

OUR SPA, AN ART  
TO FEEL GOOD



ANA HEALTH SPA

at HOTEL EUROPA  
in EFORIE NORD

Reserve at: 0241 702 840/ 841

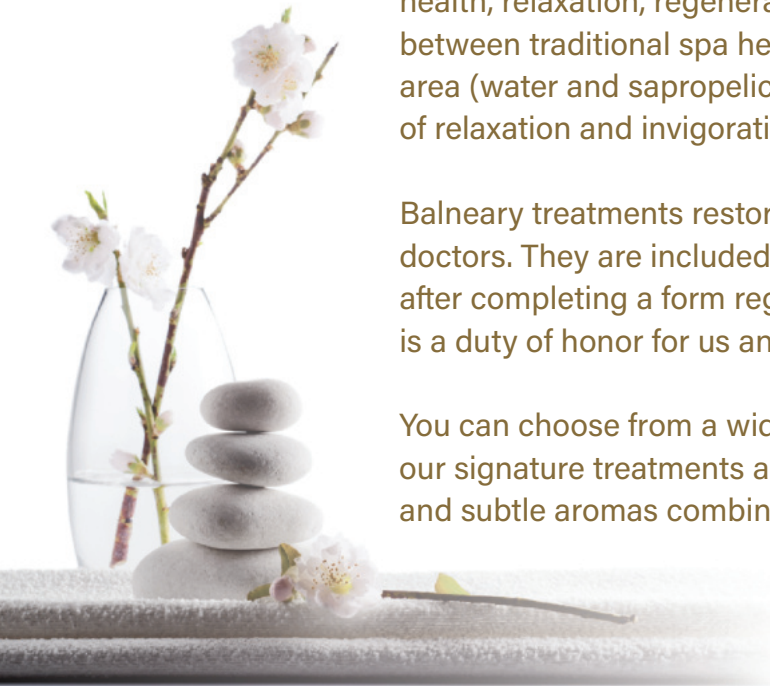
## Do you want to achieve WELL-BEING in all its dimensions?

Do you feel the need to leave the carousel of daily life, to free yourself from time pressure, to strengthen your health and immunity, to restore your physical, mental and emotional balance, to optimize your quality of life?

We invite you on the shores of the Black Sea, in an oasis of calm, empathy and professionalism, for a break of health, relaxation, regeneration and unforgettable experiences. Here you will find the perfect harmony between traditional spa healing and recovery therapies based on the unique natural therapeutic factors of the area (water and sapropelic mud from Techirghiol Lake, sea water, herbs, etc) and wellness therapies and rituals of relaxation and invigoration to reduce the effects of stress and to refresh beauty.

Balneary treatments restore health and vigor and are performed on the recommendation of our experienced doctors. They are included in the recovery packages or can be requested individually, without consultation, but after completing a form regarding your health. The holistic approach of our guests oriented towards well-being is a duty of honor for us and is the basis of complex recovery and revitalization programs.

You can choose from a wide range of traditional massages and marine-inspired rituals from all over the world, our signature treatments and a special selection of exclusive brands of organic cosmetics with velvet texture and subtle aromas combined in unique facial and body rituals.





## FACILITIES

We are waiting for you in a real sanctuary of WELL-BEING spread over 1800 sqm and 36 individual treatment rooms, based on tradition and modernity.

There are two swimming pools with intensely mineralized water from Lake Techirghiol with a salinity of 90 grams / liter, Finnish sauna, wet sauna (steam bath), Jacuzzi, ice fountain, fitness room, at your disposal.

The indoor pool has an area of 110 square meters and the water is heated to a temperature of 32-33 ° C which allows physical exercises and physical and mental relaxation.

The modern Techirghiol Pool outdoor base offers our guests the four-stars Techirghiol effect. It is intended for outdoor cold mud treatments (traditional "cold baths" or "mud anointings"). In a special, calm and relaxing environment, guests benefit from a 144 sqm swimming pool with salt water heated to 25° -26 ° C, spaces specially designed for applying mud on the body, special baths for removing mud, beds for mud massage and an elegant area for sunbathing and relaxing.

# TREATMENTS



## OUR SPECIALS

### DRESS IN BLACK GOLD

(OUTDOOR COLD MUD ANOINTINGS)

one session 30 Euro (total time 180 minutes)

Techirghiol mud treatment for health and immunity. Traditional cold mud therapy (heating in the sun/ application of cold mud-on the whole body or on limited areas / heating in the sun for mud drying / bathing in salt water) stimulates peripheral circulation, thermoregulatory mechanisms and the body's immune response.

### OUTDOOR MUDNIFICENT JOURNEY

180 minutes | 49 Euro

Supreme healing with Techirghiol mud, under the caress of the breeze and admiring the symphony of nature. The warm mud tells its story through personalized massage maneuvers and soothes by touching, relaxes, hydrates, invigorates and restores WELL-BEING.

### MARINE SYMPHONY

80 minutes | 65 Euro

A marine ritual with algae and basil that restores the structure, elasticity and skin firmness. A scrub with sea salts and basil, an revitalizing massage with grape and basil oil and a wrap with seaweed (Spirulina) and ivy deeply cleans and invigorates.



# HEALING INDOOR MUD THERAPIES

## MUD MASSAGE

20 minute | 25 Euro

Body massage with Techirghiol sapropelic mud, "Black Gold", with therapeutic and aesthetic benefits. The mud, heated to 40°-45°C, is applied through specific massage maneuvers and relieves back and joint pain, muscle contractions, moisturizes and softens the skin.

## MUD BATH

20 minutes | 20 Euro

Healing bath in a mixture of mud and salt water by Techirghiol, at a temperature of 36°-42°C. Pleasant heat envelops the body, reduces joint pain, muscle contractions, blood circulation disorders and heals skin lesions (such as psoriasis).

## BODY MUD WRAPS

20 minutes | 18 Euro

Body wrapping on the affected areas with a layer of mud at a temperature of about 40°-45°C. The mud transfers heat deeply into muscles and joints, soothes pain, stimulates blood circulation locally and distantly, moisturizes and softens the skin.



# SPORT & WELLBEING

## KINETOTHERAPY

25 minutes | 23 Euro, 5 sessions 98 Euro  
10 sessions 190 Euro

Experienced physiotherapists create recovery programs based on a multitude of types of exercises. Movement therapy that aims to restore the functions of some body segments affected by disease, surgery or trauma.

## HYDROKINETOTHERAPY

Individual: 25 minutes | 25 Euro,  
5 sessions | 106 Euro  
10 sessions | 205 Euro  
Group: 25 minutes | 22 Euro  
5 sessions | 94 Euro

Various exercise programs performed in the warm water of the pool under the careful guidance of physiotherapists, a real comfort for muscles and joints and a method of extremely effective recovery of various ailments and disabilities.

## BACK PAIN RELIEF PROGRAM

25 minutes | 25 Euro

Relaxing the muscles of the spine and reducing back pain by applying a regional therapeutic massage and physiotherapy methods and techniques, in a personalized program adapted to the suffering.

## CERVICAL STRAIN RELIEF PROGRAM

25 minutes | 25 Euro

The tension, pain and discomfort of the cervical region, given by vicious postures, stress and exposure to unfavorable climatic factors, are improved after a short relaxing cervical massage and a personalized program of exercises and physiotherapy techniques.

## FITNESS WITH COACH

1 session | 19 Euro

## FITNESS WITHOUT COACH

1 session | 10 Euro  
5 sessions | 40 Euro

# MEDICA

## TECAR THERAPY\*

*\* Requires doctor's recommendation.*

1 area | 20 minutes | 25 Euro

2 areas | 40 minutes | 42 Euro

Innovative and non-invasive method of recovery. Electromagnetic energy stimulates the body's natural metabolic healing processes. Effects: pain relief, muscle relaxation, edema reduction, tissue regeneration.

## ELECTROTHERAPY

1 session | 10 Euro

Mainly symptomatic treatment which uses established formulas of galvanic currents, low, medium and high frequency currents, ultrasound, low frequency magnetic field, laser biostimulation. It is performed only on the doctor's recommendation.

## GALVANOTHERAPY

1 session | 13 Euro

Therapy that combines the action of galvanic current with the thermal effect of water, in the 4 cells for the upper and lower limbs. Effects: relief of rheumatic, post traumatic and neurological pain, treatment of peripheral circulatory disorders.

## PARAFFIN WRAPS

20 minutes | 18 Euro

Partial body wraps in melted paraffin at 40-45°C. Warm applications have local effects and also on the whole body, relax the muscles, improve the elasticity of structures, stimulate deep circulation, relieve pain.

## BIOPTRON

1 session | 10Euro

Noninvasive therapy with polarized light. The light beam penetrates deep into the tissues accelerating the process of regeneration, healing and energy balance. Special recommendations in treating skin conditions and pain relief.

## MECHANICAL LYMPHATIC DRAINAGE

30 minutes | 13 Euro     5 sessions | 55 Euro

Natural and effective method of detoxifying the body. Accelerates microcirculation and eliminates residues, toxins and metabolic waste, strengthens the immune system and diminishes the feeling of heavy legs.

## AEROSOLS

1 session | 13 Euro,     6 sessions | 66 Euro

Use of the therapeutic effects of sea water in the form of aerosols in the treatment of various respiratory diseases (chronic bronchitis, asthma, pulmonary emphysema, etc.) and ENT (sinusitis, rhinopharyngitis, laryngitis, etc.).



The background is an abstract composition of diagonal rays in various shades of green and blue, creating a sense of depth and movement. Scattered throughout the entire background are numerous small, white, circular dots, resembling stars or particles, which add to the ethereal and dynamic feel of the image.

WELLNESS



## BODY MESSAGES CLASSICS FOR HEALING AND IMMUNITY

### "SERENITY" HEAD & NECK MASSAGE

25 minutes | 30 Euro

Deep relaxation massage, eliminates stress and tension on the scalp, face and cervical region by stimulating peripheral blood circulation and nerve endings. It is the enemy of anxiety, headaches, generating an infusion of inner peace.

### STRESS RELIEF MASSAGE

25 minutes | 25 Euro

50 minutes | 42 Euro

Somatic massage with warm essential oils, ample, rhythmic, with light-medium pressure, beneficial at any age. Stimulates circulation, reduces anxiety, stress, fatigue, muscle contractions, back pain, neck tension and strengthens immunity.

### INTUITIVE MASSAGE

50 minutes | 51 Euro

Personalized, emphatic, healing and relaxing body massage, adapted to physical, emotional and energetic needs. An unique holistic and multisensory experience by combining oriental, Swedish, deep tissue massage techniques, stretching, acupuncture, lymphatic drainage, aromatherapy.

### DEEP TISSUE MASSAGE

50 minutes | 51 Euro

Deep, slow massage of muscle tissue, relaxing and energizing through intense pressure in areas with muscle tension caused by stress, vicious postures, physical activities or sports. The maneuvers are performed with fingers, fists, forearms and elbows.

### TONING MASSAGE

50minutes | 49 Euro

Deeper general somatic massage with medium-strong pressure, which stimulates blood circulation and eliminates toxins accumulated in the muscles. Firm techniques of friction, kneading, rolling, brushing, short taps, energize and restore tonicity.

### MANUAL LYMPH DRAINAGE

Whole body: 50 minutes | 50 Euro, 5 sessions | 215 Euro

Segmental: 25 minutes | 30 Euro, 5 sessions | 125 Euro

Natural method of stimulating lymphatic circulation. Gentle and rhythmic hand massage stimulates the muscles of the lymphatic vessels, eliminates edema, relieves cellulite, circulatory disorders, constipation, pain and strengthens the immunity.

# TRADITIONAL MESSAGES OF UNIVERSAL WISDOM

## REFLEXOLOGY

25 minutes 22 Euro, 5 sessions 95 Euro  
50 minutes 39 Euro

Holistic therapy originated in Ancient Egypt and China. The pressure and massage of the reflex points reduce stress and stimulate the local and the corresponding vital organ circulation. Its effects: elimination of residues and supply of regenerating substances.

## CHAKRA SHELLS AND VOLCANIC HOT STONE MASSAGE

50 minutes 48 Euro

The harmony of the shells and the hot volcanic rocks in a holistic therapy for relaxation and energetic balancing of the 7 main chakras. It relieves muscle tension and pain, reduces stress, improves sleep, eliminates toxins, strengthens the immune system.

## LOMI-LOMI SCENTED CANDLE MASSAGE

50 minutes | 45 Euro

Sublime therapy of deep relaxation, a pampering for body and soul. A gentle body peeling followed by the Hawaiian Lomi-Lomi massage with 100% natural warm oils dripping from special candles, eliminates stress, tension, fatigue and softens the skin.

## BALINESE BAMBOO MASSAGE

50 minutes | 45 Euro

Vigorous Asian massage of bio-stimulation and reactivation. Pampering of the skin and senses by the firm and ample caresses of the bamboo sticks. The body regains its robustness and vigor, the unsightly appearance of cellulite disappears, the skin becomes smooth and supple again.



# AYURVEDA MESSAGES FOR BALANCE AND WELL-BEING

## SHIRODHARA

25minutes | 25 Euro

A sublime Ayurvedic treatment known for over 6000 years. A continuous thread of warm oil caresses the forehead and the "eye of the mind" in a slight balance and heals by touch. The headaches go away and you will experience a subtle state of inner peace.

## ART REUM - INDIAN THERAPEUTIC RITUAL BY LAKSHMI

60 minutes | 50 Euro

Strong natural remedy for back pain and for improving joint mobility. A healing ritual with precious eco-organic remedies, inspired by the Ayurvedic tradition, soothes pain, increases muscle tone, invigorates and heals by touch.

## AYURVEDA AROMA MASSAGE "Soul massage" BY LAKSHMI

75 minutes | 60 Euro

Natural Indian massage with precious oils, which integrates body and spirit. Palpation and pressure on the Ayurvedic "marma" points harmonize the three elements Vata, Pitta, Kapha, facilitate circulation, purify the body, eliminate tension, fatigue, insomnia, depression.



# BODY RITUALS

## ANTICELLULITIC & SLIMMING

### THALGO SVELT SILHOUETTE

50 minutes | 74 Euro

6 sessions | 420 Euro

High level remodeling Thalgo body ritual based on seaweed and active oxygen, with anti-cellulite, weight loss and firmness effect. Body peeling followed by anti-cellulite massage, application of serum and body mask based on seaweed and active oxygen.



## DETOX & ANTI-AGING

### BALANCE HONEY RITUAL

50 minutes | 48Euro

A sweet, purifying and anti-cellulite experience, a firm nourishing massage with vacuum effect through special maneuvers. Through the richness of sugars, vitamins and minerals, honey cleanses and moisturizes the skin, delights the senses and connects you with the richness of nature.



### BODY RITUAL OF MEHR - HAPPINESS

**Invigorate your body, mind and soul!**

50 minutes | 62 Euro

Inspired by Mehr, the Sun, the ritual brings good mood and energy, adds happiness and beauty to life. The scrub with sugar and orange, the massage with orange and cedar oil and at the end the cream with subtle aromas leaves the skin healthy, radiant and moisturizing.

# BODY RITUALS

## REGENERANT & LIFTING

### THE RITUAL OF FEMINITY BY LAKSHMI

50 minutes | 62 Euro

Ritual dedicated to femininity seen in its disturbing essence. Evening Primrose elixir oil («king of medicines »), rich in 3, 6, 9-omega, phytosterols, E vitamin, trace elements, moisturizes the skin, restores elasticity, treats acne, psoriasis.

### BODY RITUAL OF SAKURA - NEW BEGINNING

**Celebrate every day as a new beginning!**

50 minutes | 62 Euro

The ancient Japanese Hanami ceremony celebrates the ephemeral beauty of wild cherry blossoms. Exfoliating with delicate crystals of sugar and Japanese cherry oil, the massage with cherry blossom and rice milk oil and cream leave the skin velvety and radiantly healthy.



## FOR LEGS



### THALGO HEAVY LEGS RITUAL

50 minutes | 49 Euro

Special treatment created by Thalgo, with effect of moisturizing, refreshing, calming and relaxing the legs and feet. A caress that removes fatigue and the feeling of heavy legs and urges us to walk on the sand of the beach bathed by waves.



## REGENERATING ORGANIC SWISS DELIGHTS

### ANANNE GLOW & LIFTING „BEAUTY KICK“

25 minutes | 32 Euro

100% organic facial treatment, a quick "natural master of beauty", soothes and nourishes the skin with active precious plant ingredients, stimulates cell regeneration, microcirculation and collagen synthesis. The skin becomes silky, shiny and fine wrinkles disappear.

### DETOX & RELAX FACIAL RITUAL

50 minutes | 80 Euro

A revitalizing treatment based on the deep cleansing and detoxifying effects of the red clay mask enriched with active plant ingredients, seaweed extracts and natural oils. Dry brushing techniques and specific detox & relaxation massage promote lymphatic circulation. The skin remains hydrated, velvety and regains its natural radiance.



### DEEP DETOX

30 minutes 34 Euro

Deep detoxification and anti-inflammatory ritual. The scrub with bamboo and amber crystals removes dead cells and refines the structure of the skin. The special massage with the algae filament brush from the Icelandic oceans stimulates cellular circulation and metabolism, the skin becomes fine-pored and smooth.

### NATURAL BODY RELAX

80 minutes 96 Euro

Innovative organic ritual, moisturizes the skin, removes dead cells, stimulates cell regeneration and collagen production. The unique body brushing together with the precious active molecules from natural oils purifies the skin and relaxes the muscles. The revitalizing mask and the relaxing massage complete the well-being.

# ESPECIALLY FOR MEN

## **MAN KLAPP POWER**

50 minutes | 74 Euro

Complex treatment for male skin. Products rich in minerals, vitamins, proteins, citric acids and Hamamelis act at all levels of the skin, deeply clean, smooth expression lines and wrinkles, give brightness and firmness.

## **THALGOMEN**

50 minutes | 74 Euro

Intensive treatment inspired by the sea. A deep cleansing, a massage with a lifting effect, anti-dark circles and intensive facial serums with blue algae restore the brightness and firmness of the skin, attenuate wrinkles and refresh the facial expression.





# FACIAL AESTHETICS

## MOISTURIZING - REMINERALIZING normal/dry and agressed skin

### THALGO SOURCE

50 minutes | 66 Euro

Complex moisturizing-remineralizing treatment with sea spring water rich in trace elements and seaweed extract, with intense moisturizing effect. It addresses tired skin daily aggressed by pollution, wind, radiation and wrinkled skin.

### X-TREME HYALURON INFUSION

50 minutes | 74 Euro

Complex and intense treatment that redefines the hydration process by stimulating collagen synthesis, restoring volume and density to the skin through a lifting effect. Innovative treatment that addresses the face and hands.

## ANTI-WRINKLE ANF LIFTING mature skin

### THALGO SILICICIUM 40+

80 minutes | 90 Euro

Professional treatment for 40 + skin with Marine Silicon, smoothes, fills wrinkles and has a lifting effect. Silicon, present in the skin in combination with hyaluronic acid, decreases with age. Kopara marine extract therapy restores the need for silicon.

### KLAPP COLAGEN

50 minutes | 74 Euro

Care treatment for mature skin with A vitamin, reduces wrinkles, stimulates elastin production and skin regeneration. Amplification of natural hydration factors uses GK4 technology, a combination of ultrasound, negative ions and infrared rays.



# FACIAL AESTHETICS

## **OXYGENERA PRO**

80 minutes | 115 Euro

A beauty ritual that replaces invasive treatments with Botox and Hyaluronic Acid, the favorite of Hollywood stars. It combines 5 revolutionary therapies: Microdermabrasion with diamond particles, Hyperbaric Oxygen of 98% purity, Multipolar Radiofrequency, Virtual Mesotherapy and Phooton Oxygen Mask + Infrared Soft Laser. The active ingredients infuse to the dermis, the skin will be intensely hydrated, more elastic and brighter by up to 70%, clean. Acne spots and lesions become a memory, wrinkles are attenuated.

## **AYURVEDA FACE LIFT**

25 minutes | 25 Euro

Deep relaxation and tonifying of the face by bioenergetic massage remove the imprint of tension on the face. Stimulating the microcirculation increases the brightness and transparency of the skin, correcting the position of the shoulders and neck, regulates the harmony of breathing.



# FACIAL AESTHETICS

## ANTIAGING - ANTIOXIDANT mature and agressed skin

### **GEROVITAL/ASLAVITAL FACIAL ALCHEMY all skin types**

50 minutes | 64 Euro

Complex treatment with the famous Gerovital / Aslavital cosmetics rich in a multitude of active natural principles that prevent the destruction of the cell wall, regenerate and protect the skin, restore its brightness and youth.

### **HYALU - PROCOLLAGEN WRINKLE CORRECTION**

50 minutes | 74 Euro

Innovative "wrinkle by wrinkle" treatment that combines hyaluronic acid with marine pro-collagen for a special massage with the Roller Booster device. The effects are instantly visible from the first treatment, the face looks younger, the skin is relaxed and the wrinkles are reduced.

### **LAKSHMI ANTIAGING RITUAL**

80 minutes | 85 Euro

Unique program based on natural active ingredients, pure essential oils and plant extracts that activate self-healing capabilities of the skin. Redefines the contour of the face, moisturizes and restructures. The skin remains revitalized, more compact and visibly younger.



# AQUA EXPERIENCE

## ACCES AQUA SALTY DELIGHT

Monday - Thursday | 2 hours | 20 Euro/ adult

Friday - Sunday | 2 hours | 24 Euro / adult

The AQUA SALTY DELIGHT area includes the following facilities: indoor pool with salt water from Lake Techirghiol, wet sauna, dry sauna, ice fountain, jacuzzi, showers.

## VICHY SHOWER MASSAGE

20 minutes | 25 Euro

Popular therapy, a pleasant combination of manual massage techniques and a water jet massage from five shower heads with variable flow. Relaxes muscles, exfoliates and softens the skin, improves peripheral circulation, reduces stress.

## VICHY MIXT

20 minutes | 25 Euro

Body peeling with sea salts followed by a combination of massage techniques under water jets from five shower heads with variable pressure. An excellent preparation for a perfect tan.

## BATH WITH PLANTS/ALGAE

20 minutes | 18 Euro

Bath in salt water from Techoirghiol Lake enriched with algae extract or herbal decoctions. In addition to the calming effect, the active ingredients in algae and plants act directly on the skin with antiseptic, healing, anti-inflammatory and moisturizing action.

## UNDERWATER SHOWER

20 minutes | 23 Euro

Massage of muscle masses with a jet with variable pressure, in a special bathtub. Similar effects to the classic massage, relaxes the muscles, stimulates the blood and lymphatic circulation, drains the edemas, facilitates the digestion and relieves the pains.

## HYDROMASSAGE

20 minutes | 20 Euro

Therapy with water and therapeutic salts inspired by ancient Roman practices, a philosophy of authentic well-being. Massage with jets of hot water and air in various programs, stimulates the secretion of endorphins, revitalizes the body, improves flexibility in movement.



## OTHER SERVICES

### MEDICAL CONSULTATION

30 minutes | 50 Euro

### ELECTROCARDIOGRAM

15 Euro



# DAY SPA

## BLACK VELVET

Let yourself be pampered by the warm and beneficent caress of the unique Techirghiol mud and experience the deep relaxation of the spirit and the body.

## INDOOR

Price: 55 Euro/ person

The package contains:

- Mud massage 20 minutes
- Mud bath 20 minutes
- Gymnastics in the indoor pool with salt water from Techirghiol Lake 25 '
- A fresh / smoothie

## OUTDOOR

Price: 61 Euro/ person

The package contains:

- Mud anointing 90 minutes
- Mud massage 20 minutes
- Gymnastics in the outdoor saltwater pool from Techirghiol Lake 25 '
- A fresh / smoothie





# DAY SPA

## ROMANTIC ESCAPE

Price: 86 Euro / person

We offer you the perfect condition for L'amour and we invite you to take full advantage of it. Love, whether it lasts for decades or has just faded, is par excellence a reason to escape from everyday stress and to celebrate.

The package contains:

- Serenity-scalp and cervical region massage 25 minutes - for both
- Candle massage 50 minutes - for HER
- Deep tissue massage 50 minutes - for HIM
- Gymnastics in the saltwater pool from Techirghiol Lake 25 minutes - for both
- A fresh / smoothie - for both



## QUEEN FOR A DAY

Price: 115 Euro / person

The brilliance and delicacy of the Eternal Feminine must not be missing in a world dominated by men.

We invite you to live a princely experience of supreme pampering for body and soul.

The package contains:

- Salt bath with plants 20 minutes
- Balance honey ritual 50 minutes
- Intuitive massage 50 minutes
- Ayurveda face lift 25 '
- A fresh / smoothie



### **GIRLS GETAWAY**

Price : 120 Euro/person

Spend a day with your friends at the Spa!  
Escape together from the daily stress and while telling each other news, indulge in unforgettable treats!

The package contains:

- Algae bath 20'
- Thalgo source-facial treatment 50'
- Stress relief massage 50'
- A fresh / smoothie



### **A DAY WITH MOM**

Price : 75 Euro/person

Do you want to show your mother once again how much she means to you? An unforgettable day spent together will surely delight and excite her!

The package contains :

- Salt bath with plants 20'
- Ayurveda face lift 25'
- Lomi-Lomi massage 50'





### **ESPECIALLY FOR GENTLEMEN**

Price: 122 Euro/ person

Gentlemen, we invite you to a welcome break to relax and replenish your energy reserves. Experience the invigorating effects of a facial treatment created especially for you.

The package contains :

- Salt bath with herbs 20 minutes
- Man Klapp Power / Thalgomen facial treatment - 50 minutes
- Deep Tissue Massage 50 minutes



### **NO STRESS**

Price: 70 Euro/ person

Unleash your daily stress and escape in the harmony of a complex ritual of relaxation and invigoration.

The package contains:

- Stress Relief Massage 25 minutes
- Serenity scalp and cervical massage 25 minutes
- Salt bath with plants 20 minutes
- Gymnastics in the indoor saltwater pool from Techirghiol Lake 25 minutes

# ANA HEALTH SPA ETIQUETTE



## The appointment

The scheduling of Spa services is done in advance, depending on availability. Please call (+4) 0241702840 or 0241702841 from outside the hotel, or 8040, 8041 from the room.

## The arrival

We invite you to arrive at least 10 minutes before the scheduled therapy start time. Please keep in mind that all therapies will end in time, no matter the starting hour. We recommend you to show up at the treatment room with the medical record from the doctors or a file from Spa Reception.

## Cancellation policy

We would appreciate if the modification or cancellation of appointments will be communicated to the Spa Reception at least 24 hours in advance (for outside guests), or at least 4 hours (for hotel guests), to avoid paying a penalty of 50% of the value of the service. Unannounced cancellations will be penalized with full payment for reserved and unperformed services. Treatments can be rescheduled only subject to availability.

## Health considerations

Medical consultation is mandatory for medical packages. If you have not opted for a package that includes a medical consultation, on arrival you are asked to fill in a health questionnaire on your own responsibility.

## Dress code

Inside the Spa you have bathrobes, towels, disposable slippers and individual locker rooms. Please leave your used bathrobes and towels at the Spa reception. For certain treatments the therapist offers disposable linen. With water therapies it is necessary to wear a bathing suit.

## Mobile phones

To ensure our guests a relaxing atmosphere, please reduce noise to a minimum. We ask you kindly to avoid using the phones or at least to have them on silent in order to maintain the silence and protect your and other guests' intimacy.

## Children

The access of minors under the age of 16 in the kids' pool will be made only under adult supervision.

## Valuables

We recommend you to leave valuables and jewelry in the hotel room safes or safety deposit box at Spa reception. We do not take responsibility for the loss of personal belongings or their deterioration during therapies.

## The payment

Spa services are paid at the Spa Reception or added to the hotel room bill.

**ENJOY YOUR SPA EXPERIENCE!**



TECHIRGHIOL POOL



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