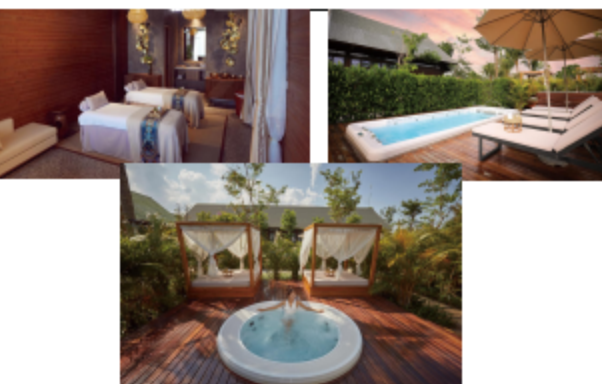
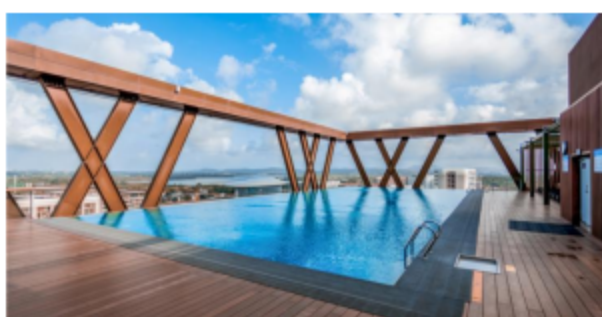


序号 Serial No.	项目安排 Program Arrangement	时长 Duration	作用 Function	项目介绍 Program Introduction	适应症 Indications	图片参考 Picture Reference
1	中医四诊仪检测+ 中医经络仪检测+中医 脉诊 TCM Four-Diagnosis Instrument Detection + TCM Meridian Detection Instrument + TCM pulse diagnosis	50 minutes	①中医四诊仪检测，是将中医望闻问切技法与算法系统、AI大数据相结合，模拟医生诊断过程，分析面色舌图像、动脉的脉象信息，结合医生闻、问诊资料，用数据和图片定量得出体质评分柱状图，辨识个体目前体质状态或未来趋势，被誉为“中医基因图谱”。 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 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、自动生成体质综合分析报告: 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、自动产生数据档案，指导中医适宜技术的体质辨证施治、效评依据: 3、Automatically creates data profiles to guide constitution-based TCM appropriate therapy selection and efficacy evaluation. 4、实现中医检测数据化、标准化、客观化。 4、Achieves digitized, standardized, and objective TCM diagnostics. ②中医经络仪检测，运用生物电感应原理，通过生物电探头测量人体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，为适宜技术辨证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。 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.			
2	芳香疗法 Aromatherapy	120 minutes	1. 针对神经系统 1. Targeting the Nervous System 2. 针对消化系统 2. Targeting the Digestive System 3. 针对关节系统 3. Targeting the Joint System	以芳香疗法为依据，通过植物精油香气和多重自然疗法的流程让客人得到充分的身心放松 Based on the principles of aromatherapy, 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	颅骶复位法 Craniosacral Therapy (CST)	50 minutes	它是通过脑脊液的循环系统、筋膜系统、中医经络和颅骶骨骼系统来调节人体神经系统、内分泌系统和免疫系统的平衡。您可以把它看作一种刚柔并济的手法，感受它带来的身心灵的放松、由外而内平衡我们身体阴阳。 This therapy works by regulating the circulation of cerebrospinal fluid, the fascial system, the meridians of Traditional Chinese Medicine, and the craniosacral skeletal system to restore balance to the body's nervous, endocrine, and immune systems. You can experience it as a technique that masterfully blends strength and gentleness. It induces a deep state of relaxation for the body, mind, and spirit, working from the outside in to harmonize the yin and yang within your body.	颅骶疗法目前在欧美国家得到广泛应用，是维美式整脊之后又一手法技术革新，属于国际整脊技术的一支，当然这也是从法国引入国内，引入科内之后又加以改进加入中医经络理论、点穴和筋膜手法相结合，更突显它的体感和疗效。体感好、有效是此手法的特色。 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、肩颈不适 2. Dizziness, Headaches, Neck and Shoulder Discomfort 3. 听力下降、耳鸣 3. Hearing Loss, Tinnitus 4. 眼睛疲劳、酸胀干涩 4. Eye Fatigue, Soreness, Dryness 5. 过敏性鼻炎 5. Allergic Rhinitis 6. 疲劳综合征 6. Fatigue Syndrome 7. 植物神经综合征 7. Autonomic Nervous System Syndrome	
4	颂钵疗愈 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、睡眠多梦、胸闷气短、便秘、耳鸣、减少紧张和压力、减轻身体疼痛快速补充能量、清醒的头脑、堵塞的能量，打开心结、腰酸背痛、情绪性胃痛、消化不良、胀气、慢性头痛、原发性高血压等有良好的疗愈作用。 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。 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） 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） 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，善棋者筹谋睿智，善书者至情至性，善画者至善至美，善诗者韵至心声，善香者情逢知己，善花者品性怡然，善茶者陶冶情操。 "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 belief holds 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.			
以下为自由选项 The following are optional items.						
序号 Serial No.	项目 Program	项目介绍 Program Introduction			开放时间 Opening Hours	图片参考 Picture Reference
1	八段锦 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，能有效舒筋活络、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肺功能，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。 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-term practice 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 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，通过馥郁香气与醇厚风味唤醒感官体验。 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 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，既可体验碧波托举之轻盈律动，更享开阔视野带来的心灵释然。水体恒温净化，助您舒展肢体，强化心肺功能，收获身心双重焕活，沉浸式感受天人合一的臻致体验。 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 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，亦能藉天地灵气滋养心神，在如画风光中焕发身心活力。 Designed with full-length panoramic floor-to-ceiling windows, it offers a panoramic view of the wetland park and Wanguan 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 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彻滋养与平衡，引导人如何与自然、社会的天人合一。 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 program operations is subject to the nurse's schedule.

- 机场接送服务：客户往返一龄与海口机场将安排专车接送。
Airport transfer service: A dedicated car will be arranged for clients to and from Yiling and Haikou Airport.
- 酒店住宿：万泉河畔醉美湿地公园秀丽景色四星级酒店“博鳌乐城逸和康养度假酒店”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 Wanguan River; deluxe king rooms and twin rooms are available.
- 营养自助餐：特聘星级大厨精心烹制，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，全流程跟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.