

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	④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”。 ④ 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、疗效依据: 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. ④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，为适宜技术循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。 ④ 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	御尚培元理筋 Royal Nourishing Tendon Regulation Technique	120分钟 120 minutes	推拿法可用于治疗颈椎病、腰椎间盘突出症、肩关节周围炎、腕管综合征等多种伤病疾病；还可用于治疗头痛、眩晕、失眠、中风、胃痛、便秘、痛经等内外妇科疾病。 Tuina (Chinese therapeutic massage) can be used to treat various traumatic diseases such as cervical spondylosis, lumbar disc herniation, peri arthritis of the shoulder, and carpal tunnel syndrome. It can also be applied to treating internal, external, and gynecological conditions including headaches, dizziness, insomnia, stroke, stomachache, constipation, and dysmenorrhea.		1、肥胖、高血糖、高血脂、高尿酸、高血压、高血粘等六高人群； 1. People with "six highs" including obesity, hyperglycemia, hyperlipidemia, hyperuricemia, hypertension, and hyperviscosity; 2、久坐生活方式、慢性疲劳等人群；（如教师、白领、蓝领之类）； 2. People with a sedentary lifestyle and chronic fatigue (such as teachers, white-collar workers, blue-collar workers, etc.); 3、经常需要出差或者经常加班导致作息不规律的人群； 3. People who often need to travel on business or work overtime, resulting in irregular rest; 4、肩、背、腰、腿等部位的肌肉疼痛人群； 4. People with muscle pain in the shoulders, back, waist, legs and other parts; 5、经络不通导致浑身酸痛等亚健康人群； 5. Sub-healthy people with general soreness caused by blocked meridians; 6、已经存在很多不适症状的人群（如颈椎、腰腿、失眠、肠胃等多种需要治疗的疾病）。 6. People with many existing discomfort symptoms (such as various treatable diseases like cervical problems, waist and leg issues, insomnia, and gastrointestinal disorders).	
3	九宫药膜导入术 Nine-Grid Herbal Membrane Therapy	50 minutes	主要针对脾胃消化系统进行的集腹部手法推拿、低频电刺激治疗仪、艾灸、中药代茶饮的综合型调理方法，可以改善腹胀、便秘、腹泻等脾胃消化不良问题。 This comprehensive regulatory method primarily targets the spleen and stomach digestive system. It integrates abdominal Tui Na (therapeutic massage), low-frequency electrostimulation therapy, moxibustion, and customized herbal teas. This approach effectively addresses digestive discomforts such as bloating, constipation, and diarrhea, improving overall spleen and stomach function.	通过中药药物配合腹部推拿手法以及子午流注仪治疗，贴灸，脐贴，八珍饮，促进胃肠蠕动，改善人体循环，提升机体代谢，达到扶正祛邪、治疗疾病的目的。 This therapeutic approach combines herbal medicine with abdominal massage techniques and treatment using a "Ziwu Liuzhu" (Chinese Chronotherapy) device. It further incorporates umbilical moxibustion, umbilical compresses, and Bazhen herbal beverage. The synergistic effect of these methods promotes gastrointestinal motility, enhances systemic circulation, boosts metabolism, and ultimately achieves the therapeutic goal of "Fuzheng Quxie" – reinforcing healthy energy and eliminating pathogenic factors – to treat disease.	1. 主要针对脾胃系统疾病 – Mainly Targets Diseases of the Spleen-Stomach System 2. 针对女性妇科方面 – Focuses on Women's Gynecological Conditions 3. 对于代谢性疾病 – For Metabolic Diseases 4. 对于心身疾病 – For Psychosomatic Diseases	
4	胃肠动力治疗仪 Gastrointestinal Motility Therapeutic Apparatus	50分钟 50 minutes	使胃肠道产生正常节律收缩及推进蠕动，刺激胃液的正常分泌，缓解或消除胃动力疾病和胃肠功能性疾病的症状。 It causes the gastrointestinal tract to produce normal rhythmic contractions and propulsive peristalsis, stimulates the normal secretion of gastric juice, and alleviates or eliminates the symptoms of gastric motility disorders and gastrointestinal functional diseases.	通过专人专用的电极片，里面有两片带中药液的电极片，会针对客户情况贴在被操作者的腹部，启动后电极片的位置会有跳动的感觉，会有麻麻的电流感，使胃肠道产生正常节律收缩及推进蠕动，刺激胃液的正常分泌，缓解或消除胃动力疾病和胃肠功能性疾病的症状；治疗过程中会佩戴耳机进行智能合成音频的输入，电流强度会跟随音乐节奏进行变化。 Through a dedicated electrode patch—containing two pieces infused with traditional Chinese medicine liquid—the device is applied to the operator's abdomen based on their specific condition. Once activated, the area with the electrode patches will feel a pulsating sensation, accompanied by a tingling electric current. This stimulates the gastrointestinal tract to produce normal rhythmic contractions and propulsive peristalsis, encourages the proper secretion of gastric juice, and alleviates or eliminates symptoms of gastric motility disorders and gastrointestinal functional diseases. During the treatment, the user wears headphones to receive intelligently synthesized audio, with the current intensity adjusting in sync with the rhythm of the music.	1. 习惯性便秘； 1. Habitual constipation. 2. 胃肠动力障碍性疾病。 2. Gastrointestinal motility disorders. 3. 术后排气、术后便秘。 3. Postoperative flatulence, postoperative constipation. 4. 术后胃轻瘫、肠功能紊乱。 4. Postoperative gastroparesis, intestinal dysfunction. 5. 化疗术后顽固性恶心呕吐。 5. Refractory nausea and vomiting after chemotherapy. 6. 胃电图异常表现如胃动过速、胃动过缓，胃电节律紊乱。 6. Abnormal electrogastrography findings such as tachygastria, bradygastria, and gastric electrical rhythm disorders. 7. 肠粘连、结肠炎、阑尾炎、胃病等胃肠疾病。 7. Gastrointestinal diseases such as intestinal adhesions, colitis, appendicitis, and gastropathy. 8. 功能性腹胀、腹痛、肠易激综合征。 8. Functional abdominal distension, abdominal pain, irritable bowel syndrome. 9. 其他功能性胃肠疾病或术后综合征。 9. Other functional gastrointestinal diseases or postoperative syndromes.	
5	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).	

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。长期练习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，通过缕缕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，自然景观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万物滋养与平衡，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, strengthening 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：万泉河畔畔美湿地公园秀丽景色四星星级酒店“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.