LECHENG MEDICAL

③ 2天1夜国际医疗旅游体验包（适用肌骨疼痛不适人群）
③ 2-Day & 1-Night International Medical Tourism Experience Package
(Suitable for people with musculoskeletal pain and 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	**50分钟** 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、动脉的脉象信息，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，为适宜技术辨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。** 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.		 中医四诊仪检测　中医经络仪检测
2	**蒙医牛角罐疗法** Mongolian Medicine Ox-Horn Moving-Cupping Pot Therapy	**50分钟** 50 minutes	**1. 利用黄油辅以手法，加蒙药，可以祛除瘀滞，缓解肩颈肌肉疼痛，慢性疼痛。** 1.With butter as an auxiliary and combined with Mongolian medicine, this therapy can be applied through specific manipulation to dispel stagnation, relieve shoulder and neck muscle pain, as well as chronic pain. **2. 牛角拔罐是借助吸力排除罐中空气通过局部负压使其刺激辅助排毒与调节机能，祛风除湿，活血化瘀，消炎止痛。** 2.Ox horn cupping uses suction to expel air from the cup, creating local negative pressure to stimulate the body. This stimulation helps with detoxification, regulates bodily functions, dispels wind and dampness, promotes blood circulation to remove blood stasis, and relieves inflammation and pain. **3. 砖茶热敷，促进血液循环，抗炎，疏通经络，缓解颈椎的肌肉疲劳。** 3.Brick tea hot compress can promote blood circulation, reduce inflammation, dredge meridians, and relieve muscle fatigue of the cervical spine.	**牛角罐本身是一种采用天然牛角材质专门针对肩颈，腰，问题，能有效舒缓肌肉紧张，活动受限，促进血液循环，寒冷僵硬引起痛等不适。** Ox Horn Cups made of natural oxhorn, which are specifically for solving issues in the shoulder, neck, and waist areas. They can effectively relieve muscle tension, restricted movement, and discomfort such as pain caused by coldness and stiffness, as well as promote blood circulation.	**①肌肉疼痛如肩颈痛、腰背痛。** ① Muscle pain such as shoulder and neck pain, low back and back pain. **②关节疼痛如关节炎、风湿性关节痛。** ② Joint pain such as arthritis, rheumatic joint pain. **③慢性疼痛如慢性腰肌劳损、坐骨神经痛。** ③ Chronic pain such as chronic lumbar muscle strain, sciatica. **④运动损伤如肌肉拉伤、扭伤。** ④ Sports injuries such as muscle strains, sprains.	
3	**脊骨神经疗法** Chiropractic Therapy	**50分钟** 50 minutes	**一龄脊骨神经调理科将人体解剖学、神经生理学、骨骼病理学等多个学科理论与临床实践相结合，持续吸纳国际最新的医学成果，探索创新以纯手法治疗为核心的脊骨神经调理方案，解决多种与脊骨神经相关的疼痛问题，为用户提供全面、个性化的治疗方案，达到手到病除治疗的效果。** YiLing Chiropractic Conditioning Department integrates theories from multiple disciplines such as human anatomy, neurophysiology, and skeletal pathology with clinical practice. It continuously absorbs the latest international medical achievements, explores and innovates chiropractic conditioning solutions centered on pure manual therapy, solves various pain problems related to the spine and nerves, provides users with comprehensive and personalized treatment plans, and achieves the effect of "relieving pain immediately with hands-on treatment".		**(1)脊骨、关节疼痛；** (1) Spinal and joint pain; **(2)颈椎病、腰椎病、肩周炎、膝关节炎；** (2) Cervical spondylosis, lumbar spondylosis, frozen shoulder, knee arthritis; **(3)高血压、糖尿病等慢性代谢性疾病；** (3) Chronic metabolic diseases such as hypertension and diabetes; **(4)失眠、便秘、泌尿疾病等。** (4) Insomnia, constipation, urinary diseases, etc.	
4	**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镇痛、修复。** For relieving pain and promoting repair of 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，刺激细胞再生、促进血液循环并缓解疼痛。主要用于治疗骨科疾病，也可辅助骨折愈合。** 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. **其优势在于无需手术、疗程短，能有效减轻炎症、修复受损组织，适用于运动损伤康复及慢性疼痛人群。** 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.	**肘部上髁炎；足跟骨刺和足底筋膜炎；跟腱痛；肩部疼痛（冈上肌腱、钙化肩袖炎）；髌骨肌腱炎；近端髂胫束摩擦综合征；胫骨应力综合征 ；大转子疼痛综合征；莫顿神经瘤； 纤维肌痛；肌筋膜激痛点的治疗；褪皮组织；缓解上运动神经元损伤后的痉挛性肌肉疼痛；缓解骨关节炎的疼痛。** Medial/lateral epicondylitis; heel spurs and plantar fasciitis; Achilles tendinopathy; shoulder pain (supraspinatus tendinopathy, calcific rotator cuff tendinitis); patellar tendinopathy; proximal iliotibial band friction syndrome; tibial stress syndrome; greater trochanteric pain syndrome; Morton's neuroma; fibromyalgia; treatment of myofascial trigger points; cellulite; relieving spastic muscle pain after upper motor neuron injury; relieving pain from osteoarthritis.	
5	**低温冷冻疗法** Cryotherapy	**30分钟** 30 minutes	**低温冷疗能是利用液氮喷雾作用于机体，加速肌肉损伤恢复，改善由于大强度训练而造成的机体免疫抑制和失衡，提高机体免疫功能；增加垂体和血浆β－内啡肽浓度，缓解疼痛；提高机体合成代谢水平，加速疲劳恢复，改善机体。** The cryotherapy chamber uses liquid nitrogen spray acting on the body to accelerate the recovery of muscle injuries, improve the body's immune suppression and imbalance caused by high-intensity training, and enhance the body's immune function. It increases the concentration of pituitary and plasma β-endorphins to relieve pain, raises the body's anabolic level, speeds up fatigue recovery, and improves the body's condition.	**超低温冷疗是一种将身体暴露在-10℃至-110℃的冷疗舱中的无创性疗法。通过液氮蒸发后的氮蒸汽导致的温度骤降，从而刺激人体内的温度感官，促使大脑发出信号，将血液回流至人体主要器官，以此来促进身体血液、神经等循环系统，有效提高身体各项机能。** Cryotherapy is a non-invasive therapy that involves exposing the body to a cryochamber with temperatures ranging from -10°C to -110°C. The rapid temperature drop caused by nitrogen vapor after liquid nitrogen evaporation stimulates the body's temperature sensors, prompting the brain to send signals that redirect blood flow to the body's major organs. This helps promote the circulation of blood, nerves, and other systems, effectively enhancing various bodily functions. **对使用者表皮采用持续、短暂的超低温冷疗可达到快速恢复体能、修复损伤、增强免疫力、改善失眠、缓解抑郁症等风险，也有减肥、紧致肌肤等疗效。** Continuous, brief exposure of the user's epidermis to ultra-low temperatures through cryotherapy can achieve effects such as rapid recovery of physical fitness, repair of injuries, enhancement of immunity, improvement of insomnia, alleviation of depression risks, as well as benefits like weight loss and skin tightening.	**1. 缓解疼痛（例纤维肌痛，类风湿性关节炎，慢性背痛，强直性脊柱炎，骨关节炎，继发性纤维肌痛，自身免疫性疾病）** 1. Pain relief (e.g., fibromyalgia, rheumatoid arthritis, chronic low back pain, ankylosing spondylitis, osteoarthritis, secondary fibromyalgia, autoimmune diseases) **2. 类风湿关节炎疾病活动指数（Disease Activity Score）的降低** 2. Reduction in Disease Activity Score in rheumatoid arthritis **3. 改善细胞因子水平** 3. Improvement in cytokine levels **4. 改善神经肌肉性能（例如用于促进体能锻炼）** 4. Enhancement of neuromuscular performance (e.g., for promoting physical exercise)	

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，强化心肺机能，收获身心双重焕活，沉浸式感受天人合一的绵软体验。** 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，亦能借天地灵气滋养心神，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 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** 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 programoperations 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：万泉河畔静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 Wanquan River; deluxe king rooms and twin rooms are available.
- 营养自助餐：特聘星级大厨精心烹制，为不同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.