TCM Health Retreat: Heniantang Nansha

Heniantang established in year 1405, which was first medical centre specializing in health care in China. It is the time-honoured brand that combines diagnosis, recuperation, nursing and treatments, certified by the state council of China with cultural heritage protection.

Advantages of Heniantang:

* Diagnosis and “Illness Prevention”

* Individualized Remedial Programs
• Specialty clinics and Health team with masters specializing in techniques of bian, acupuncture, moxibustion, medicine, massage, qigong (not provided temporarily)

• Henian “Three Treatment Techniques”: Yangyuan Technique, Leihuo Technique, and Wenjing Technique

• Henian “Three Treasures”: Qiankun Stone, Yangyuan Pills, Pusa Bag

• Precious health-care syrup

• High-quality herbal cuisine, which is only included in long-stay package (more than 3 days)
Two-Day Classic TCM Examination Package: Procedures and Schedule

First Day
09:30-10:00 - Check-in World Trade Centre
10:00-10:45 - Tour of Heniantang
10:45-12:00 - initial TCM expert consultation
12:00-14:30 - Lunch (local restaurant) and noon break
14:30-17:30 - TCM treatment
18:00-19:30 - Dinner (local restaurant / 21F)
19:30-22:00 - Free time
Note: Heniantang provides booking service for spring spa in Nansha Grand Hotel (http://www.nanshahotel.com/spa/default.htm)

Second Day (optional)
07:30-08:30 - Breakfast
09:00-12:00 - Further consultation and TCM treatment
   OR
   Sightseeing
12:00-14:30 - Lunch (local restaurant) and noon break
14:30-16:45 - TCM treatment/sightseeing
16:45-17:30 - Check-out
Note: the schedule of the second day can be adjusted according to customer requirement.

Price:

Jaderin Member        HK$ 2,000 per person   $1,800 (Repeat)
Non- Member           HK$ 2,500 per person

Includes: Tranportation by ferry and bus/car, 1 night hotel accommodation (studio/ 2 bedroom suites) at WTC, all meals, sightseeing, tips.

Excludes: Visa fees, insurance, individual diagnosis and treatments, alcoholic drinks, laundry, room service, bar bills

Booking:
Please send cheque to “Jaderin Club Limited” and completed attached form by March 28 2016 to
Jaderin Club Limited, 801 Dina House, Ruttonjee Centre, 11 Duddell Street, Central Hong Kong.
Tel: 28456283   Fax 25262713   Email:info@jaderinclub.com
Transportation:

(1) From/to Hong Kong ([http://www.nskyg.com/](http://www.nskyg.com/))

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<tr>
<th>HongKong – Nansha</th>
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Friendly Reminder: please arrive the port half an hour ahead

Sightseeing options

Located in south-eastern Guangzhou, Nansha is a beautiful district on the estuary of the Pearl River Delta. The region is an undiscovered haven with a wide area of water and mountains which attract thousands of birds every year. In 2011, Nansha district won the gold medal of The LivCom Awards presented by the United Nation's Environment Program. Recommended tourist destinations in Nansha include:

(1) Nansha Tianhou Temple

Located on the south-eastern slope of the Dajiao Mountain in Guangzhou City, Nansha Tianhou Palace is facing the Lingdingyang (Lingding Ocean), the mouth of the Pearl River. Covering an area about 100 hectares (247.1 acres), the architecture of Nansha Tianhou Palace combines both the style of the Forbidden City in Beijing and the sublimity of Dr. Sun Yat-sen’s Mausoleum in Nanjing. It is the largest palace compound of its category in the world. It is regard as the 'First Tianhou Palace under Heaven' and the biggest Mazu Temple in south-eastern Asia, which reflects its important position in the history.
(2) Holland Flower Kingdom (http://www.floraliefde.com/index.php)

A Holland tulip theme park named "Holland Flower Kingdom" in Nansha District has opened to the public on February 7, 2015. Tourists can enjoy not only Dutch tulips but also authentic Dutch delicacies there. With a total area of more than 200,000 square meters, it is composed of a flower exhibition area, an exotic gulf area and an outdoor sport recreation area. Nearly 40 varieties of tulips and more than 10 kinds of Hippeastrum and hyacinths are planted in the flower exhibition area. All the tulips are imported from the Netherlands and are being cultivated by Dutch gardeners in Guangzhou.

(3) Nansha Wetland Park (http://www.nssd.com.cn/)

Nansha wetland has a total area of 2,200 hectare with a 220 hectare of core areas. The land is in good status and wetland environment with coastal mangrove and mud flat has been gradually shaped. More than 140 kinds of birds are attracted here in the paradise; they forage, reproduce and perch here. There are such birds that are in imminent danger as the first-class national protected bird Ciconia boyciana and such the second-class national protected birds as Black-faced Spoonbill and Saunder's Gull.
4) Huangshanlu Forest Park

The park is located in downtown area of Nansha District. It covers a total area of over 1,200 acres. The main summit is 295 meters high and is the highest in the south part of Guangzhou. As Nansha lies in the geometric center of Zhujiang River Delta, you may have a bird view of Nansha, Shiziyang Outlet and neighboring regions. A survey on the site by experts of South China Extinctive Animal and Plant Research Institute shows that the park abounds in animal and plant resources and the vegetation coverage reaches 99.9%. Its bird density is the highest among forest parks in Guangzhou.

(5) Nineteen Chung Fisherman’s Wharf

Currently, Nineteen Chung Fisherman’s Wharf is the first choice for residents living in delta regions of Pearl River to spend weekends and holiday. The Nineteen Chung fishing port is located at the southernmost tip of the Pearl River estuary and is also one of the key national fishing ports. Taking boat for fishing and sightseeing, fresh seafood buying and processing, and purchasing the agricultural products with Nansha characteristics become the major feature. The former border fishing port becomes a beautiful landscape in Guangzhou, also turns into a characteristic brand of Nansha tourism.

Route: 43.5km (43min drive) from Heniantang