

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、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. 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，为适宜技术前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.			
2	恭喜合艾 Gongxi Moxibustion Therapy	70分钟 70 minutes	祛湿化痰，升阳气，散结节，疏通经络促进血液循环，调节体质，增强免疫力，实现通、排、调、升四大功能。 Removing dampness and resolving phlegm, raising yang qi, dispersing nodules, dredging meridians to promote blood circulation, regulating physical constitution, enhancing immunity, and achieving the four major functions of unblocking, eliminating, regulating and ascending.	恭喜合艾是以陈艾为药物基础，结合中药成分，以草本药油、散结丹、黄金艾粒、中药胶粉和中药能量贴五种不同的治疗环节作用于身体，再结合温灸罐及其释放的远红外线，让中药透皮吸收，让艾的能量更加聚焦特定穴位，实现通、排、调、升四大功能。 Gongxi moxibustion therapy is based on aged mugwort as the medicinal foundation, combined with traditional Chinese medicine ingredients. It acts on the body through five different treatment steps: herbal medicinal oil, Sanjie Dan (nodule-dispersing pellets), golden mugwort grains, Chinese medicine film powder, and Chinese medicine energy patches. Additionally, it incorporates warming moxibustion jars and the far-infrared rays they emit to facilitate transdermal absorption of the Chinese medicines, allowing the energy of mugwort to focus more intensely on specific acupoints, thereby achieving the four major functions of unblocking, eliminating, regulating, and ascending.	适合慢性疲劳综合征，肩颈腰及相关疼痛，湿寒体质，阳虚体质，痰湿体质，免疫力低下者等。 It is suitable for people with chronic fatigue syndrome, shoulder, neck and lower back pain and related discomforts, as well as those with damp-cold constitution, yang-deficiency constitution, phlegm-damp constitution and low immunity.	
3	运动医学干预-糖脂代谢 Sports medicine intervention - glycolipid metabolism	50分钟 50 minutes	增加肌肉力量、维度，降糖，减脂。 Increase muscle strength and size, lower blood sugar, and reduce body fat.	糖脂代谢训练主要通过自重训练及中强度有氧来进行训练，参与运动的获益对于1型、2型糖尿病患者来说尤为重要，对于非糖尿病患者来说，运动可刺激胰岛素敏感性的增加，对于2型糖尿病患者和糖尿病前期人群而言，可增加细胞摄取血糖的能力，从而达到控制血糖的效果。 Glycolipid metabolism training mainly involves bodyweight exercises and moderate-intensity aerobic exercise. The benefits of participating in such exercise are particularly significant for people with type 1 and type 2 diabetes. For non-diabetic individuals, exercise can increase insulin sensitivity in a dose-dependent manner. For those with type 2 diabetes and those in the pre-diabetic stage, it can enhance the ability of cells to take up blood glucose, thereby achieving the effect of controlling blood sugar.	血糖异常者，血脂异常者，肌力下降人群。 People with abnormal blood sugar, people with abnormal blood lipids, and people with decreased muscle strength.	
4	经络神经疗法 Meridian Neuro-Therapy	50分钟 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。 1.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. 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。 2.Regulating the Nerves: Employs targeted methods to regulate the nervous system, helping to alleviate nervous tension and reduce neuropathic pain and discomfort. 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。 3.Relaxing Muscles: Through specific techniques such as Tui Na and massage, this therapy effectively relaxes muscles, relieving tension and stiffness. 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。 4.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。 Meridian-Nerve Therapy is a comprehensive therapeutic approach that integrates principles from traditional 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。 1.Nervous System Disorders: Headaches, neuralgia, anxiety, depression, etc. 2. 骨科疾病：脊柱疼痛、关节炎、颈椎病等。 2.Orthopedic Diseases: Spinal pain, arthritis, cervical spondylosis, etc. 3. 肌肉问题：肌肉紧张、僵硬、运动损伤等。 3.Muscular Issues: Muscle tension, stiffness, sports injuries, etc. 4. 循环系统问题：血液循环不畅、高血压、冠心病等。 4.Circulatory System Issues: Poor blood circulation, hypertension, coronary heart disease, etc. 5. 免疫系统问题：免疫功能低下、慢性疲劳综合征等。 5.Immune System Issues: Weakened immune function, chronic fatigue syndrome, etc.	
5	温水浴冲浪 Warm Water Bath Surfing	50分钟 50 minutes	缓解压力和焦虑、促进血液循环、促进新陈代谢、减少关节负担。 Relieving stress and anxiety, promoting blood circulation, boosting metabolism, and reducing joint strain.	1. 促进血液循环：利用水的浮力和压力来促进静脉回流，减轻心脏负担。 1. Promoting blood circulation: Utilizing the buoyancy and pressure of water to enhance venous return, thus reducing the burden on the heart. 2. 减少关节负担：水的浮力减轻身体重量对关节的压力，对关节疼痛或体重较大的人群尤其有益。保护关节，修复关节稳定性和灵活性。 2. Reducing joint strain: The buoyancy of water lessens the pressure of body weight on joints, which is particularly beneficial for people with joint pain or those with larger body weight. It protects joints and helps restore joint stability and flexibility. 3. 促进新陈代谢：温水浴加上水力冲浪的阻力，提高能量消耗，有助于基础代谢率。 3. Boosting metabolism: The combination of warm water bathing and the resistance from hydraulic surfing increases energy consumption, contributing to a higher basal metabolic rate. 4. 缓解压力和焦虑：水的浮力和流动感带动身体活动起来，促进身体分泌内啡肽等神经递质，改善情绪，提升心理健康。 4. Relieving stress and anxiety: The buoyancy and flow of water encourage physical activity, prompting the body to secrete neurotransmitters like endorphins, improving mood and enhancing mental health. 5. 促进关节和肌肉的康复。 5. Facilitating the rehabilitation of joints and muscles. 6. 改善慢性疾病，增强身体功能。 6. Improving chronic conditions and enhancing physical function.	1. 睡眠质量不好。 1. Poor sleep quality. 2. 肠胃消化弱，脂肪堆积。 2. Weak gastrointestinal digestion and fat accumulation. 3. 身体紧绷疼痛。 3. Stiff and painful body. 4. 心情淤堵、焦虑。 4. Emotional congestion and anxiety. 5. 下肢水肿，循环差。 5. Lower limb edema and poor circulation.	

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，通过浓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极致体验。 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，亦能借天地灵气滋养心神，在如画的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平衡与安宁，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—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：万泉河畔畔美里地公园秀丽景色四星级酒店“博鳌乐城逸和康养度假酒店”豪华养生套房，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.