

SHORT RELAXATION PROGRAMS 2024

Be your SPA 80 euro/person

Be a SPA specialist and create your own program. Choose 2 therapies/day from each category below, and your body and spirit will guide you to the desired experience of well - being.

25 minutes therapies



- Mud massage
- Stress Relief
- Serenity Scalp and Cervical
- Ayurveda Face Lift
- Vichy Massage Shower
- Manual Segmental Lymphatic Drainage
- Shirodhara
- Herbal bath
- Algae bath
- Mud bath

50 minutes therapies



- Intuitive Massage
- Toning massage
- Deep Tissue
- Lomi - Lomi by Candle
- Body ritual with organic honey
- Ritual for tired feet
- Massage with bamboo sticks
- Sakura Body Ritual
- Ayurvedic body ritual
- Facial alchemy with
- Gerovital H3


ANA HOTELS

**HOTEL EUROPA
& HEALTH SPA**
în EFORIE NORD



Romantic Escape

The package includes: 2 nights accommodation, place in a double room, breakfast included, internet access, TVA.

- Serenity - scalp massage and cervical region for both- 25'
- Candle massage – 50' – for HER
- Deep tissue massage – for HIM
- Ayurveda Face Lift 25' – for both
- A fresh or a smoothie

PRICE/ 2 nights/ person

18.04 - 30.04/01.10 - 31.12	296 Euro
01.05 - 30.05/22.09 - 30.09	312 Euro
31.05 - 04.07/08.09 - 21.09	324 Euro
05.07 - 18.07/25.08 - 07.09	340 Euro
19.07 - 24.08	372 Euro



Black Velvet Indoor

The package includes: 2 nights accommodation, place in a double room, breakfast included, internet access, TVA.

- Mud bath 20'
- Mud massage 20'
- Gymnastics in the salt water pool from Lake Techirghiol 25'

PRICE/ 2 nights/ person

18.04 - 30.04/01.10 - 31.12	234 Euro
01.05 - 30.05/22.09 - 30.09	250 Euro
31.05 - 04.07/08.09 - 21.09	262 Euro
05.07 - 18.07/25.08 - 07.09	278 Euro
19.07 - 24.08	310 Euro



Black Velvet Outdoor

The package includes: 2 nights accommodation, place in a double room, breakfast included, internet access, TVA.

- Outside area mud applications
- Outside area Mud massage 20'
- Outside area exercising in the salt water pool from Techirghiol lake's 25'
- A fresh or smoothie

PRICE/ 2 nights/ person

18.04 - 30.04/01.10 - 31.12	246 Euro
01.05 - 30.05/22.09 - 30.09	262 Euro
31.05 - 04.07/08.09 - 21.09	274 Euro
05.07 - 18.07/25.08 - 07.09	290 Euro
19.07 - 24.08	322 Euro



Queen for a day

The package includes: 2 nights accommodation, place in a double room, breakfast included, internet access, TVA.

- Saline bath with plants 20'
- Balance honey ritual 50'
- Candle Massage 50'
- Annane Glow and Lifting "Beauty Kick" 25'
- One fresh/smoothie

PRICE/ 2 nights/ person

18.04 - 30.04/01.10 - 31.12	364 Euro
01.05 - 30.05/22.09 - 30.09	380 Euro
31.05 - 04.07/08.09 - 21.09	392 Euro
05.07 - 18.07/25.08 - 07.09	408 Euro
19.07 - 24.08	440 Euro



Especially for men

PRICE/ 2 nights/ person

The package includes: 2 nights accommodation, place in a double room, breakfast included, internet access, TVA.

- Man Klapp Power or ThalgoMen (facial) 50'
- Deep Tissue Massage 50'
- Subacval shower 20'

18.04 - 30.04/01.10 - 31.12	382 Euro
01.05 - 30.05/22.09 - 30.09	398 Euro
31.05 - 04.07/08.09 - 21.09	410 Euro
05.07 - 18.07/25.08 - 07.09	426 Euro
19.07 - 24.08	458 Euro



A day with mother

PRICE/ 2 nights/ person

The package includes: 2 nights accommodation, place in a double room, breakfast included, internet access, TVA.

- Herbal bath with saltwater/algae 20' for each of you
- Ayurveda facelift 25' for each of you
- Deep detox 30' for each of you
- Stress relief 25' for each of you
- An organic tea

18.04 - 30.04/01.10 - 31.12	294 Euro
01.05 - 30.05/22.09 - 30.09	310 Euro
31.05 - 04.07/08.09 - 21.09	322 Euro
05.07 - 18.07/25.08 - 07.09	338 Euro
19.07 - 24.08	370 Euro



Speed Balneo

PRICE/ 4 nights/ person

The package includes: 4 nights accommodation, place in a double room, breakfast included, internet access, TVA.

Medical examination, 4 therapies / day between:

- Mud therapies 20' (mud bath, mud massage, mud packing);
- Hydro therapy (underwater shower 20', Vichy massage shower 15', hydromassage 15');
- Laser;
- Ultrasound;
- Galvanic baths;
- Physiotherapy;
- Hydrokinetic therapy.

18.04 - 30.04/01.10 - 31.12	533 Euro
01.05 - 30.05/22.09 - 30.09	565 Euro
31.05 - 04.07/08.09 - 21.09	589 Euro
05.07 - 18.07/25.08 - 07.09	621 Euro
19.07 - 24.08	685 Euro

The packages are available only for a stay between 2 - 4 days



Relax Mix

The package includes: 4 nights accommodation, place in a double room, breakfast included, internet access, TVA.

- Mud massage 20' – 2 sessions
- Therapeutic massage with essential oils 20' – 2 sessions
- Underwater shower 20' – 2 sessions
- Mud packing 20' – 2 sessions
- Herbal bath 20' – 2 sessions
- Vichy massage shower 15' – 1 session
- Hydromassage 15' – 1 session

PRICE/ 4 nights / person

18.04 - 30.04/01.10 - 31.12	533 Euro
01.05 - 30.05/22.09 - 30.09	565 Euro
31.05 - 04.07/08.09 - 21.09	589 Euro
05.07 - 18.07/25.08 - 07.09	621 Euro
19.07 - 24.08	685 Euro



Detox Express

The package includes: 4 nights accommodation, place in a double room, breakfast included, internet access, TVA.

- Mud massage 20' – 3 sessions
- Mud bath 20' – 2 sessions
- Bath with plants 20' – 1 session
- Manual Lymph Drainage 50' – 2 sessions
- Reflexology 25' – 1 session
- Serenity Head & Neck massage 25' – 1 session
- Ayurveda face lift 25' – 1 session
- Underwater shower 20' – 1 session
- Aqua Salty Delight (Techirghiol interior pool with salty water, jacuzzi, sauna & fitness)

PRICE/ 4 nights / person

18.04 - 30.04/01.10 - 31.12	466 Euro
01.05 - 30.05/22.09 - 30.09	550 Euro
31.05 - 04.07/08.09 - 21.09	574 Euro
05.07 - 18.07/25.08 - 07.09	606 Euro
19.07 - 24.08	670 Euro



Kineto Break

The package includes: 4 nights accommodation, place in a double room, breakfast included, internet access, TVA.

Medical examination and 4 therapies/day

- Therapeutic massage
- Hidrokinetotherapy – 25'
- Kinetotherapy – 50'
- Tecar - 1 region

PRICE/ 4 nights / person

18.04 - 30.04/01.10 - 31.12	548 Euro
01.05 - 30.05/22.09 - 30.09	580 Euro
31.05 - 04.07/08.09 - 21.09	604 Euro
05.07 - 18.07/25.08 - 07.09	636 Euro
19.07 - 24.08	700 Euro



Escape with my girlfriends

PRICE/ 2 nights/ person

The package includes: 2 nights accommodation, place in a double room, breakfast included, internet access, TVA.

- Herbal plants/algae 20'
- Thalgo source facial treatment feminine ritual by Lakshmi 50'
- Stress relief massage 50'
- A fresh/smoothie

18.04 - 30.04/01.10 - 31.12	344 Euro
01.05 - 30.05/22.09 - 30.09	360 Euro
31.05 - 04.07/08.09 - 21.09	372 Euro
05.07 - 18.07/25.08 - 07.09	388 Euro
19.07 - 24.08	420 Euro



No stress

PRICE/ 2 nights/ person

The package includes: 2 nights accommodation, place in a double room, breakfast included, internet access, TVA.

- Stress Relief Massage 25'
- Serenity, scalp & cervical massage 25'
- Saline bath with plants 20'
- Gymnastics in the interior water pool salt from Techirghiol Lake 25'

18.04 - 30.04/01.10 - 31.12	274 Euro
01.05 - 30.05/22.09 - 30.09	290 Euro
31.05 - 04.07/08.09 - 21.09	302 Euro
05.07 - 18.07/25.08 - 07.09	318 Euro
19.07 - 24.08	350 Euro

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