

## Early Booking

- **10% discount** for accommodation and meals when booking any package provided full payment at least 30 days before arrival at the hotel;
- **20% discount** for accommodation and meals when booking any package provided full payment at least 90 days before arrival at the hotel (calculated by discount to the Eb10%);
- Early booking payments are non-refundable;
- No matter the EB offer, there will be an advance payment of 20% from the value of the stay in 5 days from the confirmed booking.

In case of cancellation due to the Covid-19 pandemic, the advance paid will be valid until 30.06.2023. The reservation could be rescheduled until this date with the price from new chosen period.

## TREATMENT PACKAGES 2023

Packages include: treatment, accommodation in double room for one person, breakfast, half-board or all inclusive and VAT. Tarrifs are in EURO.

### LOW SEASON

Jan 1 - May 31

### INTERMEDIARY SEASON 1

Jun 1 - 29  
Sep 3 - 16

### INTERMEDIARY SEASON 2

Jun 30 - Jul 13  
Aug 27 - Sep 2

### HIGH SEASON

Jul 14 - Aug 26



**ANA HEALTH SPA**

[www.anahotels.ro](http://www.anahotels.ro)

at **HOTEL EUROPA**  
in EFORIE NORD

Reservation at: 0241 702 818



## HEALTH BREAK LIGHT\*

### Content:

- Health questionnaire;
  - Blood pressure examination;
  - 3 therapies/day.
- 6 massages 25' (stress relief, back pain relief program, cervical relaxing program)
  - 3 herbal baths with salt water 20'
  - 3 mud baths 20'
  - 6 sessions 25' Aqua gym at the inside pool with salt water/kinetotherapy, fitness (personal training)
  - 1 underwater shower 15'
  - 1 Vichy massage shower 15'
- 12 massages 25' (stress relief, back pain relief program, cervical relaxing program)
  - 1 herbal baths with salt water 20'
  - 6 mud baths 20'
  - 2 underwater shower 15'
  - 2 Vichy massage shower 15'
  - 12 sessions 25' Aqua gym at the inside pool with salt water /kinetotherapy, fitness (personal training)

**Medical recommendations:** overdose syndrome, sleeping disorders, limited articular mobility, sedentariness, moderate hypertension, painful back, ineffective breathing through lack of movement, disorders of lymphatic circulation, moderate joint pain.

	LOW SEASON	INTERMEDIARY SEASON 1	INTERMEDIARY SEASON 2	HIGH SEASON
7 nights	587 Euro	636 Euro	685 Euro	790 Euro
13 nights	1120 Euro	1211 Euro	1302 Euro	1497 Euro

**\*NOTE:** The procedures in the package are predefined, therefore, the therapies included in the package cannot be replaced with other therapies in the Spa menu.



## HEALTHY SKIN

### Content:

- medical examination;
- 3 therapies/day:
  - Mud massages 20' – every day
  - Mud baths 20'
  - Serenity head and cervical massages 25' – 2/4/6 sessions, herbal baths with salt water 20' – 2/4/6 sessions, therapeutic massages with essential oils 20' – 2/4/6 sessions.

**Medical recommendations:** dermatological conditions ( PSORIAZIS, allergodermia, seborrheic syndrome ). The skin remains clean, hydrated, bright, healthy.

	LOW SEASON	INTERMEDIARY SEASON 1	INTERMEDIARY SEASON 2	HIGH SEASON
7 nights	617 Euro	666 Euro	715 Euro	820 Euro
13 nights	1140 Euro	1153 Euro	1231 Euro	1413 Euro

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## INTENSIVE RHEUMA INDOOR

### Content:

- Medical examination,
- 3 therapies/day, customized program based on medical diagnosis, from: **mud therapies** (baths 20', massages 20'), **therapeutic massages** with essential oils 20', herbal baths with salt water 20', paraffin wraps 20', **kinetotherapy, hydrokinetotherapy in the inside salt water pool, electrotherapy, laser, Bioptron;**
- **recommendations and medical report.**

**Medical recommendations:** degenerative rheumatic diseases (osteoarthritis) and inflammatory (ankylosing spondylitis, rheumatoid arthritis), abarticular rheumatism of soft parts (periartthritis, tendinitis, tenosynovitis, enteritis, Dupuytren disease, etc), spondylosis, herniated disc.

	LOW SEASON	INTERMEDIARY SEASON 1	INTERMEDIARY SEASON 2	HIGH SEASON
7 nights	672 Euro	721 Euro	770 Euro	875 Euro
13 nights	1130 Euro	1221 Euro	1312 Euro	1507 Euro

OPTIONAL: The package can be completed with TECAR therapies, for an extra cost.



## INTENSIVE RHEUMA OUTDOOR

### Content:

- Medical examination,
- 3 therapies/ day, customized program based on medical diagnosis, from: **1 indoor therapy** (baths 20', massages 20', therapeutic massages with essential oils 20', herbal baths with salt water 20', paraffin wraps 20', kinetotherapy, hydrokinetotherapy in the inside salt water pool, electrotherapy, laser, Bioptron) and **2 outdoor therapies at the salt water pool** (mud application 120' and hydrokinetotherapy 25')
- **recommendations and medical report.**

**Medical recommendations:** degenerative rheumatic diseases (osteoarthritis) and inflammatory (ankylosing spondylitis, rheumatoid arthritis), abarticular rheumatism of soft parts (periartthritis, tendinitis, tenosynovitis, enteritis, Dupuytren disease, etc), spondylosis, herniated disc.

	LOW SEASON	INTERMEDIARY SEASON 1	INTERMEDIARY SEASON 2	HIGH SEASON
7 nights		761 Euro	810 Euro	915 Euro
13 nights		1271 Euro	1362 Euro	1557 Euro

OPTIONAL: The package can be completed with TECAR therapies, for an extra cost.

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## BALNEO SPA INDOOR

### Content:

- Medical examination,
- 4 therapies/ day, customized program based on medical diagnosis, from: **mud therapies** (baths 20', massages 20'), therapeutic massages with essential oils 20', herbal baths with salt water 20', paraffin wraps 20', **hydrokinetotherapy in the inside salt water pool, electrotherapy, laser, Bioptron**;
- Recommendations and medical report.

**Medical recommendations:** degenerative rheumatic diseases and inflammatory, chronic lumbago, herniated disc, peripheral and central neurological disorders, post traumatic and surgeon recovery, osteoporosis, hypertension moderated, peripheral circulatory disorders, arterial and venolymphatic conditions, chronic inflammatory gynecological disorders, secondary sterility, dermatological disorders (psoriasis, neurodermatitis, acne), ORL diseases, respiratory diseases.

	LOW SEASON	INTERMEDIARY SEASON 1	INTERMEDIARY SEASON 2	HIGH SEASON
7 nights	747 Euro	796 Euro	845 Euro	950 Euro
13 nights	1255 Euro	1346 Euro	1437 Euro	1632 Euro

**OPTIONAL:** The package can be completed with TECAR therapies, for an extra cost.



## BALNEO SPA OUTDOOR

### Content:

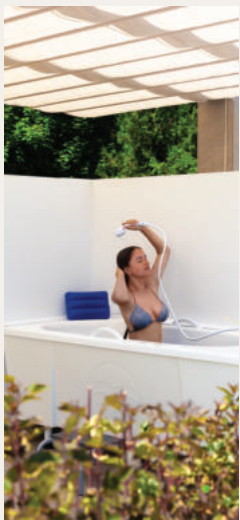
- Medical examination,
- 4 therapies/ day, customized program based on medical diagnosis, from: **2 indoor therapies** (baths 20', massages 20', therapeutic massages with essential oils 20', herbal baths with salt water 20', paraffin wraps 20', **hydrokinetotherapy in the inside salt water pool, electrotherapy, laser, Bioptron**) and **2 outdoor therapies at the salt water pool** ( mud application 120' and hydrokinetotherapy 25');
- Recommendations and medical report.

**Medical recommendations:** degenerative rheumatic diseases and inflammatory, chronic lumbago, herniated disc, peripheral and central neurological disorders, post traumatic and surgeon recovery, osteoporosis, hypertension moderated, peripheral circulatory disorders, arterial and venolymphatic conditions, chronic inflammatory gynecological disorders, secondary sterility, dermatological disorders (psoriasis, neurodermatitis, acne), ORL diseases, respiratory diseases.

	LOW SEASON	INTERMEDIARY SEASON 1	INTERMEDIARY SEASON 2	HIGH SEASON
7 nights		846 Euro	895 Euro	1000 Euro
13 nights		1343 Euro	1421 Euro	1603 Euro

**OPTIONAL:** The package can be completed with TECAR therapies, for an extra cost.

Reservation at: 0241 702 818



### ANTI AGING PACKAGE

Content:

- Medical examination, EKG,
- 3 therapies/ day, customized program based on medical diagnosis, from: mud therapies (baths 20', massages 20'), massages with essential oils 20', herbal baths with salt water 20', paraffin wraps 20', kinetotherapy, hydrokinetotherapy in the inside salt water pool, electrotherapy, laser, Bioptron;
- 2 tests and injections with Gerovital H3 (if there are no contraindications)\*
- recommendations and medical report.

Medical recommendations: treatment of skin trophic disorders, neuralgia, neuritis, arteriosclerosis with central and peripheral manifestations, Parkinson's disease, spondylosis, arthrosis, osteoporosis, neurodermitis, alopecia, eczema, psoriasis, scleroderma, vitiligo, vascular spasms, angina pectoris, hypertension, sequelae myocardial infarction and stroke, arteritis, metabolic diseases (diabetes, obesity, dyslipidemia), sexual dyskinesia, chronic fatigue syndrome, insomnia, depressive syndromes, etc.

	LOW SEASON	INTERMEDIARY SEASON 1	INTERMEDIARY SEASON 2	HIGH SEASON
7 nights	717 Euro	766 Euro	815 Euro	920 Euro
13 nights	1170 Euro	1261 Euro	1352 Euro	1547 Euro

All packages can be offered also on halfboard or fullboard basis. For more information please contact the Reservations Department.

## Single supplement/ stay

	LOW SEASON	INTERMEDIARY SEASON 1	INTERMEDIARY SEASON 2	HIGH SEASON
7 nights	182 Euro	210 Euro	238 Euro	350 Euro
13 nights	325 Euro	377 Euro	416 Euro	637 Euro

*Payment for accommodation, meals and spa can be made in RON at the internal exchange rate of the hotel\* available at the time of issuing the proforma invoice for the total payments in advance and at the internal exchange rate of the hotel\* available at check-in date for partially or not paid in advance bookings.*

*\* the exchange rate of the hotel is the same as the exchange rate communicated by BNR.*



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# SPECIAL OFFER

## **10% DISCOUNT**

for the second spa package  
purchased by the same person

## **10 % DISCOUNT**

on the purchase of Facial and  
Body Aesthetic treatments



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