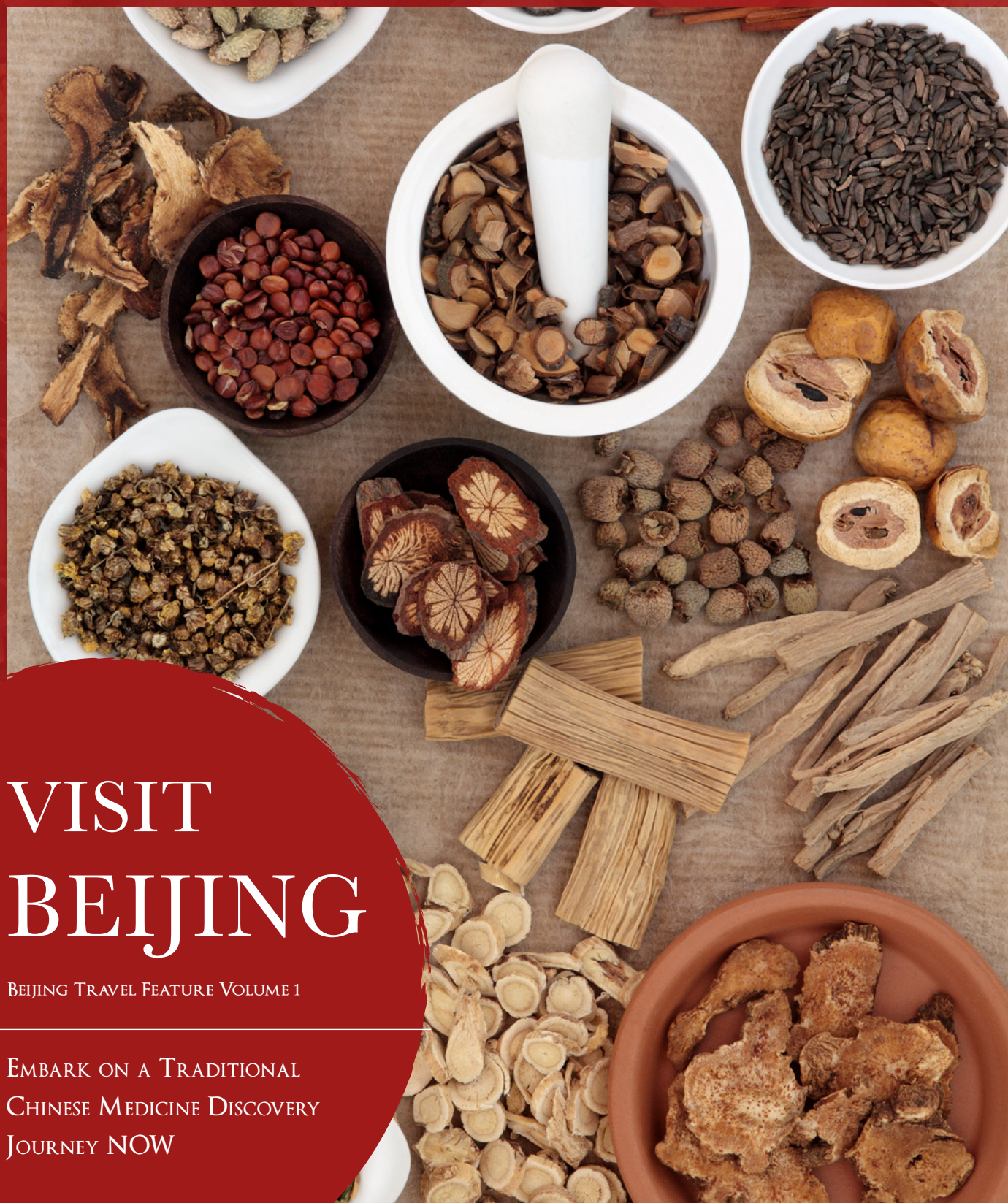




BEIJING MUNICIPAL COMMISSION OF
TOURISM DEVELOPMENT



VISIT BEIJING

BEIJING TRAVEL FEATURE VOLUME 1

EMBARK ON A TRADITIONAL
CHINESE MEDICINE DISCOVERY
JOURNEY NOW

創建於一六六九年

北京同仁堂



TCM Tourism

In Beijing



Traditional Chinese Medicine (TCM) regimen has long been the shiniest pearl of the Chinese culture with more than 5,000 years of intelligent development. TCM serves as the exclusive profound pathway to a life of balance, wellness and harmony with natural therapies like acupuncture, massage and cupping.

Beijing, as the capital city, leads the country in TCM diagnosis and treatments. With the richest collection of TCM resources and services, the city has a lot more for everyone to discover.





TCM Tourism

THE BEST:

2

TCM AUTHORITIES

Beijing Research Center of International TCM Tourism |
Beijing Pistis International TCM Service

6

TCM TREATMENTS

Acupuncture | Moxibustion | Massage | Cupping |
Foot Reflexology | Scraping

6

TCM TRAVEL AGENCIES

Chinese International Travel Service Co., LTD. | China Travel Service LTD. |
China CYTS Tours Holding Co., LTD. | Beijing Caissa International Travel Service Co., LTD |
China Comfort Travel Agency | Ctrip.com International, LTD

13

TCM TRAVEL ROUTES

1 to 6-day personalized tours



16 Authorised TCM Tourism Committees



31 TCM Tourism Services



35 TCM Travel Destinations

For more details, check our information as follow.

TCM Expertise



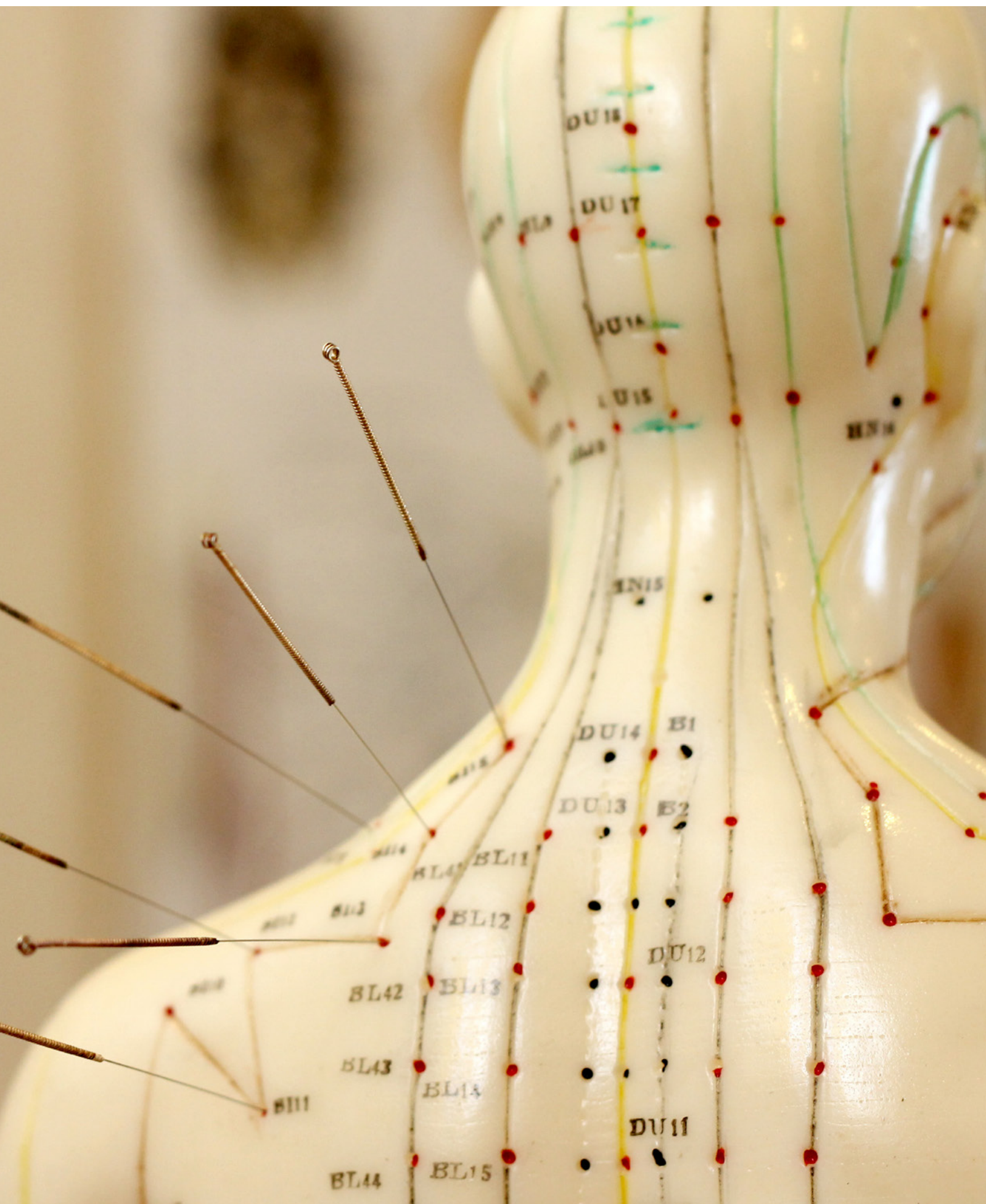
TCM Expertise

In Beijing



Meet the world's best and most experienced TCM experts in Beijing. Join us to learn more on TCM philosophy, healing system and treatments.







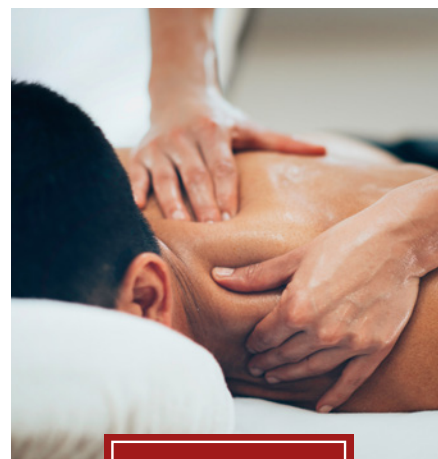
ACUPUNCTURE

An ancient yet mysterious Chinese therapy to treat health problems. To prevent and cure sickness by keeping the meridian channels open and regulating Qi and blood, balancing yin and yang, and coordinating organ functions.



MOXIBUSTION

Therapy making use of dried plant material called moxa to cauterize and press acupoints. To prevent disease by running the heat and herbal medicine through the meridians.



MASSAGE

Masseurs using hands to push, grab, press, knead, rub, pinch, point, and pat specific parts of human body. To alleviate pain by promoting blood circulation and opening up meridians.

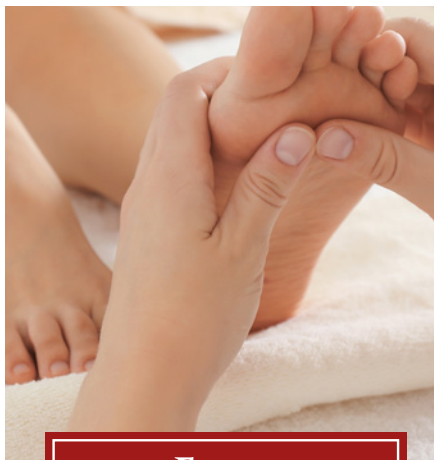


6 MAJOR TCM Treatments



CUPPING

China medical heritage dispelling cold and dampness, and relieving swelling and pain by the placement of heated cup over targeted skin area.



FOOT
REFLEXOLOGY

Foot massage invigorates and strengthens the body, preventing premature aging and contributing to health and longevity.



SCRAPING

Natural therapy scrapping the skin with instruments such as ox horn, jade, and fire cupping to facilitate blood circulation, boost metabolism and eliminate toxins.

TCM Cultural Centers



TCM Cultural Centers

In Beijing



Discover the history of Chinese medical practice and appreciate Chinese landscape art at the TCM museums, gardens and farms.

Beijing Yushengtang TCM Museum



Encyclopedia of TCM in the world with more than 400 years of history. The museum houses statues of medical sages in various dynasties, TCM utensils and ancient herbal medicine species.

Address Imperial Apartment 2-3 5 , #1 Wang Fu Street, Bei Qi Jia n, Changping District, Beijing

Transportation Take Bus No. 537, 643, 3, 426,430 and get off at Pingxifu Stop or take Line 5 and get off at Tiantongyuan North Station, and walk 300m to the west.

Tel +86-10-57265599

Website <http://www.yushengtang.com>

Tibetan Medicine Culture Center of Beijing Tibet Hospital, China Tibetology Research Center



Provision of Tibetan treatment to cardiovascular and cerebrovascular, digestive, hepatobiliary and rheumatic diseases.

Address No. 218, An Wai Xiao Guan Bei Li, Chaoyang District, Beijing

Transportation Take Line 5 or 10 to Huixinjie Nankou Station and walk out the station at Exit A, walk 150m to the north and turn west at the traffic light.

Tel +86-10-64972929

Website <http://www.tibet-hospital.org/>

Museum of Chinese Medicine at Beijing University of Chinese Medicine



Rich collection of over 1,000 TCM relics and rare medical books under 200 titles and about 5,000 TCM specimens of more than 2,800 species at the General Exhibition and the Window of Medicinal Animals Hall.

Address No. 11, Bei San Huan Dong Road, Chaoyang District, Beijing

Transportation Take Line 5 to Hepingxiqiao Station or Line 13 to Guangximen Station

Tel +86-10-64286672

Website <http://www.bowuguan.bucm.edu.cn>

Chinese Medical History Museum at China Academy of Chinese Medical Sciences



World's top Traditional Chinese Medicine museum housing 3,000 and more priceless TCM relics.

Address 10/F, China Academy of Chinese Medical Sciences Building, No. 16 Dongzhimen South Street, Dongcheng District

Transportation Take Line 2 to Dongzhimen Station

Tel +86-10-64014411

Website <http://www.catcm.ac.cn/>

Beijing Medicinal Plants Garden



Home to more than 2,000 different kinds of TCM species in 20 hectares.

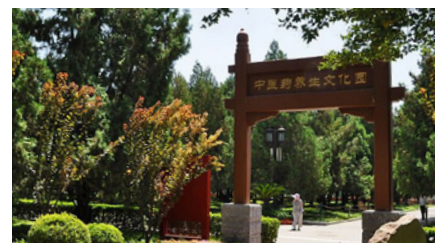
Address No. 151, Malianwa North Road, Haidian District, Beijing

Transportation Take Line 16 to Malianwa Station

Tel +86-10-57833195/57833190

Website <http://www.implad.ac.cn/cn/index.asp>

Temple of Earth TCM Wellness Garden



1st TCM health culture theme park in China, combining health cultivation methods in culture, environment, sorts, time and internal viscera with fine landscaping.

Address East of the Temple of Earth, Andingmenwai Street, Dongcheng District

Transportation Take Line 2 or 5 to Lama Temple Station

Tel +86-10-64214657

Website <http://www.dtpark.com/>

TCM Experiences

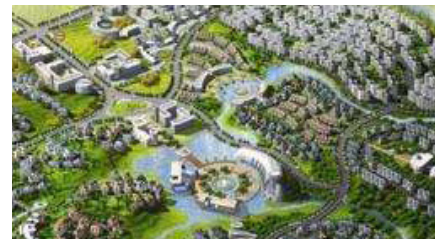


TCM Experiences

In Beijing



Tianyanggu



TCM healthcare services, outdoor TCM experiences and TCM restaurant all-in-one.

Address	Xishankou, Ming Tombs Town, Changping District, Beijing
Transportation	Take Subway Changping Line to Changping Xishankou Station and walk out the station at Exit B, walk 300m to the north and turn right.
Tel	+86-10-56034592
Website	http://www.tianyanggu.cn/



Beijing Caogentang Farm



TCM farm offering kids-friendly experiences in TCM sciences, agriculture and outdoor exploration.

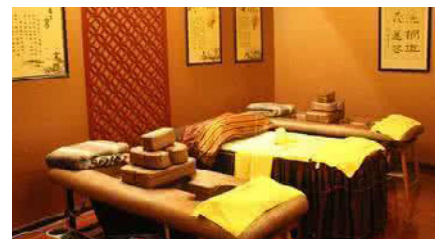
Address Xiyuanzi Daciluo Village, Shilou Town, Fangshan District, Beijing

Transportation Drive to the 1st exit of the Liulihe Expressway Toll Gate to Yuellu Road, turn right to Guzheng Road. Turn left to Waliu Road, then turn left to Xiyuanzi Road and drive for 510m.

Tel +86-10-61367138

Website <http://www.bjcgtn.com>

Beijing Aihuitang Moxibustion Center



Provision of authentic TCM natural treatments such as moxa-wool moxibustion, acupuncture, massage, osteopathy, cupping, herb paste, qigong.

Address B1-110-B Capital Construction Finance Center, No. 140, Xizhimen Outer Street, Xicheng District, Beijing

Transportation Take Line 4 to Zoo Station and walk out the station at Exit B then walk 200m to the west.

Tel +86-10-88029690

Website <http://aihuitang.com.cn/>

TCM Clinics



TCM Clinics

In Beijing



Get the professional TCM healthcare advices and feel the magic of TCM therapies at the city's time-honored clinics!

Beijing
Tongrentang
Hospital of
Traditional
Chinese
Medicine



Provision of TCM treatments, including acupuncture and massage.

Address	No. 46 Damochang Street, Chongwen District, Beijing
Transportation	Take Line 2 or 5 to Chongwenmen Station or take Bus 110 to Qiniandajie Beikou (North Entrance of Qinan Street) Stop.
Tel	+86-10-67019022
Website	http://www.tongrentangzyyy.com/

The Gu Lou Hospital of Traditional Chinese Medicine



Providing professional healthcare services by nationally renowned TCM experts, all-year round herbal tea and 24 solar terms healthcare tips.

Address No. 13 Doufuchi Hutong, Dongcheng District, Beijing
Transportation Take Line 2 to Guluodajie Station and walk 800m.
Tel +86-10-52273516
Website <http://www.bjsglzy.com/ch/>

Guang'anmen Hospital, Chinese Academy of Medical Sciences



Specializing in authentic TCM therapies such as acupuncture, massage, rehabilitation and herbal medicines.

Address No. 5, Beixiang, Xicheng District, Beijing
Transportation Take Bus No. 5, 6, 38, 57, 109, 687 to Guang'anmen Station
Tel +86-10-83123311
Website <http://www.gamhospital.ac.cn>

The International Department of Dongzhimen Hospital



Consultation with renowned TCM doctors. Health management, dietary instruction, cultural sharing, international training and TCM experiences are also available.

Address No. 279, North Dongsì Street, Dongcheng District, Beijing
Transportation Take Line 2 to Dongsishitiao Station.
Tel +86-10-84012662
Website <http://www.dzmy.com.cn>

Old Dashilan Pharmacy of Beijing Tongrentang



300-year-old pharmacy sells more than 6,000 kinds of TCM medicine, herbal pieces and health products etc.

Address No. 24 Dashilan Street, Xicheng District, Beijing
Transportation Take Line 2 to Qianmen Station.
Tel +86-10-63030221/+86-10-63031155
Website <http://www.tongrentang.com>

Boaitang Hospital of Traditional Chinese Medicine



Provision of city's top healthcare services by 120 experienced and reputable TCM experts.

Address 1/F, Hanhai Garden Mansion, No. 1, Kaiyang Road, Fengtai District, Beijing
Transportation Take Line 2 to Dongsishitiao Station
Tel +86-10-83973609/+86-10-83973610
Website <http://www.cnbat.cn/>

Beijing University of Traditional Chinese Medicine Subsidiary Dongfang Hospital



Offering over 1,000 kinds of TCM experiences in modern therapies.

Address No. 6, Fangxingyuan 1st Block, Fangxing Road, Fengtai, Beijing
Transportation Take Line 5 to Puhuangyu Station and walk 1km to the east
Tel +86-10-67689655
Website <http://www.dongfangyy.com.cn>

TCM Authority



TCM Authority

In Beijing



Beijing Municipal Administration of TCM & Beijing
Municipal Commission of Tourism Development

Beijing Research Center of International TCM Tourism
World's 1st research center of TCM tourism providing one-stop
professional healthcare services.

Beijing Pistis International TCM Service

An avant-grade international and professional TCM service
provider offering a wide variety of healthcare service.
A full range of one-off comprehensive TCM treatments are
available at the centers. English and other languages are
supported. More details on page 16.

Contact 86-10-88001800

Consultation 9:00-12:00 13:00-16:00 (GMT+8)

TCM Tourism Services

Details of the 31 TCM Tourism Services provided by 16

Authorised TCM Tourism Committees are as follows:

Guang'anmen Hospital, China Academy of Chinese Medical Sciences

- ♦ Children's nasal disorders treated with TCM sequential therapy
- ♦ Assessment and intervention of heart senescence by combination of Chinese and western medicine
- ♦ TCM treatment and rehabilitation for cancer patient
- ♦ Insomnia managed by integrated TCM therapies

Beijing Emperor Special Hospital of Femur Head Necrosis

- ♦ TCM treatment for femur head necrosis
- ♦ TCM treatment for Knee osteoarthritis

Eye Hospital, China Academy of Chinese Medical Sciences

- ♦ TCM prevention and treatment for diseases of optic nerve and retina

ReLife International Medical Center

- ♦ TCM treatment for varicose vein

Beijing University of Chinese Medicine Dongzhimen Hospital

- ♦ Acupuncture treatment for headache
- ♦ TCM treatment for chronic pain

Beijing Hospital of Integrated Traditional Chinese and Western Medicine

- ♦ Combination of acupuncture and massage for treating lumbar intervertebral disc
- ♦ Three steps acupuncture for treating child cerebral palsy
- ♦ TCM treatment for infertility

Beijing Tian Tan Hospital, Capital Medical University

- ♦ Integrative diagnosis and treatment of multiple sclerosis neuromyelitis optica with TCM
- ♦ Integrative diagnosis and treatment of Glioma with TCM

Beijing Massage Hospital

- ♦ Massage for cervical and lumbar spondylosis
- ♦ Massage for chronic fatigue syndrome

Beijing Hospital of TCM of the Capital Medical University

- ♦ TCM comprehensive therapy for diabetes
- ♦ TCM treatment for psoriasis
- ♦ Acupuncture for migraine

Xiyuan Hospital, China Academy of Chinese Medical Sciences

- ♦ Prevention and treatment of stenosis after a stent is deployed in the coronary artery by TCM activating blood circulation therapy
- ♦ Anti-wrinkle or chloasma reduction by nano-chip technology
- ♦ Prevention and treatment of colorectal cancer

The GU LOU Hospital of Traditional Chinese Medicine of Beijing

- ♦ Femoral head necrosis treated by TCM

China-Japan Friendship Hospital

- ♦ Inflammatory arthroplasty managed by TCM comprehensive strengthening sequential therapy

Beijing Bo'ai Hospital, China Rehabilitation Research Center

- ♦ Rehabilitation treatment of lumbar herniated disc with Integrated Chinese and Western medicine
- ♦ Rehabilitation treatment of spinal cord injury with Integrated Chinese and Western medicine

Beijing Dacheng TCM Acupuncture Hospital Co. LTD

- ♦ Chronic pain treatment by Chengs Acupuncture
- ♦ Insomnia treatment by Chengs Acupuncture

Dongfang Hospital, Beijing University of Chinese Medicine

- ♦ TCM intervention on high risk group of tumor

China Tibetology Research center Beijing Tibetan Hospital international medical Department

- ♦ Chronic joint's pain managed with Tibetan medicine

TCM Travel Routes



TCM Travel Routes

In Beijing



Begin your TCM journey with one of the 13 TCM travel routes. Follow the 6 leading travel agencies of Beijing, and enjoy the tour to TCM tourist attractions for the authentic TCM experience and cuisines!

*Highlighted TCM services and products of cuisine, park and museum will be featured



1-Day TCM Tour

Travel Agency
China CYTS Tours Holding Co., LTD.

Website <http://www.chinatraveldepot.com/website/medicaltravel/>
Contact Tom Liu | liuy@aoyou.com

MORNING Temple of Earth TCM Wellness Garden →
Beijing Medicinal Plants Garden →
Zhongwei Yuyuan Fushan Restaurant

AFTERNOON Yushengtang TCM Museum/ the Summer Palace/ Free Time

2-Day TCM Tour

Travel Agency
Caissa International Travel Service Co., LTD.

Website <http://caissa.com.cn/>
Contact Luo Dan | ludan@caissa.com.cn

DAY 1 Dongzhimen Hospital →
Beijing Taishen Xianghe Villa

DAY 2 Beijing Medicinal Plants Garden →
Zhongwei Yuyuan Fushan Restaurant

3-Day TCM Tour

Travel Agency
Chinese International Travel Service Co., LTD.

Website <http://www.cits.cn>
Contact Zhang Donghui | zhangdh@cits.com.cn

DAY 1 The Forbidden City →
Beijing Pingxintang TCM Clinic

DAY 2 The Juyongguan Great Wall →
Commune by the Great Wall →
Temple of Earth TCM Wellness Garden →
Beijing Hospital of Celebrities of Herbalist Doctors

DAY 3 The Summer Palace →
Zhongwei Yuyuan Fushan Restaurant →
Beijing Medicinal Plants Garden

4-Day TCM Tour

Travel Agency
Chinese International Travel Service Co., LTD.

Website <http://www.cits.cn>
Contact Zhang Donghui | zhangdh@cits.com.cn

DAY 1 Tian'anmen Square → The Forbidden City
Jingshan Par → Dongzhimen Hospital →
Shichahai → Fengshan Restaurant

DAY 2 Temple of Heaven → The Summer Palace →
Zhongwei Yuyuan Fushan Restaurant →
Beijing opera appreciation

DAY 3 Mutianyu Great Wall →
Temple of Earth TCM Wellness Garden →
Tasting TCM cuisine → Watching Kungfu show

DAY 4 The Lama Temple → the Imperial College →
Dongzhimen Hospital → Tasting Beijing local snacks →
Wangfujing Street

5-Day TCM Tour

Travel Agency
Ctrip International Co., LTD.

Website <http://vacations.ctrip.com/>
Contact Gabreil | zjchen@ctrip.com

DAY 1 Arrival

DAY 2 Tian'anmen Square → The Forbidden City →
The Mansion of Prince Gong → Shichahai

DAY 3 Great Wall → Yushengtang TCM Museum →
Olympic Park → Beijing National Stadium →
Beijing National Aquatics Center

DAY 4 The Summer Palace →
Zhongwei Yuyuan Fushan Restaurant →
The Old Summer Palace

DAY 5 Temple of Heaven → Yushan Restaurant

5-Day TCM Tour

Travel Agency
TUI China Travel Co., LTD.

Website <http://goo.gl/oYTnNi>
Contact Mia Wen | mia.wen@tui.cn

- DAY 1** Qianmen → Tongrentang →
Quanjude Peking Duck →
Watching Beijing Opera at Liyuan Theatre
- DAY 2** Pingxintang TCM Clinic →
Tingliguan Restaurant → The Summer Palace →
Beijing Medicinal Plants Garden
- DAY 3** The Great Wall → The Ming Tombs →
Yushengtang TCM Museum →
Beijing Taishan Xianghe Villa
- DAY 4** Beijing Taishan Xianghe Villa →
Tian'anmen Square → The Forbidden City →
Jingshan → Drum Tower Hutong →
Beijing Hospital of Celebrities of Herbalist
- DAY 5** Departure

5-Day TCM Tour

Travel Agency
TUI China Travel Co., LTD.

Website <http://goo.gl/oYTnNi>
Contact Mia Wen | mia.wen@tui.cn

- DAY 1** Qianmen → Tongrentang →
Quanjude Peking Duck →
Watching Beijing Opera at Liyuan Theatre
- DAY 2** The Summer Palace →
Beijing Medicinal Plants Garden →
Zhongwei Yuyuan Fushan Restaurant
- DAY 3** The Great Wall → Yushengtang TCM Museum →
Beijing Taishan Xianghe Villa
- DAY 4** The Forbidden City → Drum Tower Hutong →
Beijing Hospital of Celebrities of Herbalist
- DAY 5** Departure

6-Day TCM Tour

Travel Agency
Chinese International Travel Service Co., LTD.

Website <http://www.cits.cn>
Contact Zhang Donghui | zhangdh@cits.com.cn

- DAY 1** Arrival
- DAY 2** The Forbidden City, Jingshan Park →
Beijing University of Chinese Medicine TCM
Museum (Take sachet class) →
Tasting Peking Duck Feast
- DAY 3** The Badaling Great Wall →
Taishen Xianghe Villa TCM cuisine →
Tibet Hospital Culture Center TCM Tour
- DAY 4** The Summer Palace →
Tasting Yuyuan TCM feast →
Taking the TCM class at Beijing Medicinal
Plants Garden
- DAY 5** Learning Taichi at Temple of Heaven →
Experiencing Authentic Chinese massage →
Watching Kungfu show
- DAY 6** Departure

5-Day TCM Tour

Travel Agency
TUI China Travel Co., LTD.

Website <http://goo.gl/oYTnNi>
Contact Mia Wen | mia.wen@tui.cn

- DAY 1** Arrival
- DAY 2** Tian'anmen Square, the Forbidden City →
Dongzhemen Hospital (Take the TCM herbs class) →
Temple of Heaven → Tasting Peking Duck
- DAY 3** Beijing National Stadium, Beijing National Aquatics
Center → Tibet Hospital (Experience tea and foot
pedicure) → The Summer Palace
- DAY 4** The Badaling Great Wall → Taishen Xianghe Villa →
Beijing Yushengtang TCM Museum →
Acrobatic performance at Badaling Great Wall
- DAY 5** Learning Taichi at Jingshan Park →
The Lama Temple → Sichahai Hutong bike tour →
Lunch at local Beijinger's home →
TCM Experiences at Beijing University of Chinese
Medicine TCM Museum
- DAY 6** Departure



Catching the opportunity for promoting more excellent tourism products.

Next Volume

Departure Tax Refund Policy and Beijing shopping Guide

Stay tuned and contact us if you have any travel products and services to share!

Email: visitbeijing@bjta.gov.cn



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@visitbeijing
@visitbeijing_12301



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https://www.instagram.com/visit_beijing/



Youtube

<https://www.youtube.com/user/visitbeijingofficial>



BEIJING MUNICIPAL COMMISSION OF
TOURISM DEVELOPMENT