LECHENG MEDICAL

# ① 2天1夜国际医疗旅游体验包（适用亚健康人群）

## 2 Days & 1 Night International Medical Tourism Experience (Designed for Sub-Healthy Individuals)

| 序号 Serial No. | 项目安排 Program Arrangements | 操作时长 Treatment Duration | 作用 Functions | 项目介绍 Program Introduction | 适应症Indications | 图片参考 Picture reference |
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| 1 | **中医四诊仪检测+中医经络仪检测+中医脉诊**<br>TCM Four-Diagnosis Instrument Detection + TCM Meridian Detection Instrument + TCM pulse diagnosis | 50 minutes | **①中医四诊仪检测，是将中医望闻问切技法与算法系统、AI大数据相结合，模拟医生诊病过程，分析面色舌图像、动麻的脉象信息，结合医生问、问诊资料，用数据和图片定量得出体质评分往状图，兼识个体目前体质状态或未来趋势，被誉为“中医基因图谱”。**<br>① The 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 score bar charts through data visualization. This systemidentifies an individual's current constitutional status and predicts future trends, earning recognition as the "TCM Genetic Map."<br>**“中医基因图谱”功能**<br>Functions of "TCM Genetic Map"<br>**1、自动生成体质综合分析报告：**<br>1、 Automatically generates comprehensive constitution analysis reports.<br>**2、提供季节、饮食、起居、药物等调养方案；**<br>2、 Provide conditioning plans for seasons, diet, daily routines, medicines, etc.<br>**3、自动产生数据档案，指导中医适宜技术的体质兼证能治、效评依据；**<br>3、Automatically creates data profiles to guide constitution-based TCM appropriate therapy selection and efficacy evaluation.<br>**4、实现中医检测数据化、标准化、客观化。**<br>4、Achieves digitized, standardized, and objective TCM diagnostics.<br>**②中医经络仪检测，运用生物电感应原理，通过生物电触探头测量人体24个主要经络穴位的电阻值，结合中医经络大数据库，快速，直观地检测出人体经络的综合情况。系统自动存储用户检测结果，输出下列测试分析报告与建议，为适宜技术兼经调理提供直观的数据量化依据，是实施标准化、批量化的基础。**<br>② 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 an 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. | | <br>中医四诊仪检测　　中医经络仪检测 |

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| 2 | **沉香古方**<br>Agarwood Classical Formula Therapy | 80 minutes | **平衡阴阳、扶正祛邪，恢复机体正常生理功能，增强免疫功能；**<br>**调和五脏、通降六腑，促进内脏器官功能正常运行；**<br>**行气活血、疏通经络，加速血液循环，放松全身筋骨，消除紧劳；**<br>**排汗净血排毒，促进人体新陈代谢；舒缓皮肤，减轻过敏反应，延缓衰老；**<br>**调节内分泌，缓解压力，改善睡眠等效果；**<br>Balancing Yin and Yang, and reinforcing healthy Qi to eliminate pathogens, thereby restoring the body's normal physiological functions and enhancing immune capabilities;<br>Harmonizing the five solid organs and promoting the normal functioning of the sixhollow organs, ensuring the smooth operation of internal organ systems;<br>Promoting Qi flow and blood circulation, clearing meridians, accelerating blood flow, relaxing muscles and joints, and alleviating fatigue;<br>Inducing perspiration, purifying the blood, and detoxifying, thereby boosting the body's metabolism;<br>Soothing the skin, reducing allergic reactions, and delaying the aging process;<br>Regulating endocrine functions, relieving stress, and improving sleep quality, among other benefits. | 沉香古方疗法是集中医推拿手法、沉香药包外敷、沉香重熏、沉香药浴、验方药膳内外兼治疗法，达到疏通经络，促进气血运行，帮助排汗，净血排毒，促进人体新陈代谢，达到消除疲劳，全身放松，缓解压力，心情愉快，恢复活力，调节内分泌，增强免疫功能，改善睡眠效果等综合调养。<br>Agarwood Classical Formula Therapy is a comprehensive regimen that integrates Tui-na (Chinese therapeutic massage) techniques, the external application of agarwood poultices, agarwood steam inhalation, and agarwood medicinal baths, complemented by secret-recipe medicinal cuisine. This internal and external combined approach aims to unblock meridians, promote the flow of Qi and blood, induce perspiration, purify the blood, and detoxify the body. It enhances metabolism thereby eliminating fatigue, promoting total-body relaxation, alleviating stress, uplifting mood, and restoring vitality. Additionally, it helps regulate endocrine functions, strengthens the immune system, and improves sleep quality, resulting in holistic wellness restoration. | **1. 慢性疲劳综合征** – Chronic Fatigue Syndrome (CFS)<br>**2. 脊柱、骨骼退行性病变** – Degenerative Lesions of the Spine and Bones<br>**3. 疼痛及相关联的慢性疾病** – Pain and Associated Chronic Diseases<br>**4. 全身脏器功能养护** – Maintenance of the Functional Health of Internal Organs Throughout the Body<br>**5. 男女更年期综合征** – Menopausal Syndrome (for both men and women)<br>**6. 头晕、头痛、睡眠障碍等** – Dizziness, Headaches, Sleep Disorders, etc. | |

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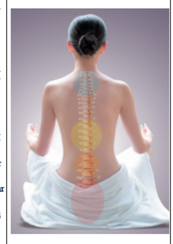
| 3 | **经络神经疗法**<br>Meridian Neuro-Therapy | 50 minutes | **1. 调和经络：通过特定手法刺激经络，促进气血畅通，调和经络运行，改善气血循环。**<br>Balancing the Meridians: Utilizes specific techniques to stimulate the meridian system, promoting the smooth flow of Qi and blood, harmonizing meridian function, and improving overall energy and blood circulation.<br>**2. 神经调理：通过针对神经系统的调理手法，有助于缓解神经紧张，减轻神经性疼痛和不适感。**<br>Regulating the Nerves: Employs targeted methods to regulate the nervous system, helping to alleviate nervous tension and reduce neuropathic pain and discomfort.<br>**3. 放松肌肉：经络神经疗法能够通过特定手法，如推拿、按摩，放松肌肉，改善肌肉的紧张和僵硬。**<br>Relaxing Muscles: Through specific techniques such as Tui Na and massage, this therapy effectively relaxes muscles, relieving tension and stiffness.<br>**4. 促进身体自愈：通过刺激特定穴位，激活身体的自愈机制，增强免疫力，提高身体的自我调节能力。**<br>Promoting Self-Healing: Stimulates specific acupoints to activate the body's innate self-healing mechanisms, thereby boosting immunity and enhancing the body's self-regulatory capacity. | 经络神经疗法是一种综合运用中医经络理论和神经学原理的治疗方法，采取针灸、温针灸、中式推拿、拔罐、交感神经调理、整脊等手段，通过调理经络、刺激神经，促进气血流通，以达到身体平衡和健康的目的。<br>Meridian-Nerve Therapy is a comprehensive therapeutic approach that integrates principles fromtraditional Chinese meridian theory and modern neurology. It employs a variety of techniques—including acupuncture, warm needle acupuncture, Tui Na (Chinese massage), cupping, sympathetic nerve regulation, and chiropractic adjustments—to regulate the meridian system and stimulate the nervous system. The primary goal is to promote the smooth flow of Qi and blood, thereby restoring the body's natural balance and achieving overall health. | **1. 神经系统疾病：头痛、神经痛、焦虑、抑郁等。**<br>Nervous SystemDisorders: Headaches,neuralgia,anxiety,depression, etc.<br>**2. 骨科疾病：脊柱疼痛、关节炎、颈椎病等。**<br>Orthopedic Diseases: Spinal pain, arthritis, cervical spondylosis, etc.<br>**3. 肌肉问题：肌肉紧张、僵硬、运动损伤等。**<br>Muscular Issues: Muscle tension, stiffness, sports injuries, etc.<br>**4. 循环系统问题：血液循环不畅、高血压、冠心病等。**<br>Circulatory System Issues: Poor blood circulation,hypertension,coronary heart disease, etc.<br>**5. 免疫系统问题：免疫功能低下、慢性疲劳综合征等。**<br>Immune System Issues: Weakened immune function, chronic fatigue syndrome, etc. |  |

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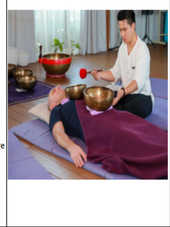
| 4 | **颂钵疗愈**<br>Singing Bowl Therapy | 50 minutes | **颂钵对增加体循环、促进血液循环、入睡困难、睡眠多梦、睡眠多梦、浅睡眠、睡眠常做噩梦、胸闷气短、便秘、耳鸣、减少紧张和压力、减轻身体疼痛使补充能量、消酸的头痛、堵塞的能量，打开心结、胃酸胃痛、情绪性胃痛、消化不良、胀气、慢性头痛、寂发性高血压等有好的疗效作用。**<br>Singing bowls have a positive healing effect on enhancing systemic circulation, promoting blood circulation, alleviating difficulty falling asleep, frequent dreams during sleep, light sleep, frequent nightmares during sleep, chest tightness and shortness of breath, constipation, tinnitus, reducing tension and stress, relieving physical pain, quickly replenishing energy, improving mental clarity, unblocking stagnant energy, resolving emotional knots, relieving back and waist pain, emotional stomach pain, indigestion, flatulence, chronic headaches, and essential hypertension. | **振动可以疏通人体内的淤堵，敲击颂钵所发出的振动是恒定不变的，稳定的振动频率可以影响身体中不稳定的频率，调整为稳定的状态。**<br>Vibration can clear stagnation and blockages within the human body. The vibration produced by striking a singing bowl is constant and unchanging, and this stable vibration frequency can influence the unstable frequencies in the body, adjusting them to a stable state. | **脉轮平衡，促进血液循环，改善睡眠，缓解焦虑，缓解肌肉疼痛，改善睡眠障碍、心身压力（情绪不稳定）**<br>Chakra Balancing facilitates blood circulation, improves sleep quality, alleviates anxiety, relieves muscular pain, addresses sleep disorders, and reduces psychosomatic pressure (e.g., emotional instability). |  |
| 5 | **中华传统文化体验：香道/茶道/书法/古琴（可选项）**<br>Traditional Chinese Cultural Experiences: Incense Art / Tea Ceremony /Calligraphy /Guqin (Ancient Chinese Zither) (Selectable Options) | 50 minutes | **“琴棋书画诗酒花茶”，号称中华文化八大雅，可将中华文化思想精髓融入到切身感受的生活实践中。中华文化自古认为：善琴者通达从容，善棋者客谋睿智，善书者至情至性，善画者至善至美，善诗者韵至心声，善茶者情逢知己，善花者品性怡悦，善茶者陶冶情操。**<br>"The Eight Elegant Pursuits of Chinese Culture" - Qin (the zither), Qi (chess), Shu (calligraphy), Hua (painting), Shi (poetry), Jiu (wine), Hua (flower arrangement), and Cha (tea) - represent essential practices for embodying the essence of Chinese philosophical thought through daily life. Traditional beliefholds that each art cultivates distinct virtues: mastering the qin brings serenity and composure; excelling at chess sharpens strategy and wisdom; practicing calligraphy reveals one's true character; perfecting painting pursues ultimate beauty; composing poetry gives voice to the heart's melodies; appreciating incense creates soulful connections; arranging flowers nurtures inner harmony; and mastering the tea ceremony refines one's spirit and cultivates moral character. | | | <br> |

以下为自由选项

The following are optional items.

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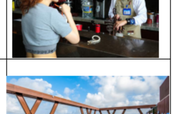
| 1 | **八段锦**<br>BaDuanJin | **八段锦作为中华传统养生功法，其益处兼具身心和谐。通过舒缓连贯的动作与深长呼吸的配合，能有效舒展筋骨、增强肢体柔韧性，促进气血循环与能量平衡。长期习练有助于改善心脉功能，提升免疫力，缓解精神压力，并对调节神经系统、改善睡眠质量具有积极作用。**<br>Baduanjin, a traditional Chinese health-preserving exercise, offers benefits for both physical and mental harmony. Through the coordination of gentle, coherent movements and deep, prolonged breathing, it can effectively stretch the muscles and bones, enhance limb flexibility, and promote blood circulation and energy balance. Long-termpractice helps improve cardiopulmonary function, boost immunity, relieve mental stress, and plays a positive role in regulating the nervous system and improving sleep quality. | 7:00~7:40 |  |
| 2 | **咖啡文化体验**<br>Coffee Culture Experience | **咖啡可显著提升专注力与思维敏捷度，有效缓解工作疲劳；其富含的抗氧化物质更有助于维持身体机能平衡。作为全球文化符号，咖啡承载着千年人文底蕴，传递着优雅的生活美学，通过醇郁香气与醇厚风味唤醒感官体验。**<br>Coffee can significantly enhance focus and mental agility, effectively alleviating work fatigue. Its rich antioxidants also help maintain the balance of bodily functions. As a global cultural symbol, coffee carries a thousand years of humanistic heritage, conveys an elegant life aesthetic, and awakens sensory experiences through its rich aroma and mellow flavor. | 9:00~21:00 |  |
| 3 | **无边际泳池**<br>Infinity Pool | **匠心打造之无边际泳池，构筑云端美学胜境。凭栏远眺，与自然风光零距离接触，于此畅游，既可体验碧波荡漾之轻盈律动，更享开阔视野带来的心灵释然。水体恒温净化，助您舒展筋骨，强化心脉机能，收获身心双重焕活，沉浸式感受天人合一的臻境体验。**<br>The meticulously crafted infinity pool creates a stunning cloud-top aesthetic realm. Leaning on the railing and looking far into the distance, you are in close contact with the natural scenery. Swimming here, you can not only experience the light rhythm of being lifted by the blue waves, but also enjoy the spiritual relief brought by the broad vision. The water is constantly temperature-controlled and purified, helping you stretch your body, strengthen cardiopulmonary function, and achieve both physical and mental rejuvenation, immersing yourself in the perfect experience of harmony between man and nature. | 8:00~21:00 | |
| 4 | **健身房**<br>Gym | **采用全景落地窗设计，将湿地公园与万泉河尽收眼底，自然景致与健身空间浑然相融，在此独特环境中锻炼，既能强健体魄，亦能重天地灵气滋养心神，在如画风光中焕发身心活力。**<br>Designed with full-length panoramic floor-to-ceiling windows, it offers a panoramic view of the wetland park and Wanquan River, where natural scenery and fitness space blend seamlessly. Exercising in this unique environment not only strengthens the body but also nourishes the mind with the vitality of nature, revitalizing both body and spirit amid the picturesque landscape. | 8:00~21:00 |  |
| 5 | **运动医学团操**<br>Sports Medicine Group Exercises | **置身开阔绿地，进行有氧团体操练，亲近自然、汲取天地生机。不仅强健体魄，更能调和内在，于动静相宜中感受天人交融之和谐，使身心在自然怀抱中获得深度滋养与平衡，引导人如何与自然、社会的天人合一。**<br>Amidst the vast open green space, engaging in aerobic group exercises allows one to get close to nature and absorb the vitality of heaven and earth. It not only strengthens the body but also balances the inner self. In the harmony of movement and stillness, one feels the unity between humans and nature, enabling the body and mind to receive profound nourishment and balance in nature's embrace, guiding people toward the unity of man with nature and society. | 19:30~20:30 |  |

**备注：所有涉及的医疗项目需遵医嘱操作，项目操作顺序以护士排程为准。**

Note: All medical programs involved must be performed under the guidance of a doctor, and the order of programoperations is subject to the nurse's schedule.

- **机场接送服务：** 客户往返一趟与海口机场转安排专车接送。
  Airport transfer service: A dedicated car will be arranged for clients to and from Yiling and Haikou Airport.
- **酒店住宿：** 万泉河畔静美湿地公园秀丽景色四星级酒店“博鳌乐城澳和康养旅假酒店”豪华养生客房，豪华大床房、双床房可选。
  Hotel accommodation: Deluxe health-preserving rooms in the four-star "Boao Lecheng Yihe Health and Wellness Resort Hotel" with beautiful views of the Wetland Park by the Wanquan River; deluxe king rooms and twin rooms are available.
- **营养自助餐：** 特聘星级大厨精心烹饪，为不用人群提供专业的营养搭配健康美食方案。
  Nutritious buffet: Specially hired star chefs carefully prepare meals, providing professional nutrition-matched healthy food plans for different groups of people.
- **服务管家：** 专人提供一对一的健康管家服务，全流程陪进客户乐城医疗之旅。
  Service butler: A dedicated person provides one-on-one health butler service, following up on clients' Lecheng medical journey throughout the entire process.