

Hotel Europa**** and Ana Health SPA TREATMENTS & WELLBEING packages 2024

OFF SEASON : 18.04-30.04.2024; 01.10-31.12.2024

LOW SEASON: 01.05 – 30.05.20234; 22.09-30.09.2024

INTERMEDIARY SEASON 1: 31.05-04.07.2024; 8.09 – 21.09.2024

INTERMEDIARY SEASON 2: 05.07 – 18.07.2024 ; 25.08 – 7.09.2024

HIGH SEASON: 19.07 – 24.08.2024

Packages includes: treatment, accommodation in double room for one person, breakfast, half-board or full board and VAT.

1. RELAX AND REGENERATION

- **Health questionnaire;**
- **Blood pressure examination;**
- **2 therapies/day from below:**

6 days package

- 3 herbal baths with salt water 20'
- 3 mud massages 20'
- 3 mud baths 20'
- 1 "Serenity" head and cervical 25'
- 2 Stress relief massages 50'

12 days package

- 6 herbal baths with salt water 20'
- 6 mud massages 20'
- 6 mud baths 20'
- 2 Stress relief massages 25'
- 2 "Serenity" head and cervical massages 25'
- 2 Ayurveda face lifts 25'

	Breakfast	Half-board	Full board	Single supplement/stay
OFF SEASON				
7 nights	640 euro	836 euro	1.018 euro	245 euro
13 nights	1.132 euro	1.483 euro	1.808 euro	442 euro
LOW SEASON				
7 nights	689 euro	892 euro	1.081 euro	280 euro
13 nights	1.223 euro	1.587 euro	1.925 euro	507 euro
INTERMEDIARY SEASON 1				
7 nights	724 euro	934 euro	1.130 euro	301 euro
13 nights	1.288 euro	1.665 euro	2.016 euro	546 euro
INTERMEDIARY SEASON 2				
7 nights	773 euro	997 euro	1.193 euro	336 euro
13 nights	1.379 euro	1.782 euro	2.133 euro	611 euro
HIGH SEASON				
7 nights	878 euro	1.116 euro	1.340 euro	385 euro
13 nights	1.574 euro	2.003 euro	2.406 euro	702 euro

*Bonus: 1 Aqua gym group session of 25' at the indoor salty water pool from Lake Techirghiol (valid depending on availability based on an appointment at the Spa reception).

***NOTE: The procedures in the package are predefine, therefore, the therapies included in the package cannot be replaced with other therapies from the spa menu.**

2. BOOST IMMUNITY

- **Medical examination;**
- **Healthy living decalogue (advices and guidelines for a healthy lifestyle)**
 - 6 mud applications or 6 mud baths;
 - 3 mud massages 20'
 - 1 Balance Honey Ritual for ladies 50', or 1 Deep Tissue for gentlemen 50',
 - Stress Relief Massage 50' – 1 session
 - Intuitive Massage 50' – 1 session
 - Plantar reflexology 25' – 3 sessions
 - Manual lymphatic segmentation drainage 25' – 3 sessions

	Breakfast	Half-board	Full board	Single supplement/stay
OFF SEASON				
7 nights	815 euro	1.011 euro	1.193 euro	245 euro
LOW SEASON				
7 nights	864 euro	1.067 euro	1.256 euro	280 euro
INTERMEDIARY SEASON 1				
7 nights	899 euro	1.109 euro	1.305 euro	301 euro
INTERMEDIARY SEASON 2				
7 nights	948 euro	1.172 euro	1.368 euro	336 euro
HIGH SEASON				
7 nights	1.053 euro	1.291 euro	1.515 euro	385 euro

OPTIONAL: OVOIMUNO-Y immunoglobulin supplement whit a role in strengthening the immune system and increasing disease resistance or/and Tecar Therapy

*Bonus: 1 Aqua gym group session of 25' at the indoor salty water pool from Lake Techirghiol (valid depending on availability based on an appointment at the Spa reception).

3. DETOX AND HEALTH

- **Medical examination**
- **EKG;**
- **Body analysis;**
- **Detox diet;**
- **Juice Therapy : 1 natural juice/day from fruits, vegetables, seeds and aromatic herbs;**
- **Treatment plan;**
- **3 therapies / day, personalized program, from following: mud therapies (baths 20', massages 20', wraps 20'), therapeutic massages with essential oils 20',hydrotherapies (saline baths with plants 20', underwater shower 15', herbal baths with salt water 20') paraffin wraps 20', kinetotherapy, hydrokinetotherapy at the indoor pool with salt water from lake Techirghiol, electrotherapy, laser, magnet therapy, Bioptron.**
- **2/4 manual lymphatic drainage 50 min**
- **2/4 plantar reflexology 25 min;**
- **1/2 Ayurveda face lift of 25'**
- **1/2 serenity scalp and cervical of 25'**
- **Final evaluation and recommendations**

*Bonus: 1 therapy/stay from Ananne

Deep detox of 30' for 6 days package

Natural Body Relax of 80' for 12 days package

Medical recommendations: program designed to purify the body, eliminate toxins, improve nutrient absorption in the digestive tract, improve blood quality, regulate metabolism, strengthen the immune system.

* Available only with full board

	Full board	Single Supplement/stay
OFF SEASON		
7 nights	1.498 euro	245 euro
13 nights	2.693 euro	442 euro
LOW SEASON		
7 nights	1.561 euro	280 euro
13 nights	2.810 euro	507 euro
INTERMEDIARY SEASON 1		
7 nights	1.610 euro	301 euro
13 nights	2.901 euro	546 euro
INTERMEDIARY SEASON 2		
7 nights	1.673 euro	336 euro
13 nights	3.018 euro	611 euro
HIGH SEASON		
7 nights	1.820 euro	385 euro
13 nights	3.291 euro	702 euro

*Bonus: 1 Aqua gym group session of 25' at the indoor salty water pool from Lake Techirghiol (valid depending on availability based on an appointment at the Spa reception).

3. HEALTH BREAK LIGHT*

- Health questionnaire;
- Blood pressure examination;
- 3 therapies/day.

6 days package

12 days package

Pachet 6 zile

- 6 massages 25' (2 stress relief, 2 painful back program, 2 cervical relaxation)
- 2 herbal baths 20'/2 mud baths 20', 2 underwater shower 15', 2 Vichy shower massage 15'
- 3 mechanic lymphatic drainage 25', 3 physical therapy 25'

Pachet 12 zile

- 12 massages 25' ('4 stress relief, painful back program, 4 cervical relaxation program)
- 4 herbal baths 20'/4 mud baths 20', 4 underwater shower 15', 4Vichy shower massage 15'
- 6 mechanic lymphatic drainage 25', 6 physical therapy 25'

***NOTE: The procedures in the package are predefine, therefore, the therapies included in the package cannot be replaced with other therapies from the spa menu.**



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	Breakfast	Half -board	Full board	Single supplement/stay
OFF SEASON				
7 nights	705 euro	901 euro	1.083 euro	245 euro
13 nightst	1.352 euro	1.703 euro	2.028 euro	442 euro
LOW SEASON				
7 nights	754 euro	957 euro	1.146 euro	280 euro
13 nights	1.443 euro	1.807 euro	2.145 euro	507 euro
INTERMEDIARY SEASON 1				
7 nights	789 euro	999 euro	1.195 euro	301 euro
13 nights	1.508 euro	1.885 euro	2.236 euro	546 euro
INTERMEDIARY SEASON 2				
7 nights	838 euro	1.062 euro	1.258 euro	336 euro
13 nights	1.599 euro	2.002 euro	2.353 euro	611 euro
HIGH SEASON				
7 nights	943 euro	1.181 euro	1.405 euro	385 euro
13 nights	1.794 euro	2.223 euro	2.626 euro	702 euro

*Bonus: 1 Aqua gym group session of 25' at the indoor salty water pool from Lake Techirghiol (valid depending on availability based on an appointment at the Spa reception).

4. INTENSIVE RHEUMA INDOOR

- **Medical examination**
- **3 physiotherapy procedures/day, customized program based on medical diagnosis, from: mud therapies (baths 20',massages 20' , cataplasms 20'), therapeutic massages with essential oils 25', hydrotherapies (herbal bath with plants 20', underwater shower 15', salt water hydroterapies 15', herbal baths with salt water 20'), paraffin wraps 20' , physical therapy, hidrokinetotherapy at the indoor pool with salt water from lake Techirghiol electrotherapy, magnetotherapy, laser, Bioptron.**
- **Final evaluation and recommendations**

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

	Breakfast	Half-board	Full board	Single Supplement/stay
OFF SEASON				
7 nights	750 euro	946 euro	1.128 euro	245 euro
13 nights	1.307 euro	1.658 euro	1.983 euro	442 euro
LOW SEASON				
7 nights	799 euro	1.002 euro	1.191 euro	280 euro
13 nights	1.398 euro	1.762 euro	2.100 euro	507 euro
INTERMEDIARY SEASON 1				
7 nights	834 euro	1.044 euro	1.240 euro	301 euro
13 nights	1.463 euro	1.840 euro	2.191 euro	546 euro
INTERMEDIARY SEASON 2				
7 nights	883 euro	1.107 euro	1.303 euro	336 euro
13 nights	1.554 euro	1.957 euro	2.308 euro	611 euro
HIGH SEASON				
7 nights	988 euro	1.226 euro	1.450 euro	385 euro

13 nights	1.749 euro	2.178 euro	2.581 euro	702 euro
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***Optional – the package can be completed with Tecar Therapies indicated by the Doctor (and it is fee).**

*Bonus: 1 Aqua gym group session of 25' at the indoor salty water pool from Lake Techirghiol (valid depending on availability based on an appointment at the Spa reception).

5. INTENSIVE RHEUMA OUTDOOR – valid only in the intermediary and high season

- **Medical examination**
- **3 therapies/ day, customized program based on medical diagnosis**, from : outdoor therapies (baths 20', massages 20', therapeutic massages with essential oils 20', herbal baths with salt water 20', paraffin wraps 20', physical therapy, hidrokinetotherapy at the indoor salty water pool from Lake Techirghiol, electrotherapy, laser, Bioptron), and 2 outdoor therapies at the salt water pool (mud applications 120' and hidrokinetotherapy 25').

- **Final evaluation and recommendations**

Medical recommendations : degenerative rheumatic disease (osteoarthritis) and inflammatory (ankylosing, spondylitis, rheumatoid arthritis), abarticular rheumatism of solft pats, periartthritis, tendinitis, tenosynovitis, enteritis, Dupuytrene disease,etc) , spondylosis, herniated disc.

	Breakfast	Half-board	Full board	Single supplement/stay
INTERMEDIARY SISTEM 1				
7 nights	874 euro	1.084 euro	1.280 euro	301 euro
13 nights	1.513 euro	1.890 euro	2.241 euro	546 euro
INTERMEDIARY SISTEM 2				
7 nights	923 euro	1.147 euro	1.343 euro	336 euro
13 nights	1.604 euro	2.007 euro	2.358 euro	611 euro
HIGH SEASON				
7 nights	1.028 euro	1.266 euro	1.490 euro	385 euro
13 nights	1.799 euro	2.228 euro	2.631 euro	702 euro

***Optional – the package can be completed with Tecar Therapies indicated by the Doctor**

*Bonus: 1 Aqua gym group session of 25' at the indoor salty water pool from Lake Techirghiol (valid depending on availability based on an appointment at the Spa reception).

6. BALNEO SPA INDOOR

- **Medical examination**
- **4 therapies/ day, customized program based on medical diagnosis, from : mud therapies(massages 20' , bath 20' , wraps 20'), therapeutic massages with essential oil 20', hydrotherapies (saline baths 20' ,underwater showers 15'', hydromassages with therapeutic salts 15') paraffin wraps 20 '';**physical therapy at the indoor salty water pool from Lake Techirghiol, electrotherapy, laser, magnet therapy, Bioptron.

- **Final evaluation and recommendations**

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

	Breakfast	Half-board	Full board	Single supplement/stay
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OFF SEASON				
7 nights	860 euro	1.056 euro	1.238 euro	245 euro
13 nights	1.497 euro	1.848 euro	2.173 euro	442 euro
LOW SEASON				
7 nights	909 euro	1.112 euro	1.301 euro	280 euro
13 nights	1.588 euro	1.952 euro	2.290 euro	507 euro
INTERMEDIARY SEASON 1				
7 nights	944 euro	1.154 euro	1.350 euro	301 euro
13 nights	1.653 euro	2.030 euro	2.381 euro	546 euro
INTERMEDIARY SEASON 2				
7 nights	993 euro	1.217 euro	1.413 euro	336 euro
13 nights	1.744 euro	2.147 euro	2.498 euro	611 euro
HIGH SEASON				
7 nights	1.098 euro	1.336 euro	1.560 euro	385 euro
13 nights	1.939 euro	2.368 euro	2.771 euro	702 euro

***Optional – the package can be completed with Tecar Therapies indicated by the Doctor**

*Bonus: 1 Aqua gym group session of 25' at the indoor salty water pool from Lake Techirghiol (valid depending on availability based on an appointment at the Spa reception).

7. BALNEO SPA OUTDOOR - valid only in the intermediary season and high season

- **Medical examinations**
- **4 therapies/ day, customized program based on medical diagnosis**, from : **2 indoor therapies** (baths 20', massage 20', therapeutic massage with essential oils 20', herbal baths with salt water 20', paraffin wraps 20', hidrokinetotherapy in the inside salt water pool, electrotherapy, laser, Biopton) and **2 outdoor therapies at the salt water pool** (mud applications 120' and hidrokinetotherapy 25').
- **Final evaluation and recommendations**

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 gynecological disorders, secondary sterility, dermatological disorders (psoriasis, neurodermatitis, acne), ORL diseases, respiratory diseases.

	Breakfast	Half-board	Full board	Single supplement/stay
INTERMEDIARY SISTEM 1				
7 nights	994 euro	1.204 euro	1.400 euro	301 euro
13 nights	1.728 euro	2.105 euro	2.456 euro	546 euro
INTERMEDIARY SEASON 2				
7 nights	1.043 euro	1.267 euro	1.463 euro	336 euro
13 nights	1.819 euro	2.222 euro	2.573 euro	611 euro
HIGH SEASON				
7 nights	1.148 euro	1.386 euro	1.610 euro	385 euro
13 nights	2.014 euro	2.443 euro	2.846 euro	702 euro

***Optional – the package can be completed with Tecar Therapies indicated by the Doctor**

*Bonus: 1 Aqua gym group session of 25' at the indoor salty water pool from Lake Techirghiol (valid depending on availability based on an appointment at the Spa reception).

8. RECOVERING LONG COVID

- Medical examination
- EKG
- *Everyday therapies:*
 - 5 Therapies/ day from:
 - individual respiratory physiotherapy 25' with specific exercises to increase lung capacity, toning, the respiratory muscles and educating the correct breathing;
 - Salty water pool exercises program for muscle toning 25', improving joint mobility and increasing exercises capacity;
 - Partial mud application at Techirghiol outdoor Pool with salty water/ partial warm wraps to reduce contractures and muscle and joint pain (to strengthen the immune system);
 - Seawater aerosols/electrotherapy/magnetotherapy
- *Every 3 days:*
 - Mud massage 20'
 - Therapeutic massage 20'
 - Segmental lymphatic drainage 25'

	Breakfast	Halfboard	Full board	Single Supplement/stay
OFF SEASON				
7 nights	875 euro	1.071 euro	1.253 euro	245 euro
13 nights	1.627 euro	1.978 euro	2.303 euro	442 euro
LOW SEASON				
7 nights	924 euro	1.127 euro	1.316 euro	280 euro
13 nights	1.718 euro	2.082 euro	2.420 euro	507 euro
INTERMEDIARY SEASON1				
7 nights	959 euro	1.169 euro	1.365 euro	301 euro
13 nights	1.718 euro	2.160 euro	2.511 euro	546 euro
INTERMEDIARY SEASON 2				
7 nights	1.008 euro	1.232 euro	1.428 euro	336 euro
13 nights	1.874 euro	2.277 euro	2.628 euro	611 euro
HIGH SEASON				
7 nights	1.113 euro	1.351 euro	1.575 euro	385 euro
13 nights	2.069 euro	2.498 euro	2.901 euro	702 euro

Optional : Ovoimuno-Y immunoglobulin supplement with a role in strengthening the immune system and increasing disease resistance or/and the package can be completed with Tecar Therapies indicated by the Doctor.

*Bonus: 1 Aqua gym group session of 25' at the indoor salty water pool from Lake Techirghiol (valid depending on availability based on an appointment at the Spa reception).

9. HEALTHY SKIN

- Medical examination



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- **3 therapies/day:**
 - Mud massages 20' – every day
 - Mud baths 20' – every day
 - Serenity scalp and cervical massage 25' - 2/4 sessions, herbal bath with salt water 20' – 2/4 sessions, therapeutic massages with essential oils 20' – 2/4 sessions.

- **Final evaluation and recommendations**

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

	Breakfast	Halfboard	Full board	Single supplement/stay
OFF SEASON				
7 nights	730 euro	926 euro	1.108 euro	245 euro
13 nights	1.282 euro	1.633 euro	1.958 euro	442 euro
LOW SEASON				
7 nights	779 euro	982 euro	1.171 euro	280 euro
13 nights	1.373 euro	1.737 euro	2.075 euro	507 euro
INTERMEDIARY SEASON 1				
7 nights	814 euro	1.024 euro	1.220 euro	301 euro
13 nights	1.438 euro	1.815 euro	2.166 euro	546 euro
INTERMEDIARY SEASON 2				
7 nights	863 euro	1.087 euro	1.283 euro	336 euro
13 nights	1.529 euro	1.932 euro	2.283 euro	611 euro
HIGH SEASON				
7 nights	968 euro	1.206 euro	1.430 euro	385 euro
13 nights	1.724 euro	2.153 euro	2.556 euro	702 euro

*Bonus: 1 Aqua gym group session of 25' at the indoor salty water pool from Lake Techirghiol (valid depending on availability based on an appointment at the Spa reception).

10. Prophylaxys of aging - Recommended for people over 40 years old

- **Medical examination**
- **EKG**
- **3 therapies/day customized program based on medical diagnosis, from :** mud therapies (baths 20', massage 20', wraps 20') **therapeutic massages with essential oils 20' , hydrotherapies** (herbal baths with salt water 20' , underwater shower 15' , hydromassage with salt water 15'), paraffin wraps 20', physical therapy, hydrokinetotherapy at the indoor salty water pool from Lake Techirghiol; electrotherapy, laser, Bioptron.
- **2 tests and injections with Gerovital H3** (if there are no contraindications).
- **Final evaluation and recommendations**

Medical recommendations : after the age of 40 for delaying the first signs of aging, memory and concentration disorders, neuralgia, neuritis, arteriosclerosis with central and peripheral disorders, Parkinson, spondylosis, osteoarthritis, osteoporosis, neurodermatitis, alopecia, eczema, psoriasis, scleroderma, vitiligo, vascular spasm, angina pectoris, arterial hypertension, sequelae of myocardial and vascular accident, artery, metabolic diseases(diabetes, obesity, dyslipidemia), chronic fatigue syndrome, insomnia, depressive syndromes, etc

	Breakfast	Half-board	Full board	Single supplement/stay
OFF SEASON				
7 nights	800 euro	996 euro	1.178 euro	245 euro
13 nights	1.402 euro	1.753 euro	2.078 euro	442 euro

LOW SEASON				
7 nights	849 euro	1.052 euro	1.241 euro	280 euro
13 nights	1.493 euro	1.857 euro	2.195 euro	507 euro
INTERMEDIARY SEASON 1				
7 nights	884 euro	1.094 euro	1.290 euro	301 euro
13 nights	1.558 euro	1.935 euro	2.286 euro	546 euro
INTERMEDIARY SEASON 2				
7 nights	933 euro	1.157 euro	1.353 euro	336 euro
13 nights	1.649 euro	2.052 euro	2.403 euro	611 euro
HIGH SEASON				
7 nights	1.038 euro	1.276 euro	1.500 euro	385 euro
13 nights	1.844 euro	2.273 euro	2.676 euro	702 euro

The following analyzes are recommended: blood count with FL, VSH, glucose, total cholesterol, HDL and LDL cholesterol, TGP, TGO, gamma-glutamy transpeptidase, urea, creatinine, urine exam, uric acid.

***Optional – the package can be completed with Tecar Therapies indicated by the Doctor**

*Bonus: 1 Aqua gym group session of 25' at the indoor salty water pool from Lake Techirghiol (valid depending on availability based on an appointment at the Spa reception).

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 30% from the value of the stay in 5 days from the confirmed booking.

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.

SPECIAL OFFER:

- **10% discount on the purchase of Facial and Body Aesthetic treatments**