



ALIDA Travel

上海安迅國際旅行社有限公司

Health & Relaxation

Day 1 Arrival in Haikou - Bo'ao



Arrival in Haikou. Pickup and transfer to Yiling Life Care Center in Bo'ao, which is the world's first tertiary comprehensive medical institutions named after " life care center " . It is located at Boao Lecheng International Medical Tourism Pilot Zone which was honored by prime minister LI KEQIANG as "he 2nd Chapter of Boao Forum for Asia. In 2017 it was rated as national high and new technology enterprise of Hainan province .The life care center is situated in the south bank of Wan Quan river, enjoying picturesque scenery and peaceful natural environment.

Day 2 - Day 8 Treatment at Yiling



Choose one of the 7 following health caring packages, each takes 7 days or more. <http://www.yilinglife.com/>Package 1: Chronic fatigue syndromePackage 2: InsomniaPackage 3: Joint pain caused by pold and dampnessPackage 4: ConstipationPackage 5: Deficiency cold of spleen and stomachPackage 6: Dizziness, headache, neck and shoulder painPackage 7: Stagnation and phlegm dampness, overweightIn parallel to the treatment, various cultural and entertainment activities will be organized.

Day 9 Bo'ao-Sanya



Transfer to Sanya and accommodation in a top hotel at the Yalong Bay.

Day 10 - Day 13 Relaxation



Free time at leisure.

Day 14 Depart

