



ANAHOTELS®
EUROPA

Eforie Nord



ANAASLAN HEALTH SPA®

at Europa Hotel Eforie Nord

TECHIRGHIOIOL
POOL

★★★★

Eforie Nord




Unique
in Romania!

The TECHIRGHIOIOL

EFFECT at the Black Sea shore





Peloidotherapy, or mud treatment, is an ancient form of treatment for various physical conditions of rheumatic, detoxifying or immunizing origin.

The therapeutic effect of the mud has been known for thousands of years, being one of the oldest treatments used in ancient Egypt.

The Techirghiol mud has been thoroughly studied at the beginning of the 20 Century and in 1924 it **received the gold medal at the World's Fair in Paris.**

The mud is a substance of a complex chemical composition, a result of an extremely long biological process determined by the fauna of invertebrates in which the active minerals from **Techirghiol Lake** originate.

The treatment area and **the outdoor pool at Ana Hotels Eforie** use the **sapropelic Techirghiol mud**, a black, glossy, oily, greasy mud, rich in colloidal iron sulphide and of physical properties that make it unique.

The sapropelic mud has a significant influence on the body **by treating inflammatory or degenerative rheumatologic affections, post-traumatic sequelae, central or peripheral nervous system diseases (of up to even multiple Sclerosis and Parkinson's), gynecological problems and many others.**

Its core therapeutic effects are conferred by the mud temperature (for local applications), its pressure (in the case of mud baths) and from the substances it contains, some of which can be skin absorbed (Sulphur, CO₂, extrogenic substances).

At the four-star Techirghiol Pool, you will find a high standard quality services for the traditional cold mud treatments, mud wraps and massages available.

Lake Techirghiol mud has beneficial effects on a wide range of diseases and malfunctions:

- **Rheumatic degenerative** (spondylo - discarthrosis, osteoarthritis of the hip, knee, etc.)
- **Periarthritis of the shoulder**, hip, tendinitis, fibromyalgia
- **Chronic inflammatory rheumatic diseases** outside inflammatory flare (ankylosing spondylitis, other spondyloarthropathies, rheumatoid arthritis, psoriatic arthritis)
- **Orthopedic**, post-traumatic sequelae
- **Psoriasis, seborrheic syndrome, dermatitis, chronic eczema**, allergic-dermatitis
- **Inflammatory chronic gynecological** (adnexitis, cervicitis, endometritis, menstrual cycle disorders, secondary infertility)
- **Postoperative adherence process**
- **Diseases of the central and peripheral nervous system** (multiple sclerosis, Parkinson's disease, neuralgia, neuritis)
- **Endocrine** (hypothyroidism, pituitary dwarfism, rickets, obesity)
- **Cardiovascular** (mild and moderate hypertension, peripheral circulatory disorders)
- **Respiratory** (asthma, tracheobronchitis, chronic laryngitis)
- **Metabolic and nutritional** (compensated type II diabetes, gout)

Mud treatments also have a cosmetic effect by moisturizing and detoxifying the skin, exfoliating with salt crystals and activating the circulation. The skin becomes velvety, regenerated, shiny. Mud treatments produce notable and clinically proven effects; they must be carried out under medical supervision and in respect of specific contraindications.

The SPA treatments with sapropelic mud produces persistent favourable effects by modifying the adaptive response capacity to various stimulating factors.



Ana Hotels Eforie is the perfect place to be if you want a remarkable, revitalizing and therapeutic stay.

The outstanding novelty of the season is the outdoor pool, a therapeutic haven where special amenities bring you the best from the “Techirghiol black gold”:

- **a special area for massage procedures:** up to four special tables allowing therapeutic massage, either while sunbathing or in the shadow.
- **mud treatment area**
- **special space for cleaning the mud:** bathing tubs and showers will help continuing the treatment
- **elegant sunbeds for after the mud treatment**
- **therapeutic pool of over 136 sqm, with salted water from Techirghiol,** for a final step in the overall treatment

The treatment complex puts at your disposal specialists able to guide you along the whole process and to provide consultancy and recommendations on the steps to follow for preserving or regaining your full health.



All procedures available at the outdoor pool can have as add-ons the complementary mud therapies from ANA Aslan Health Spa (bath or massage)

MUD BATHING

By revitalizing the body and by rendering the skin's elasticity, the renowned

Techirghiol sapropelic mud and salty water bathing have spectacular therapeutic effects on rheumatic, orthopedic or skin disorders (like psoriasis).

Mud baths presume a full immersion of the body into a basin filled with salty water and mud (10 kg of mud per 100 liters of water) at a temperature of 36 ° -40 ° C for 15-30 minutes.

