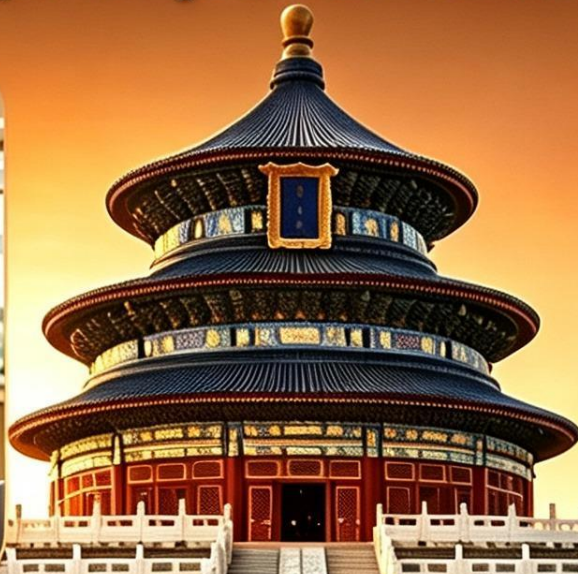


WELLNESS CHINA 2026

Beijing · Xi'an · Chengdu

11 Days / 10 Nights Senior Wellness Tour



Medical Check-up · Hot Spring · TCM Cupping · Tai Chi

MEDICAL CHECK-UP

Full Full Western
Medical Check-up

TCM Pulse
Diagnosis & Therapy
& Therapy
Hot Spring Spa

TCM CUPPING THERAPY

Temple of
Heaven

Termotta
Terracotta Army
Panda Base

TAI CHI EXPERIENCE

German-Speaking
11 Days / 10 Nights

Wheelchair Rental
Senior Meal Rental
Senior Meal Plan
Emergency Support

BOOK NOW

Tour Highlights - 11 Days Wellness China

- Designed for Foreign senior travellers (55-75): a slow-paced, low-walking route combining medical check-ups, Traditional Chinese Medicine, hot spring therapy and gentle cultural sightseeing
- Themed wellness accommodation: the 5-star Jiuhua Resort & Spa hot spring hotel in Beijing and a premium senior living community in Chengdu - a one-stop experience of China's diverse wellness culture
- East-meets-West health management: a full-body Western medical check-up on Day 2 and a follow-up examination in Chengdu, with continuous TCM constitution tracking and a personal wellness profile
- Senior-friendly arrangements throughout: sightseeing electric carts wherever possible, wheelchair rental available, optional foot massage after lunch, daily midday rest breaks, luggage handling service and first-class high-speed train seats
- Complete TCM experience: pulse and tongue diagnosis by senior physicians, herbal tea tasting, meridian and acupoint wellness lessons, moxibustion and massage techniques you can take home to Europe
- Oriental mind-body practices: tai chi and Baduanjin classes, tea ceremonies and sachet-making workshops
- Classic landmarks in balance with wellness: the Forbidden City, the Great Wall at Juyongguan, the Summer Palace, the Temple of Heaven and the Terracotta Army - sightseeing without fatigue
- Exclusive service for Foreign seniors: English-speaking escort throughout, bilingual local guides, 24-hour wellness emergency support, medical kit, blood pressure monitor and folding rest stools on board
- Senior-tailored dining: low-fat, low-salt, mild and soft, easy-to-digest meals customized by body constitution, with mineral water, herbal wellness tea and calming soups daily, plus Western bread, yogurt and fruit

Day 1 | Arrival in Beijing

Includes Dinner

Arrive in Beijing, where you will be met at the airport and transferred to the 5-star **Jiuhua Resort & Spa** wellness hotel for 4 nights. Your guide and staff will introduce the hotel facilities, brief you on the itinerary and confirm your medical information. After a relaxed dinner, rest well and prepare for tomorrow's full-body health check-up.



Overnight in Beijing

Day 2 | Beijing - Health Check-up & Summer Palace

Includes Breakfast, Lunch & Dinner

This morning, enjoy a **comprehensive full-body health check-up** (with English-speaking staff assisting throughout), followed by time to relax in the resort's famous **hot springs** - 70-plus pools set in a classical royal garden, including six therapeutic herbal pools prescribed by imperial-physician descendants. After lunch, enjoy a gentle afternoon visit to the **Summer Palace**, China's largest and best-preserved royal park, followed by dinner.



Overnight in Beijing

Day 3 | Beijing - Great Wall & Sacred Way

Includes Breakfast, Lunch & Dinner

After breakfast at the hotel, enjoy a morning visit to the **Juyongguan Great Wall**, one of the three most famous passes along the Great Wall of China, walking at a comfortable pace with magnificent mountain views. After lunch, visit the **Sacred Way** of the Ming Tombs, a peaceful avenue lined with centuries-old stone statues of animals and officials. Dinner and overnight at the hotel.

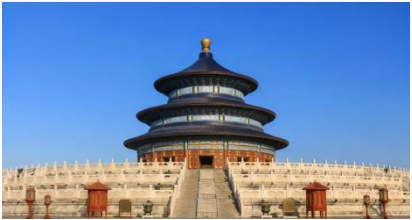


Overnight in Beijing

Day 4 | Beijing - Temple of Heaven & Forbidden City

Includes Breakfast, Lunch & Dinner

This morning, enjoy a relaxed stroll through the **Temple of Heaven** park, admiring the royal prayer gardens where locals practise tai chi and morning exercises. After lunch, visit the **Forbidden City** - the Hall of Supreme Harmony, the Palace of Heavenly Purity and the Imperial Garden - the residence of emperors for more than 500 years. This evening, enjoy a delicious **Beijing Roast Duck dinner** before returning to the hotel to rest.



Overnight in Beijing

Day 5 | Beijing TCM Wellness - Flight to Xi'an

Includes Breakfast, Lunch & Dinner

This morning, enjoy an in-depth experience at a renowned **Traditional Chinese Medicine wellness centre** (Tongrentang or Guoyihui): pulse and tongue diagnosis by senior physicians, herbal tea tasting, and meridian & acupoint wellness lessons - learn simple home massage techniques to take back to Europe - plus a look at the intelligent herbal dispensing equipment. After lunch, take the afternoon **flight to Xi'an**. You will be met and transferred to the hotel, and after dinner enjoy a gentle evening stroll through the dazzling **Grand Tang Dynasty Everbright City**.



Overnight in Xi'an

Day 6 | Xi'an - Big Wild Goose Pagoda, City Wall & Calligraphy

Includes Breakfast, Lunch & Dinner

After the hotel buffet breakfast, visit the **Big Wild Goose Pagoda** in the morning. After lunch, enjoy a gentle visit to the ancient **City Wall**, then join a **Chinese calligraphy workshop** at the Small Wild Goose Pagoda cultural studio, where a professional teacher will guide you in writing auspicious characters with brush and ink - a wonderful cultural keepsake. Dinner and overnight at the hotel.



Overnight in Xi'an

Day 7 | Xi'an - Terracotta Army & Muslim Quarter

Includes Breakfast, Lunch & Dinner

After the hotel buffet breakfast, visit the **Terracotta Army Museum** with professional bilingual commentary on Qin dynasty history. After lunch (featuring Shaanxi's famous noodles), experience a **hands-on terracotta warrior DIY workshop** - craft your own mini warrior, which can be fired and mailed home. In the afternoon, take a gentle stroll through the **Muslim Quarter** and sample Shaanxi snacks, with dinner at a Muslim Quarter restaurant. In the evening, enjoy the brilliant **Tang Dynasty music and dance performance**.



Overnight in Xi'an

Day 8 | Xi'an to Chengdu by Bullet Train (First Class)

Includes Breakfast, Lunch & Dinner

This morning, board the **first-class high-speed train** from Xi'an North Station to Chengdu - spacious reclining seats where you can lie back and rest, with wellness herbal tea served on board. Arriving in Chengdu in the early afternoon, experience the leisurely local life at **People's Park** and its typical teahouses. Then transfer to the **5-star premium senior living community apartments** (full elevator access, non-slip rooms) for 3 nights. Staff will introduce the community facilities, brief the itinerary and reconfirm medical information. Dinner and rest, preparing for tomorrow's follow-up examination.



Transfer Times: First-class bullet train from Xi'an to Chengdu takes approximately 3 to 4 hours.

Overnight in Chengdu

Day 9 | Chengdu - Follow-up Check-up & City Experience

Includes Breakfast, Lunch & Dinner

This morning, enjoy your **follow-up medical examination** - professional check-up, doctor consultation and diagnosis. After lunch, visit the **Sichuan Museum of Traditional Chinese Medicine**, the serene **Wenshu Monastery**, and take a gentle stroll through the **Wide and Narrow Alleys**. After dinner, watch the traditional **Sichuan Opera face-changing performance**.



Overnight in Chengdu

Day 10 | Chengdu - Tai Chi, Pandas & Cooking Class

Includes Breakfast, Lunch & Dinner

After breakfast, start the day with a one-hour **tai chi class**, then visit the **Panda Breeding Base** to meet the adorable giant pandas. After lunch, return to the residence for a midday rest. In the afternoon, collect your check-up report and join a **Chinese cooking class**, learning to prepare classic Chinese dishes yourself - skills and recipes to take home.



Overnight in Chengdu

Day 11 | Chengdu - Departure

Includes Breakfast

After the hotel buffet breakfast, transfer by private vehicle to Chengdu Airport for your departure flight, bringing your 11-day East-meets-West wellness journey to a perfect close.



Transfer Times: Drive approximately 45 minutes from the residence to the airport. Please check in at least 3 hours before departure.

Cost Includes

- Beijing: 4 nights at the 5-star Jiu Hua Resort & Spa (twin room with breakfast), including full-body basic health check-up and hot spring access (English-speaking staff assisting with the check-up)
- Xi'an: 3 nights at the 5-star Titan Senbo Hotel (twin room with breakfast)
- Chengdu: 3 nights at a 5-star premium senior living community (twin apartment; single occupancy available)
- German-speaking or English-speaking escort throughout, plus bilingual local guides
- Sightseeing electric carts arranged wherever possible; wheelchair rental available (at guests' own expense); optional group foot massage after lunch
- All transfers in air-conditioned tour coach; flight Beijing - Xi'an (economy class); high-speed train Xi'an - Chengdu (first class)
- Travel kit on board: medical kit, blood pressure monitor, folding rest stools
- All meals following senior wellness standards: low-fat, low-salt, mild, soft and easy to digest; medicated meals customized by body constitution (qi-deficiency / yin-deficiency / dampness); daily mineral water, herbal wellness tea and calming soups; Western bread, yogurt and fruit available
- Core wellness themes throughout: Western medical check-ups (Beijing & Chengdu), hot spring therapy, complete TCM system (pulse diagnosis, moxibustion, massage, meridians, herbal medicated meals), tai chi & Baduanjin, sachet-making, calligraphy, tea ceremony and royal garden meditation
- Tips for local guides and drivers - guests need not pay any extra tips

Cost Excludes

- International flight tickets to and from China
- Personal expenses
- Any extra programs or services not mentioned in the itinerary above

Group Prices - Senior Wellness Package

Group Size	CNY/pax	Single Supplement (CNY)	Remarks
10+ persons	15,860	3,500	Including German-speaking escort
20+ persons	14,650	3,500	Including German-speaking escort
6-9 persons	17,560	4,600	Excluding German-speaking escort
2-5 persons	25,860	4,600	Excluding German-speaking escort

All the above prices include tips for local guides and drivers in each city - guests need not pay any extra tips.

Hotel Information

City	Hotel	Star	Nights
Beijing	Jiuhua Resort & Spa (wellness hotel, incl. check-up & hot springs)	5 star	04 Nights
Xi'an	Titan Senbo Hotel Xi'an	5 star	03 Nights
Chengdu	Premium Senior Living Community Apartments	5 star	03 Nights

Hotels are subject to availability at the time of booking. Alternative hotels of equal standard will be proposed if the listed properties are not available.

Booking Confirmation

Agreed on Behalf of the Client	Agreed on Behalf of the Supplier
Signed: _____	Signed: _____
Date: _____	Date: _____

This itinerary is prepared exclusively for the quoted group and is valid for 14 days from the date of issue.