

Blue Rose

Leports ('experience' tour program for Club members) : Medical tourism program combined sports events (international marathon tournament, triathlon, cycling) and medical tourism for Leports club members .

Medical field Dentistry, Health examination, Korean Medicine, Orthopedics, Urology, surgery(Hair transplant, etc.)

3nights 4days Itinerary



1 Day

▶ **Accommodation, Daegu** → **Dentistry**(optional) - dental examination, scaling, whitening → **semi-permanent surgery**(optional) - men eye brow tattoo → **surgery & hair transplantation, consultation** → **Korean Food** → **learning stretching & joint movement** → **Yangryeongi Tour** - health supplements shopping - Ginseng, Red ginseng, Gyeongyokgo, Ssaenggreukgo, etc. → **Department store/ Duty free shop shopping** → **Seomun Night market tour** - Ddukbboggi, Skewers, etc.(pay your own) → **Accommodation, Daegu**

※ Seomun night market – open: 19:30~24:00

2 Day

▶ **Accommodation, Daegu**(breakfast) → **Participation in sports event** - Marathon - triathlon - cycling, etc. → **Ssamgettang**(Medicinal herb chicken soup) → Taking a rest → **Massage** - Aroma therapy - sports massage - choose one (ex. Chiropractic) → **Blowfish bulgogi** → **Suseong Mot Café street, Tea time** → **Nightview of Suseong Mot** → **Accommodation, Daegu**

※ Daegu shooting range is alternative when no sports event is scheduled.
 ※ No food and drink after 21:00 for health examination the next day

3 Day

▶ **Accommodation, Daegu** (breakfast) → **Health examination**(optional) - Blood test, 2 endoscopies, CPR test, gastrointestinal test ,basic physical examination ,etc. → **Orthopedics surgery**(optional) - spine, joint, sport injury consultation&treatment - manual therapy → **Korean medicine** (optional) - spine, joint acupuncture - constitution consultation&treatment - detoxication therapy - prescription - chuna - moxibustion - steam spa, etc. → **Urology**(optional) - prostate consultation, men surgery, etc. → **Ttaro gukbap** → **Donghwas Temple-stay**(temple experience/ temple etiquette)

※ No breakfast for health examinee today

4 Day

▶ **Temple-stay**(including lunch)

1 Day

▶ Accommodation ,Daegu. → Dentistry(optional) - dental examination, scaling, whitening → Semi-permanent surgery(optional) - Men eyebrow tattoo → surgery& hair transplantation consultation(optional) → learning stretching& joint movement → Anjirang Gopchang Town - Makchang guwi → Apsan observatory → Suseong Mot Café street, tea time → Suseong Mot Night walking → Accommodation ,Daegu

2 Day

▶ Accommodation ,Daegu,(breakfast) → Participation in sports event - Marathon - triathlon - cycling ,etc. → Ssamgettang(Medicinal herb chicken soup) → Rest → Massage - Aroma therapy - sports massage - choose one (ex. Chiropractic) → Dongseongro alley tour - prescription trendy eye glasses. lens, shopping. - Samgupsal → Yeongnam Jeil Gwan - Night light up → Accommodation ,Daegu

- ※ Daegu shooting range is alternative, when no sports event is scheduled.
- ※ Yeongnam Jeil Gwan night light up - open: 18:30 ~ 23:00

3 Day

▶ Accommodation ,Daegu(breakfast) → Momyeongjae Tour → Momyeongjae tracking (choose 1 of 4 courses) → Jjim galbi → Beauty shop(Hair salon) - hair cut, styling ,etc. → Yangryeongsi alley Tour - health supplements shopping - Ginseng, Red ginseng, Gyeongyokgo, Ssaengreukgo,etc. → Department store/ Duty free shop shopping(pay your own) → Accommodation ,Daegu

- ※ Momyeongjae tracking courses
- Hyeong Jae bong :120 minute - Mo Bong gil: 100 minute - Go Mo Leong gil: 50 minute - Pal Heun gil: 60 minute
- ※ No food and drink after 21:00 for health examination the next day

4 Day

▶ Accommodation(breakfast) → Health examination(optional) - Blood test, 2endoscopies, CPR test, gastrointestinal test, basic physical examination ,etc. → Orthopedics surgery(optional) - spine. joint, sports injury consultation&treatment - manual therapy → Korean medicine (optional) - spine. joint acupuncture. - constitution consultation&treatment - detoxication therapy - prescription - chuna - moxibustion - steam spa,etc. → Urology - prostate consultation, men surgery,etc. → Ttaro gukbaop → Donghwas Temple-stay(temple experience/ temple etiquette, etc.)

- ※ No breakfast for health examinee today

5 Day

▶ Temple-stay(including lunch) → Palgongsan Hot spring, Jjimjil bang → Daegu→ Busan → Accommodation ,Busan → Busan, Haedong Yonggungsa → Lobster → Haeundae → Accommodation ,Busan

- ※ We will move to Busan , on condition that spa is not allowed after a certain treatment.