

Research on Rural Wellness Homestay Landscape Design in Southern Anhui Under the Cultural Tourism Background - A Case Study of Huangxi Mountain Lodge in Moon Bay

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Abstract:

Against the backdrop of the 15th Five-Year Plan for integrated cultural and tourism development and the Healthy China Initiative unveiled in 2026, rural wellness homestays have emerged as a core development priority of cultural tourism. This paper takes the landscape of Huangxi Mountain Lodge as the research subject and analyzes its natural and humanistic landscape endowments. Through comparative research on typical rural homestay cases, it incorporates horticultural therapy and five-sense healing to propose the localized ecological landscape theme. Designs covering native vegetation arrangement, waterscape facilities, bamboo grove lounging zones and light fitness areas are put forward. The study concludes that landscape construction ought to balance ecological conservation and regional rural features, and anticipates the adoption of intelligent landscape systems. It delivers practical references for wellness homestay landscape planning across southern Anhui.

Keywords:

Cultural-Tourism Integration, Wellness Landscape, Homestay Landscape

1. Introduction

The 15th Five-Year Plan lays down an explicit requirement to deepen the integration of cultural and tourism sectors. It encourages the targeted development of red tourism, rural tourism, wellness tourism and industrial tourism according to local conditions. The policy aims to boost distinctive rural industries and nurture emerging businesses such as countryside leisure tours, cultural immersive experiences and rural e-commerce [1]. The development of rural homestays serves as a pivotal measure to boost rural economic revitalization [2]. Wellness homestay resorts embed health cultivation into travelling experiences, allowing visitors to relieve pressure and restore physical and mental wellbeing during their stay [3]. Wellness tourism evolves in diversified combined modes instead of isolated operation [4]. Landscapes that adhere to human-centered design principles, retain regional traits and adopt intelligent technologies greatly elevate the service level and visitor experience of wellness

tourism [3]. Under such circumstances, applied research on vernacular wellness homestay landscapes carries substantial research value.

1.1. Definition of Concepts and Relevant Theories

1.1.1. Wellness Landscape

Wellness landscape refers to landscape planning targeted at physical and mental rehabilitation, centering on people's physical and mental health improvement and guided by health preservation philosophies [5]. As a compound concept with rich connotations and extensive extensions, wellness constitutes a systematic notion requiring interdisciplinary integration, which can be divided into generalized and narrow senses [11]. Wellness landscapes are constructed with vegetation, waterscapes, pedestrian trails and resting spaces alongside therapeutic plants. According to Liu Lu et al. [6], properly arranged plant landscapes can create an aesthetic, cozy and accessible environment for visitors in recuperation. Such settings ease fatigue from physical recovery training and soothe moods via horticultural participation. More than experiential gardens, wellness landscapes integrate ecological aesthetics and practical functions, and are widely applied in homestays, countryside zones and leisure resorts nowadays.

1.1.2. Healing Environment

The World Health Organization defines health as complete well-being in physical, mental and social dimensions, rather than merely the absence of illness. Healing represents the process of breaking away from sub-health conditions and gradually restoring physical and mental conditions, covering multi-level recovery of physique, mentality and spirit [8]. Current research on homestay landscapes takes mountains, water systems and native vegetation as natural foundations. Diversified plants and natural soundscapes relieve anxiety and realize ecological healing effects. Besides, public social spaces including tea lounges and folk rest areas are laid out to build relaxing scenarios. The combination of natural scenery and communicational folk spaces forms a dual healing atmosphere. Visitors can appreciate local customs while easing stress, gaining emotional comfort and a sense of belonging.

2. Field Investigation and Current Situation Analysis of Moon Bay

2.1. Site Resources

The site is enclosed by rolling layered mountains (Figure 1) with year-round premium air quality and steady negative oxygen ion concentration throughout valleys, forming a natural forest oxygen bar. Twisting mountain streams run across the terrain (Figure 2) and continuously purify ambient air. Large stretches of moso bamboos cover the whole hillside (Figure 3), bringing an overall vegetation coverage rate above 85%. Collocated with arbors, shrubs and local groundcover plants, the site forms well-structured plant communities.

The area enjoys pleasant weather all year round: mild humid springs, cool summers with an average temperature of 22 Celsius degrees ideal for summer retreats, refreshing autumns and mild winters without frigid weather. Integrated mountains, watercourses and bamboo seas lay a solid ecological foundation, which greatly suits wellness recreation and natural sightseeing development.



Figure 1. *Changshan Mountain of Moon Bay.*



Figure 2. *Tingxi River in Moon Bay.*



Figure 3. *Moso Bamboos in Moon Bay.*

2.2. Current Landscape Condition of Local Homestays

Endowed with advantageous mountain-and-river locations and superior natural surroundings, the tourist area has attracted numerous featured homestays and resorts, leading to intensifying market competition. The homestays listed in (Table 1) scatter amid Moon Bay’s mountains and rivers with differentiated core attractions. Yunqi Forest focuses on hot spring wellness services; Fuyao Pavilion caters to young visitors for sightseeing and photoshooting; Xiangyunzhu Bamboo Villa allows pet check-ins; Jianwuxiang delivers traditional Chinese style and intangible cultural heritage experiences; Xingjing Hotel sits close to river drifting spots for group gatherings and photography activities. The local accommodation sector covers diversified business formats with tiered pricing, serving family tourists, couples and team building groups. Seamless integration of mountain scenery and leisure facilities has cultivated a complete mountain resort cluster.

Table 1. *Landscape Analysis of Star-rated Hotels in Moon Bay.*

Hotel Name	Picture	Hotel Features	Target Visitors	Price
Yunqi Forest · Hot Spring Mountain Resort		Panoramic guest rooms with private hot springs, constant-temperature swimming pools, kids’ playground and supporting catering services	Family tourists with children, wellness travelers	428–1188 RMB
Moon Bay Fuyao Pavilion		Pure white loft architecture, starry skylights, floor heating, heated swimming pools and private hot springs, KTV and children’s amusement zones	Couples, girl groups, families, vacation visitors for photo shoots	480–1280RMB

Xiang Yunduan · Luxury Mountain Villa with Private Spring and Mountain Spring Water		Bamboo-surrounded independent villas equipped with swimming pools and water slides, rooftop viewing terraces; pet-friendly accommodation	Couples, friend groups, pet-owning families, high-end travel influencers	520–1180RMB
Jianwu Xiang · Laiman Holiday Homestay		Neo-Chinese style courtyards, infinity pools and exclusive hot springs; traditional rubbings dyeing intangible cultural heritage experience	Self-driving tourists, literary enthusiasts, families, small business gatherings	599–1880RMB
Moon Bay Xingjing Hotel		Swimming pool, maple courtyard, KTV and bonfire tea-tasting spaces, within walking distance to river drifting attractions	Photography lovers, families, private parties and small team-building groups	420–1800RMB

2.3. Location Development Advantages

The site lies along the key passage of Southern Anhui Sichuan-Tibet Route (Figure 4) with accessible transportation. Tourist flows surge drastically during peak travel seasons, supported by multiple popular check-in spots across the region (Figure 5, Figure 6, Figure 7). Modern tourists show strong preference for countryside leisure and wellness getaways. Boosted by the thriving Southern Anhui Sichuan-Tibet Route, local homestay and tourism industries have gained steady growth. Together with favorable regional cultural tourism policies, the area owns solid foundations for integrated coordinated development.



Figure 4. Guide Sign of Southern Anhui Sichuan-Tibet Route.



Figure 5. Waterfall Cafe.



Figure 6. Oil Tank Cafe.



Figure 7. Pride and Prejudice Cafe.

3. Case Analysis of Domestic and Overseas Wellness and Healing Landscapes

3.1. Research Objects

Driven by national policies, urban construction has shifted from rapid expansion to high-quality development. Priorities are placed on human-oriented development and ecological civilization integration. As an essential carrier improving residents' mental health, healing landscapes have been incorporated into the Healthy China 2030 Initiative [10]. Wellness healing landscapes have evolved into diversified development categories as shown in Table 2. Firstly, horticultural therapy makes use of plant characteristics and natural or artificial green spaces to strengthen human-nature interaction. It relieves physical and mental strain and eases negative emotions including anxiety and sorrow [10]. Other mainstream directions cover natural healing, five-sense recuperation and all-age shared spaces. Integrated with traditional Chinese medicine, sensory experience and ecology, such landscapes satisfy emotional demands of all age groups, cut recuperation expenses, boost cultural tourism industries and support long-term public health maintenance.

Table 2. Classification of Wellness Healing Landscape Development Directions.

Region	Garden Name	Picture	Design Style	Highlighted Design
Eryuan, Yunnan, China	Pusan Wild Luxury Forest Hot Spring Resort		Horticultural Therapy	Courtyards feature natural stone layouts and winding streams, together with west Yunnan rammed-earth verandas. Fragrant native plants surround private hot springs to deliver immersive mental relief through plant appreciation and hot spring bathing.
Kanagawa, Japan	Kai Hakone		Natural Healing	Hexagonal viewing frames frame maple woods; reflective hot spring water mirrors surrounding trees. Layered plant arrangements are arranged in minimalist dry landscape style to build tranquil nature-oriented healing spaces.
Hoi An, Vietnam	Namia Riverside Herbal Wellness Homestay		Five-sense Rehabilitation	Curvilinear rammed-earth structures are equipped with private hot springs. Full-scale herbal gardens diffuse aromatic scents, and running river water stimulates sight, hearing, smell, touch and taste to form complete five-sense wellness experiences.

Bali, Indonesia	Emana Bambooscape		All-age Shared Space	Elevated all-bamboo tree houses minimize rainforest damage. Irregular private pools and connected public bamboo pavilions accommodate private meditation as well as group leisure activities for visitors of all ages.
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3.2. Case Analysis

3.2.1. Pusan Wild Luxury Forest Hot Spring in Eryuan

Pusan Resort (Figure 8) takes local geothermal hot spring resources as its natural foundation and adopts horticultural therapy as its core wellness development philosophy. Horticultural therapy serves a vital design method for therapeutic landscapes [10]. According to Yang Hefan et al. [11], the focus of horticultural therapy does not lie in plants’ medicinal values themselves, but takes vegetation as a medium to realize psychological and physical recuperation.



Figure 8. Pusan Wild Luxury Forest Hot Spring, Eryuan, Yunnan.

Local rammed earth and log eaves are applied to buildings. The site preserves original rocks and creeks with minimal human intervention. Every private hot spring courtyard is enclosed by aromatic native plants. Rigid pavements are largely replaced by gravel paths, stone tea platforms and rustic lawns to form leisurely touring routes. Guests can observe and touch native flora closely to ease pressure through plant visuals and natural fragrances. Woven bamboo lamps set soothing night scenes, while dense woods block outside noise. Integrating hot spring hydrotherapy and courtyard gardening without excessive artificial decorations, the resort creates dynamic seasonal landscapes. It perfectly combines garden sightseeing, hot spring bathing and woodland walking, standing as a domestic exemplary mountain wellness homestay (Table 3).

Table 3. Landscape Allocation of Pusan Resort in Eryuan, Yunnan.

Space Type	Picture	Landscape Layout	Plant Collocation	Core Features
Private Hot Spring Courtyard		Natural stacked stones and shallow streams, sunken soaking pools, log steps	Yunnan wild chrysanthemum, alpine rhododendron, pistacia weinmannifolia, ophiopogon	Low-saturation natural materials including original rocks and logs. Aromatic and foliage plants enclose the space.

			japonicus groundcover	Running streams and hot spring water deliver sensory comfort. Enclosed yards insulate noise and relieve visitors mentally and physically via garden appreciation and hot spring bathing.
Underwood Rest Area		Wood covered corridors, floor lamps woven from bamboo, stone platforms for tea reception	Pine trees, alpine camellia, ferns and moss	
Mountain Hiking Trail		Gravel dirt roads, low stone boundary walls, rustic lawns	Native southern Yunnan mixed trees, wild aromatic herbs	

3.2.2. Kai Hakone

As a benchmark Japanese mountain resort focused on natural healing, Kai Hakone (Figure 9) constructs framed hot spring spaces amid Hakone's famous red maple forests. Oversized hexagonal interior windows frame panoramic maple views, and reflective hot spring pools mirror surrounding trees to amplify the immersive natural atmosphere. Designed under the minimalist dry landscape philosophy, the site arranges maples, mosses and *indocalamus tessellatus* in layered layouts, decorated with stone lanterns and gravel dry streams. Mountain wind and bird chirps serve natural sound healing resources.



Figure 9. Kai Hakone, Kanagawa Prefecture, Japan.

The resort cuts redundant electronic facilities. Warm timber decorations and matte stones deliver gentle tactile sensations, and seasonal foliage changes bring cyclic visual healing effects. Hot spring zones directly face intact woodlands to shield guests from external distractions. It deeply integrates hot spring hydrotherapy, seasonal scenery and serene Zen spaces. The minimalist landscaping approach fully taps into the soothing power of mountain nature (Table 4).

Table 4. *Landscape Configuration of Kai Hakone in Kanagawa, Japan.*

Space Type	Picture	Landscap Layout	Plant Collocation	Core Features
Indoor Viewing Hot Spring Pool		Framed full-view wooden windows, reflective hot spring water surface, log pool edges	Japanese maple, moss, dwarf indocalamus	Mountains are borrowed via framed scenery; water mirrors plant landscapes. Minimalist dry landscape design lowers artificial traces. Natural wind sounds and hot springs form acoustic therapy with soft muted tones for tranquil relaxation.
Outdoor Dry Landscape Courtyard		Stone lanterns, gravel dry streams, ornamental rock layouts	Camellia, azalea, dwarf ophiopogon, moss	
Woodland Meditation Path		Gravel zen trails, wooden rest benches	Subalpine firs, ferns, perennial aromatic shrubs	

3.2.3. Namia Riverside Herbal Healing Homestay

The homestay is built on a private river island along the Thu Bon River (Figure 10), establishing a complete five-sense wellness system based on Vietnam's traditional herbal physiotherapy.



Figure 10. *Namia Riverside Herbal Healing Homestay.*

Curved rammed-earth architectures are equipped with winding private hot spring pools. Dense bananas and reeds along the waterfront form natural sound barriers, while flowing river currents and rustling leaves generate soothing natural white noise. Large areas of lemongrass, turmeric, michelia alba and other medicinal herbs are planted across the whole resort, filling open steam courtyards with pervasive herbal fragrance. Waterside wooden yoga platforms and sandy barefoot trails bring diversified tactile feelings. Homegrown garden ingredients are adopted to brew herbal drinks and medicinal meals. The landscape integrates ornamental sightseeing and picking therapy. Coordinated visual, auditory, olfactory, tactile and gustatory

experiences create an all-day immersive herbal wellness space supported by island water systems and tropical medicinal vegetation (Table 5).

Table 5. *Landscape Layout of Namia Riverside Herbal Healing Homestay.*

Space Type	Picture	Landscape Layout	Plant Collocation	Core Features
Private Hot Spring Pool Area		Terracotta pavement, gravel pool borders, shaded lounge decks	Banana trees, Michelia alba, clustered palms	Centered on river and pool waters, the zone is planted with extensive aromatic medicinal herbs. Curved buildings built with local bamboo, timber and rammed earth combine sightseeing and picking therapy to fulfill comprehensive five-sense healing demands.
Herbal Therapy Courtyard		Open-air herbal steam zones, picking walkways	Lemongrass, turmeric, mugwort and tropical medicinal shrubs	
Iverside Yoga Rest Platform		Elevated log platforms, thatched sunshades	Hanging pothos, aquatic irises, river reeds	

3.2.4. Emana Bambooscape in Bali

Nestled within the rainforest of Ubud (Figure 11), the resort mainly consists of elevated tree houses constructed from natural bamboo materials. Raised foundations effectively lower damages to primitive rainforest vegetation, reconciling ecological conservation and wellness development.



Figure 11. *Emana Bambooscape, Bali.*

The site is divided into private villas with individual swimming pools and public shared zones for all age groups. Curved private pools cater to solo visitors and families for quiet recuperation. Communal bamboo pavilions hold group yoga sessions and social gatherings to accommodate seniors, young adults and children. Lush tropical broadleaf plants wrap around buildings to insulate external noises.

Bamboo delivers mild tactile sensations ideal for barefoot leisure. Shallow water areas serve children's water entertainment while woodland trails are available for meditative walking. Balancing private retreat and group communication, the resort leverages the high anion rainforest environment, bamboo architectures and natural water systems to build an eco-friendly wellness resort open to visitors of all ages (Table 6).

Table 6. *Landscape Configuration of Emana Bambooscape in Bali.*

Space Type	Picture	Landscape Layout	Plant Collocation	Core Features
Independent Private Pool Zone		Infinity swimming pool, bamboo sunshade decks, leisure lounge chairs	Ravenala madagascariensis, palms, tropical foliage shrubs	The whole complex adopts all-bamboo elevated structures to preserve local rainforest ecology. Secluded pools are prepared for private relaxation. Thick tropical vegetation serves as sound insulation, and curved waterscapes and lawns satisfy personal quiet recuperation.
Public Shared Rest Area		Bamboo pavilions, open lawns and connecting walkways	Plumeria, jasmine, clustered ferns, tropical arbors	
Elevated Rainforest Trail		Bamboo staircases, woodland resting platforms	Wild banana plants, orchids, evergreen forest trees	

3.4. Summary

Wellness homestay projects across the four regions develop differentiated healing systems by tapping into local mountains, watercourses, hot springs and vegetative resources. Chinese resorts concentrate on horticultural and hot spring recuperation; Japanese sites pursue tranquil mountain retreats with minimalist styles; Vietnamese homestays develop immersive five-sense experiences with herbal plants, while the Bali resort adopts eco bamboo buildings to deliver public wellness spaces for all age groups. The design concepts of these cases can be well adapted to Moon Bay's natural conditions. Minimal-intervention landscaping protects the original mountains, streams and bamboo woods. Fragrant plants and valley natural soundscapes are deployed to form a multi-sense healing system. Rational zoning arranges bamboo lounging spots, terrace flower gardens, tea spaces and pet zones properly. The layout reconciles private spiritual recuperation and group outdoor entertainment, satisfying diversified tourist demands.

4. Key Points in the Landscape Design for Four Health Care Facilities

4.1. Locational Analysis of the Site

Huangxi Mountain Lodge is situated in Moon Bay Village, Caicun Town, Jing County of Xuancheng, eighteen kilometres away from the county downtown. Located at the middle segment of Southern Anhui Sichuan-Tibet Route, the site boasts convenient tourist access while secluded from urban hustle, which renders it an ideal destination for wellness staycation. The territory features valley landforms within rolling low hills with high forest coverage. The meandering Tingxi River shapes crescent river shoals on gently undulating terrain. Woodlands are transformed into undergrowth healing landscapes, river shallows create waterfront wellness zones, and slopes accommodate tiered courtyards for homestay buildings. Mountains and watercourses serve natural noise barriers and air purifiers with rich negative oxygen ions. Flat river valleys leave ample room for walking paths and horticultural therapy zones. The innate mountain and water landscape foundation perfectly supports tranquil retreat, water recreation and horticultural wellness development.

4.2. Landscape Thematic Design

Combined with site conditions, the thematic positioning is formulated based on five core elements of garden landscape to avoid homogeneous design and highlight the characteristics of wellness tourist destinations [3]. Centering on the positioning of healing, elderly-friendliness and all-age adaptability, the project establishes an exclusive design theme. It unifies the style of waterscapes, vegetation and leisure spaces, so as to highly match landscape functions with spiritual healing demands.

4.3. Rippling Fountain Waterscape

The natural water system of the site is reconstructed into layered gentle cascades and secure shallow play pools (Figure 12, Figure 13). Slow flowing water generates soft continuous murmurs, forming natural acoustic barriers against outside noises and easing visitors' anxiety through auditory healing. All waterfront structures are designed with rounded corners. Anti-slip stone materials are paved on pool bottoms and river banks, and water depth is strictly controlled for the safety of kids playing in water and elderly visitors walking along the waterside. Natural rock ornaments and aquatic plants are arranged around the water area to enrich vertical landscape layers. Flowing water delivers visual and tactile sensory experiences in line with Moon Bay's waterfront wellness advantages. Such mild dynamic waterscapes build immersive healing waterfront spaces that satisfy leisure demands of visitors across all age groups.



Figure 12. Stream Landscape Design.



Figure 13. Dry Fountain Play Pool.

4.4. Plant Collocation

As an indispensable component of homestay landscape spaces, vegetation greatly influences visitors' overall experiential comfort [3]. This project selects native plants adaptable to local soil conditions with ecological value, aromatic properties and

ornamental foliage and blossoms. Layered planting creates soft visual gradients. Poisonous and allergenic species are eliminated deliberately. The scent, color and texture of plants jointly deliver multi-dimensional horticultural healing effects (Table 7).

Table 7. Moon Bay Homestay Landscape Plant Configuration Table.

Category	Plant Name	Growth Traits	Artistic Ornamental Features
Ground cover plants (suitable for terraced fields)	<i>Hylotelephium erythrostictum</i>	Cold-resistant and sunlight-loving	Strong adaptability to harsh sites with high ornamental value
	<i>Salvia farinacea Benth</i>	Heat and barrenness tolerant	Continuous blue flower clusters deliver delicate landscape visuals
	<i>Kerria japonica</i>	Moisture-tolerant and shade-enduring	Supple branches paired with fresh golden yellow blossoms
	<i>Coreopsis basalis</i>	Adaptable to humid and infertile soil	Bright golden flowers brighten layered terrace gardens
Ground cover plants (suitable for bamboo forests)	<i>Saxifraga stolonifera</i>	Thrives in shady and humid surroundings	Grows well alongside stones and stream banks
	<i>Hosta plantaginea</i>	Prefers damp shaded places	Elegant foliage, suitable for woodland edges, rock sides and waterfront areas
	<i>Ajuga decumbens Thunb</i>	Favors partial shade	Excellent ornamental effect, blossoms vigorously in shaded corners
Ground cover plants (suitable for roadside areas)	<i>lysimachia nummularia 'aurea'</i>	Shade and moisture resistant	Functions in slope protection and soil fixation with eye-catching golden foliage
	<i>Acorus calamus</i>	Cold-resistant	Perfect for flower borders and capable of water purification
	<i>Iris tectorum Maxim</i>	Cold-resistant	Amphibious growth habit with gorgeous blooms

4.5. Natural Flower Border

In line with the overall natural healing positioning of Huangxi Mountain Lodge (Figure 14, Figure 15), layered gentle native flower borders are constructed separately at the hotel entrance, terrace gardens and bamboo grove zones. Locally sourced plants with varied seasonal features produce shifting floral views all year round and greatly lower the sense of artificial landscaping.



Figure 14. Terraced Flower Border of the Resort.



Figure 15. Terraced Flower Border of the Resort.

Winding slow-paced walkways are paved across zones to allow visitors to appreciate scenery up close. The entrance flower border softens the transition between

buildings and nature, terraced flower beds enrich vertical landscapes, and underwood flower borders blend seamlessly with the serene bamboo atmosphere. Gradient mild floral hues relieve visual fatigue while plant fragrances soothe anxiety, jointly forming an all-round immersive horticultural healing space.

4.6. Leisure Tea and Coffee Space Under Bamboo Groves

Recreational tea and coffee platforms are built within bamboo woods (Figure 16). Dense bamboo canopies shield the area from external noises, and swaying bamboo shadows together with gentle breezes create a tranquil atmosphere for guests to meditate and chat casually to ease mental tension. Large bamboo forests across Moon Bay are developed into woodland lounge areas equipped with lightweight container structures and outdoor bread ovens (Figure 17). Recyclable containers comply with local ecological conservation principles and cut construction resource consumption effectively. Woven bamboo furnishings are widely deployed to integrate perfectly into the bamboo landscape. Visitors can immerse themselves in woodland nature to release pressure. This spot serves as a relaxing recreational and healing node inside the wellness homestay.



Figure 16 .Coffee Platform in Bamboo Grove.



Figure 17. Outdoor Bread Oven in Bamboo Grove.

4.7. Bird Song Meditation Zone

A small ecological bird inhabitation zone is arranged in the woodland (Figure 18). River shoals and native aquatic plants are planted to build habitable surroundings for wild birds. Melodious bird chirps serve as natural healing white noise, isolating external disturbances and relieving visitors' inner restlessness. Tourists are able to watch birds from a close distance. Gentle interactions between humans and wild creatures ease negative moods and bring psychological comfort. The area functions as a wellness space that combines ecological sightseeing and mental recuperation.



Figure 18. Peacock Garden.

4.8. Sports Wellness Zone

The site is rationally divided into active and quiet functional zones, including bamboo forest walkways (Figure 19, Figure 20) and low-intensity sports venues such as the croquet court (Figure 21). The flat bamboo trails allow visitors to sightsee while walking leisurely, whereas croquet courts are specially designed for middle-aged and elderly guests. All facilities support mild physical activities and accommodate people of various ages and physical conditions. Visitors can breathe fresh anion-rich air and stretch their bodies outdoors amid mountains and woods to relieve fatigue. Gentle outdoor exercise calms the mind and delivers therapeutic physical and mental recuperation effects.



Figure 19. *Bamboo Forest Path.*



Figure 20. *Flower-bordered Path in Bamboo Grove.*



Figure 21. *Croquet Sports Venue.*

5. Conclusions

Under the development backdrop of cultural-tourism integration in the 15th Five-Year Plan, wellness resort hotels have evolved into a core business format of the hospitality and tourism sector. Grounded in relevant theories of wellness landscapes and field research, this paper sorts out key design essentials and summarizes adaptive planning strategies, reaching the conclusions below. Distinct wellness themes are shaped by utilizing five landscape elements including landforms, vegetation and waterscapes. The design adheres to ecological sustainability so as to preserve the site's original natural environment. It also complies with design principles of wellness functionality, cost efficiency and visual beauty. Aromatic and medicinal plants are deployed to build characteristic healing landscape spots. Looking ahead, artificial intelligence, the Internet of Things and big data can be deeply embedded into resort landscapes to build smart therapeutic gardens. These technologies enable precise regulation of micro-environments to satisfy diverse wellness needs, improve overall service experience and fuel high-quality growth of the cultural wellness tourism industry.

Conflicts of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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