

	项目安排 Program Arrangement	适用人群 Target Population	作用机理及预期效果 Mechanism of Action and Expected Effects	图片参考 Picture Reference
第一天 Day1	机场接机 Pick up at the airport	客户抵达海口机场安排专车接送 Arrange a private car to pick up the customer upon arrival at Haikou Airport.	给离院顾客更贴心的服务 Providing more thoughtful services for customers leaving the hospital.	
	酒店办理入住 Hotel check-in			
	参观讲解 Guided tour explanation	针对到院顾客进行院区讲解 Provide explanations of the hospital campus for customers who arrive at the hospital.	熟悉院内各项目板块 Be familiar with each project section in the hospital.	
	无边泳池游泳/运动医学团操 Infinity Pool/Sports Medicine Group Exercises		提升机体机能，促进新陈代谢 Enhance bodily functions and promote metabolism	
第二天 Day2	国学导引训练：太极拳、八段锦 Traditional Chinese culture qigong guidance training: Tai Chi, Baduanjin	有助于增强身体柔韧性和平衡能力；上班族或久坐人群可通过练习缓解身体疲劳、改善肩颈部位僵硬等不适症状；学生练习可以调节身体机能，放松身心，同时对增强体质和提高学习专注力也有所帮助。 It helps enhance physical flexibility and balance. For office workers or people who sit for long periods, practicing it can relieve physical fatigue and improve discomfort such as stiffness in the shoulders and neck. For students, practicing it can regulate physical functions, relax the body and mind, and at the same time help enhance physical fitness and improve learning concentration.	身体素质提升、慢性疾病缓解：长期练习八段锦和太极拳可增强心肺功能，提升肌肉力量与耐力，提高关节灵活性和柔韧性。太极拳的下蹲、起立动作锻炼腿部肌肉，八段锦的弯腰、伸展动作增强腰部和背部柔韧性。同时，这两种运动还能调节生理机能，降低血压，稳定血糖水平，减少慢性疾病如高血压、糖尿病、心脏病的发生和发展风险。 Improvement of physical fitness and alleviation of chronic diseases: Long-term practice of Baduanjin and Tai Chi can enhance cardiopulmonary function, improve muscle strength and endurance, and increase joint flexibility and suppleness. The squatting and standing movements in Tai Chi exercise the leg muscles, while the bending and stretching movements in Baduanjin enhance the flexibility of the waist and back. Meanwhile, these two forms of exercise can also regulate physiological functions, lower blood pressure, stabilize blood sugar levels, and reduce the risk of occurrence and progression of chronic diseases such as hypertension, diabetes, and heart disease.	
	运动评估：机体结构与功能评估 Exercise assessment: Assessment of body structure and function	需要改善代谢性疾病，运动观念以及促进健康和缓解疾病。 People who need to improve metabolic diseases, update their concepts of exercise, and promote health as well as alleviate illnesses.	通过面诊及运动功能评估，进行风险筛查，结合评估结果制定运动处方。 Through facial diagnosis and motor function assessment, risk screening is conducted, and an exercise prescription is formulated based on the assessment results.	
	体态改善：精准拉伸 Posture improvement: precise stretching	关节活动度不足人群，体态异常人群，肌肉紧张人群。 People with insufficient joint mobility, those with abnormal posture, and people with muscle tension.	主动拉伸是指主要依靠收缩肌肉的力量，使动作保持在某一个特定的位置上。由于长期压力过大，久坐，久躺，不良姿势（坐，站，躺），重复运动，训练动作不规范，运动完拉伸不到位，习惯性地使用同一侧背包，寒冷等会导致肌肉紧张，缩短，僵硬。 Active stretching refers to mainly relying on the strength of contracted muscles to keep the movement in a specific position. Due to long-term excessive pressure, prolonged sitting or lying, poor postures (sitting, standing, lying), repetitive movements, irregular training actions, inadequate stretching after exercise, habitually carrying a bag on the same side, cold and other factors, muscles may become tense, shortened and stiff.	
	体能改善：低温冷冻疗法 Physical fitness improvement: cryotherapy	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. 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)	超低温冷冻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。对使用者表皮采用持续、短暂的超低温冷冻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。 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. 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.	
	中华传统文化体验：书法、香道、茶重疗愈 Experience of traditional Chinese culture: calligraphy, incense art, and tea fumigation therapy	书法：书法是一种通过书写汉字表达艺术美感的传统文化活动，可锻炼书写技巧、培养审美能力，同时训练专注力、舒缓情绪。 Calligraphy: Calligraphy is a traditional cultural activity that expresses artistic beauty through writing Chinese characters. It can exercise writing skills, cultivate aesthetic ability, and at the same time train concentration and soothe emotions. 香道：香道是通过品鉴香料、熏香等方式，营造宁静氛围，缓解压力、放松身心。 Incense art: Incense art is a practice that creates a tranquil atmosphere through appreciating spices, burning incense, etc., which helps relieve stress and relax both body and mind. 茶重疗愈：结合品茶与熏香，利用茶香和植物精油的双重作用，舒缓身心、调节情绪，促进深度放松。 Tea fumigation therapy: Combining tea tasting with fumigation, it utilizes the dual effects of tea fragrance and plant essential oils to soothe the body and mind, regulate emotions, and promote deep relaxation.	身心放松：香道和茶重疗愈的清香与仪式感，能有效缓解紧张情绪，让人迅速进入放松状态。 Physical and mental relaxation: The delicate fragrance and sense of ritual in incense art and tea fumigation therapy can effectively relieve tension, allowing people to quickly enter a state of relaxation. 情绪舒缓：书法的专注练习和茶香的安抚作用，有助于缓解焦虑和抑郁情绪，提升心情平和感。 Emotional soothing: The focused practice of calligraphy and the comforting effect of tea fragrance help alleviate anxiety and depression, enhancing a sense of emotional calm 文化滋养：通过体验书法、香道和茶重，可在传统文化的重陶中丰富精神生活，提升个人修养和审美水平。 Cultural nourishment: By experiencing calligraphy, incense art, and tea fumigation, one can enrich their spiritual life under the influence of traditional culture, and improve personal cultivation and aesthetic level.	

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 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.