of 24 major meridian acupoints in the human body via a bioelectric contact probe, and quickly and intuitively detects the comprehensive condition of the human meridians by combining with the TCM meridian database. The system automatically stores the user's test results and outputs the following test analysis reports and suggestions, providing intuitive data quantification basis for appropriate technology in meridian differentiation and conditioning, which serves as the foundation for the implementation of standardization and batch processing.	中医四诊仪检测 中医经络仪检测	
2	芳香疗痛 Aromotherapy	120 minutes	以芳香疗法为依据，通过植物精油香气和多重自然疗法的操作流程让客人得到充分的身心放松。 Based on the principles of aromotherapy, our service process utilizes the fragrance of plant essential oils and integrates multiple natural therapies to allow guests to achieve thorough physical and mental relaxation.	1. 睡眠质量不好 1.Poor Sleep Quality 2. 肠胃消化不好 2. Poor Gastrointestinal Digestion 3. 关节疼痛 3.Joint Pain	
3	颅骶治疗法 Craniosacral Therapy (CST)	50 minutes	颅骶疗法目前在欧美国家得到广泛应用，是继美式整骨之后又一手法技术革新，属于国际整骨技术的一分支，当代这种温和温柔的方法，引入到青之后又加以改进加入中医经络理论，分为四部基于手法，特别是，有效关于调节的。 Craniosacral Therapy (CST) is now widely practiced in Western countries and represents a significant innovation in manual therapy, following in the footsteps of Chiropractic care. As a branch of osteopathic medicine, it was initially introduced to China from France. After its introduction, the technique has been further refined by integrating concepts from Traditional Chinese Medicine, including meridian theory, acupressure, and fascial manipulation. This synthesis enhances the somatic experience during treatment and improves its therapeutic outcomes. The hallmark of this enhanced approach is its exceptional comfort and notable effectiveness.	1. 焦虑、抑郁、睡眠障碍 1.Anxiety, Depression, Sleep Disorders 2. 头晕、头痛、耳鸣不适 2.Dizziness, Headaches, Neck and Shoulder Discomfort 3. 听力下降、耳鸣 3.Hearing Loss, Tinnitus 4. 眼睛疲劳、酸胀不适 4.Eye Fatigue, Soreness, Dryness 5. 记忆性减退 5.Allergic Rhinitis 6. 血管综合征 6.Fatigue Syndrome 7. 植物神经紊乱 7.Autonomic Nervous System Syndrome	
4	脊骨神经疗法 Chiropractic Therapy	50 minutes	1、调整脊柱：通过整脊手法，对损伤性脊椎病位进行调整，调整相应突出症等进行治疗，调整脊柱的结构和功能。 1. Spinal Adjustment： This involves the use of chiropractic techniques to treat traumatic spinal disorders, such as cervical spondylosis and lumbar disc herniation. The goal is to restore the spine's structural alignment and functional capacity. 2、调整骶骨：针对骨盆病识起的一系列病症，如高血压、心律失常、胸力减退等，通过手法调整骨盆，影响相关神经系统，以达到疗功效。 2. Sacral Realignment Aimed at addressing a range of conditions secondary to spinal diseases—such as hypertension, arrhythmia, and diminished eyesight—this approach utilizes manual techniques to adjust the skeletal structure. This influences the related nervous system to achieve therapeutic outcomes. 3、拉伸肌肉：通过肌肉筋膜和关节松动手法，实现对肌肉的拉伸、筋膜肌肉放松、松动活动度。 3.Muscle Stretching： Through Muscle Energy Techniques and joint mobilization, targeted muscle stretching is performed. This helps to relieve muscle tension and improve the range of motion.	脊骨神经疗法是一种无创手法治疗骨科疾病的综合疗法，通过整脊手法、激活肌肉筋膜、关节松动等技术，摆脱急性期状态并恢复关节活动度。 • 项目包括整脊手法、激活筋膜、关节松动等治疗手段，具有调整骨盆、骨骼、骨关节和肌肉，以达到疗痛效果和身体平衡的功效。 • 以达到身体平衡和健康的目的。 Spinal Neurological Therapy is a comprehensive, non-invasive manual approach for treating orthopedic conditions. It employs techniques such as chiropractic adjustment, Muscle Energy Technique (MET), and joint mobilization to address spinal pain. The therapy aims to realign the spine and skeletal structure while stretching associated muscles, thereby alleviating pain and restoring physical balance. The ultimate goal is to promote overall physical equilibrium and health.	1. 损伤性脊椎病变，如颈椎病、腰椎间盘突出症等。 1.Traumatic spinal lesions, such as cervical spondylosis and lumbar disc herniation. 2. 脊椎病引起的多种疾病，包括血压低、心律失常、麻痹性高血压等。 2.Various conditions caused by spinal disorders, including hypotension, arrhythmia, and post-traumatic brain syndrome (PTBS). 3. 肩部头、颈、肩部位意识为主的患者，如颈椎病、关节等。 3.Patients with symptoms primarily affecting the head, face, neck, and arms, such as cervical spondylosis and dizziness. 4. 胸、腹部症状为主的患者，包括心律失常、胃肠病等。 4.Patients with symptoms primarily affecting the chest and abdomen, including arrhythmia and epigastric pain. 5. 对于腰痛、下肢麻痹、大小便障碍等症状，特别推荐于腰椎段。 5.For symptoms such as low back pain, lower limb pain, and urinary and fecal dysfunction, special focus is placed on the lumbar spine segment.	
5	五维针罐无针水光（二选一）Five-Dimensional Needle-Sculpture Needle-Free Hydrating Injection (choose one)	50分钟 50 minutes 50分钟 50 minutes	1. 面部塑月（中式铁丸针）。 1. Facial lifting (Chinese-style Thermage). 2. 太阳穴凹陷/面颊凹陷。 2. Sunken temples / cheek hollows. 3. 鼻翼。 3. Rhinoplasty. 4. 黑眼圈、眼袋。 4. Dark circles, eye bags. 5. 脸头纹。 5. Forehead lines. 6. 鱼尾纹。 6. Crow's feet. 7. 嘴角纹。 7. Mouth corner lines. 8. 法令纹。 8. Nasolabial folds. 9. 川字纹 9. Glabellar lines (frown lines). 10. 祛斑。 10. Freckle removal. 11. 气血阳（中式水光针）。 11. Qi and blood acupuncture (Chinese-style hydrating injection).	以中医理论为指导，结合中医针灸学、经络腧穴学、刮痧治疗学、现代美学，对脸部进行调整。根据不同的审美缺陷，针对面部五官、皮、肌、筋、骨的不同组织结构，五指特别的几例全针直接作用于筋骨，通过分层进针治疗，同时再注重全身脏腑气血的调理，使经络通气畅通顺，达到美容效果。 Guided by traditional Chinese medicine (TCM) theory, this approach integrates TCM acupuncture, meridian and acupoint studies, blade-needle therapy, and modern aesthetics to adjust the face. Based on different aesthetic imperfections, targeting the five tissue structures of the face—skin, flesh, tendons, vessels, and bones—special five-pronged gold needles are used to act directly on the local area, with layered needle insertion for treatment. At the same time, it emphasizes the regulation of qi and blood in the internal organs of the whole body, ensuring unobstructed meridians and abundant qi and blood. By leveraging the body's own regenerative and repair functions, it achieves cosmetic effects. 无针水光注射就是在无针注射综合作用利用高压将各种营养物质（玻尿酸、VB+VA、VB6、VC、核苷酸、骨胶原等）注射真皮层，通过机械震荡力，达到深层补水、去眼干纹、强化细胞、美白嫩肤等效果。 A needle-free hydrating injection works by using a needle-free injector to apply high pressure, which drives various nutrients (such as hyaluronic acid, VB+VA, VB6, VC, nucleotides, and collagen) into the dermis. This non-invasive trans-dermal hydration method achieves effects like deep moisturization, reducing dry lines, strengthening cells, whitening, and rejuvenating the skin.	1、保湿补水：皮肤缺酸相当于1升纯水，无针水光是向皮肤里注入玻尿酸，因此补水效果非常好，且保湿效果持久，令肌肤持久水润光泽！ 1.Moisturizing and hydrating: 1 gram of hyaluronic acid is equivalent to 1 liter of water. Needle-free hydrating injection delivers hyaluronic acid deep into the skin, so it has an excellent hydrating effect with long-lasting moisture retention, leaving the skin persistently hydrated and radiant. 2、改善肤色：刺激黑肤源核代谢加快，能迅速排出人体内的黑色素，改善暗黄干燥肌肤，提亮肤色，使肌肤光滑亮白！ 2. Improving skin tone: It stimulates the acceleration of skin metabolism, enabling the rapid elimination of melanin from the body, improving dull, yellowish and dry skin, brightening the complexion, and making the skin luminous and fair. 3、收缩毛孔：刺激肌肉加速新陈代谢，彻底清洁毛孔，起到收缩毛孔的效果，令肌肤细腻紧致光滑！ 3. Shrinking pores: It stimulates the skin to speed up metabolism, thoroughly cleanses the pores, and achieves the effect of shrinking pores, making the skin more firm and smooth. 4、去皱抚纹：皮肤缺少保湿，长出的皱纹会更深，皱纹和眼周干燥纹的效果不后最明显 It primarily targets muscle and joint issues, such as: frozen shoulder, limited shoulder joint mobility, knee pain and weakness, recurrent ankle sprains, cervical spondylosis, lumbar soreness, and other soft tissue injuries or post-surgical rehabilitation needs.	10-65岁男性女性，无下方禁忌证 Males and females aged 18-65, without the following contraindications.	
6	肌骨综合调理 Comprehensive Musculoskeletal Conditioning	50分钟 50 minutes	恢复肌肉平衡，缓解疼痛，提升本体感觉，促进功能恢复 Restores muscular balance, alleviates pain, enhances proprioception, and promotes functional recovery.	利用先进仪器及现代康复技术，结合传统手法，一整套康复体系的治疗，通过恢复人体肌肉平衡，提升本体感觉，修复因受损而导致的功能，提高生活质量。 This comprehensive rehabilitation system integrates advanced instrumentation and modern rehabilitation techniques with traditional manual therapy. The treatment is designed to restore muscular balance and enhance proprioception, thereby maximizing the recovery of impaired functions and ultimately improving the patient's quality of life.	主要针对肌肉关节等问题，如：肩周炎、肩关节活动受限、膝关节疼痛三个、习惯性踝扭伤、颈椎病、腰椎间盘突出症所原有或术后康复等 It primarily targets muscle and joint issues, such as: frozen shoulder, limited shoulder joint mobility, knee pain and weakness, recurrent ankle sprains, cervical spondylosis, lumbar soreness, and other soft tissue injuries or post-surgical rehabilitation needs.	
7	多尼尔冲击波 Dornier Shock Wave	40分钟 40 minutes	对韧带、关节等的软组织损伤治疗、松软、有利于治疗和修复组织的作用 It primarily targets soft tissue injuries such as ligaments and joints.	多尼尔冲击波是一种非侵入性物理治疗手段，通过高能冲击波穿透皮肤直达深层组织，刺激细胞代谢，促进血液循环并缓解疼痛。主要用于治疗骨科疾病，也可辅助骨骼愈合。 Dornier Shock wave is a non-invasive physical therapy method. It penetrates the skin to reach deep tissues via high-energy shock waves, stimulating cell regeneration, promoting blood circulation and relieving pain. It is mainly used to treat orthopedic diseases and can also assist in fracture healing. 对优势在于无需手术、疗程短、能有效减轻炎症、松软软组织，适用于运动损伤和康复慢性疼痛人群。 Its advantages lie in no need for surgery, short treatment course, effective reduction of inflammation and repair of damaged tissues. It is suitable for people in sports injury rehabilitation and those with chronic pain.	韧带上置换：足跟骨刺和足底筋膜炎；髌腱痛；肩部痛（肩关节周围炎、冈上肌腱炎）；膝骨痛部位；髌腱炎等；跟腱炎；跟腱撕裂（完全的）；髋关节痛；髋关节痛；髋关节痛