



Spa Study Tour 2010



Experience authentic Chinese spa

Throughout the world, spas are increasingly looking to China for effective and exotic treatments founded in Traditional Chinese Medicine. But how do you know what's authentic? And how do you evaluate quality? The China Spa Association, in collaboration with the Asia-Pacific Spa & Wellness Coalition, is pleased to host a study tour for those interested in learning more about China's wealth of traditional therapy.

The study tour welcomes:

- Spa & wellness professionals from any country:
- Including operators, employees, trainers, consultants, suppliers, etc.
- Numbers are limited to 20 people to ensure good interaction and learning.
- Priority is given to members of the China spa Association and APSWC's constituent associations.
- If places are available, the tour may also be open to partners and interested members of the public.

Itinerary

Arrival: 4th Sept

a.m.: Arrive Shanghai

p.m.: Free afternoon for sightseeing

Night: Ri Star Bath house visit, foot massage and Welcome Dinner

Day One: 5th Sept

Morning: Yijin Jing practice

a.m.: Visit TCM museum

p.m.: Visit TCM clinic

Night: Dinner at ChengHuang Temple

Visit Yuyuan garden, shopping at night market

Day Two: 6th Sept

Morning: Tai chi practice

a.m.: TCM lecture at Four Season Hotel

p.m.: TCM cupping or heating Jiu experiences at Hyatt Yuan spa

Night: Dinner talk about traditional culture of China

Day Three: 7th Sept

Morning: Qi Gong practice

a.m.: Tui Na lecture and experience at Tang Channel

p.m.: Yinyang & five element lecture at Herborist spa

Night: Dinner talk on Feng Shui

Day Four: 8th Sept

a.m.: Shanghai spa tour

p.m.: Farewell Lunch buffet at Oriental Pearl

Cost:

No accommodation	Share room	Single room
For those arranging their own accommodation RMB 4,480/SGD 930	For those sharing a room with a spouse or friend RMB 5,980/SGD 1,250	For those wanting a private room, non-sharing RMB 7,750/SGD 1,600

Price includes: all listed activities and treatments, accommodation, meals and transportation. Airfares & airport transfers not included.

*All members of APSWC's constituent associations enjoys 10% discount.
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