

OUR SPA, AN ART TO FEEL GOOD



ANA HEALTH SPA

at HOTEL EUROPA
in EFORIE NORD

Reservation: 0241 702 840/841

We invite you on the shores of the Black Sea, in an oasis of calm, empathy and professionalism, which awaits guests who wish to regain their vitality, energy, inner peace, freedom from pain, tone, joy of life, in one word WELLBEING.

In our spa you will find the perfect harmony between the millenary spa tradition and modern innovations in a unique holistic concept oriented towards the three important goals: health, relaxation and beauty.

Traditional spa therapies sustainably capitalize at the highest level on the unique natural healing resources of the area, sapropelic mud and water from Lake Techirghiol, medicinal plants, therapeutic salts, essential oils. They are carried out on the recommendation of our experienced doctors, are included in the recovery packages or can be requested individually, without consultation, but after completing a form regarding your state of health.

The holistic approach of our guests oriented towards well-being is carefully monitored and guided by our empathetic and well-trained therapists who strive to offer you special personalized experiences and a new mindset in your personal lifestyle. They will be happy to see you again year after year as you become younger and more lovers of well-being every day, not only during vacations and moments of rest.

We use mud and salt water, known since ancient times for their special qualities, we respect nature, but we keep up with modern times and new technologies and practices to improve the guest experience, adding to our offers the latest discoveries in the field of wellness and beauty, in the complex approach of the whole "I", from soul and heart to mind and body.

You can choose from a varied range of traditional massages and marine-inspired rituals from all corners of the world, our signature treatments and a special selection of exclusive brands of organic cosmetic products 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 | 39 Euro (total time 180 minutes)

NEW! All day access (time schedule 09:00 - 19:00) - 59 Euro

6 sessions of 180 minutes (one per day) | 195 Euro (valid for 2 weeks)

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

MUD MASSAGE + MUD ANOINTINGS AT TECHIRGHIOL POOL

180 minutes | 64 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.

NEW! PETRO ULTIMATE EXPERIENCE

Holistic facial & body ritual for relaxation and balancing

80 minutes | 120 Euro

Precious ritual with premium natural products with 100% organic ingredients, designed for regeneration, harmony and balance. Purifying body exfoliation, massages with pure vegetable oils and active plant extracts, a revitalizing facial ritual and a relaxing scalp massage. A touch of purity, a smooth floating on waves of relaxation.

MARINE SYMPHONY

80 minutes | 70 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 | 28 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 | 24 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 | 22 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 | 25 Euro, 5 sessions 106 Euro
10 sessions 210 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 | 28 Euro,
5 sessions | 120 Euro
10 sessions | 190 Euro
Group: 25 minutes | 24 Euro
5 sessions | 102 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 | 27 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 | 27 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 | 25 Euro

FITNESS WITHOUT COACH

1 session | 20 Euro
5 sessions | 85 Euro

MEDICA

MEDICAL CONSULTATION

30 minutes | 60 Euros

TECAR THERAPY*

** Requires doctor's recommendation.*

1 area | 20 minutes | 30 Euro

2 areas | 40 minutes | 50 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 | 11 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 | 15 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 | 20 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 | 11 Euro

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 | 15 Euro 5 sessions | 64 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 | 14 Euro, 6 sessions | 71 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 features a gradient of green and blue tones. From the top, several vertical rays of light extend downwards, creating a sunburst effect. The lower portion of the image is filled with a dense field of small, white, star-like specks, giving it a cosmic or ethereal feel.

WELLNESS



BODY MASSAGES CLASSICS FOR HEALING AND IMMUNITY

”SERENITY” HEAD & NECK MASSAGE

25 minutes | 35 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 | 30 Euro

50 minutes | 51 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 | 55 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, acupressure, lymphatic drainage, aromatherapy.

DEEP TISSUE MASSAGE

50 minutes | 55 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.

INVIGORATING MASSAGE

50 minutes | 55 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 | 55 Euro, 5 sessions | 230 Euro

Segmental: 25 minutes | 35 Euro, 5 sessions | 145 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 26 Euro, 5 sessions 110 Euro
50 minutes 47 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 55 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 | 50 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 | 50 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

NEW! ROYAL THAI MASSAGE

100 minutes | 79 Euro

Full body massage known for 2500 years that uses the Sen energy line system. Based on Indian Ayurvedic healing traditions, it is simultaneously art, meditation in motion, a therapy for body and mind, energizing and relaxing at the same time. It strengthens the immune system and balances vital energy.

SHIRODHARA

25 minutes | 30 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 | 55 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

80 minutes | 66 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.



REGENERATING ORGANIC SWISS DELIGHTS

ANANNE GLOW & LIFTING „BEAUTY KICK“

25 minutes | 35 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 | 40 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.

BODY RITUALS

CLEAN SKIN body scrub

25 minutes | 35 Euro

Peeling of the whole body with algae, marine elements and almond kernels followed by the application of precious creams with algae that will smooth your skin and restore its firmness. A guarantee of a uniform and bright tan.

ANTICELLULITIC & SLIMMING

THALGO SVELT SILHOUETTE

50 minutes | 74 Euro
5 sessions | 350 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.

HEALTH & SILHOUETTE abdominal lymph drainage

25 minutes | 32 Euro

Deep massage of the abdomen with a combination of specific maneuvers that increases skin firmness, improves lymph circulation, relaxes and tones muscles, eliminates toxins, reduces cellulite, slims the waist, stimulates intestinal transit. The results are measured in well being and in centimeters.

DETOX & ANTI-AGING

BALANCE HONEY RITUAL

50 minutes | 48 Euro



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.

ESPECIALLY FOR MEN

MAN KLAPP POWER

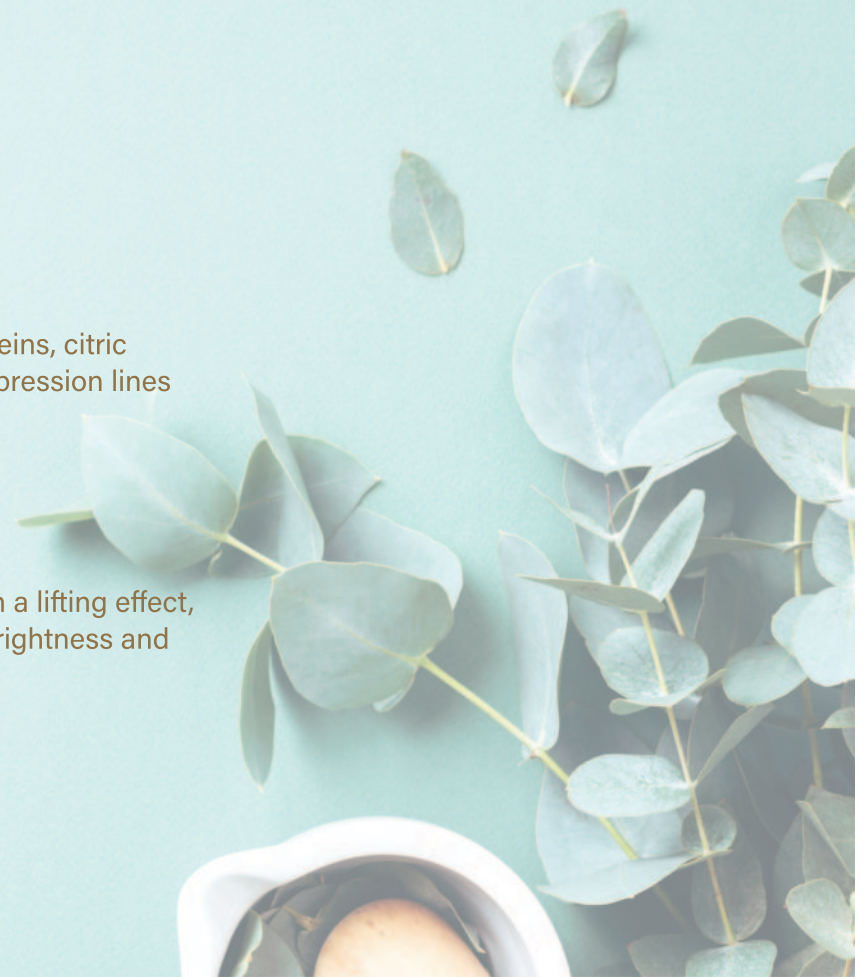
50 minutes | 74 Euro

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

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 Photon 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 | 30 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.

BRIGHT FACE

25 minutes | 30 Euros

Lymphatic drainage massage of the face with special maneuvers based on pressure, with the effect of stimulating lymphatic circulation. Edemas caused by stress, fatigue, lack of sleep and hot summer days disappear and the skin regains its suppleness and elasticity.



FACIAL AESTHETICS

MOISTURIZING - REMINERALIZING normal/dry and agressed skin

THALGO SOURCE

50 minutes | 70 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 agressed by pollution, wind, radiation and wrinkled skin.

NEW! LAKSHMI VATA RITUAL with Jericho rose and Resurrection plant

80 minutes | 90 Euro

Intense hydration ritual with Vata products for sensitive, dry, and fine-wrinkled skin. It restores the skin's natural balance thanks to cold-pressed vegetable oils, vegetable extracts and essential amino acids, gives long-term elasticity and freshness.

ANTI-WRINKLE ANF LIFTING mature skin

X-TREME HYALURON INFUSION

50 minutes | 80 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.

KLAPP COLAGEN

50 minutes | 80 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

ANTIAGING - ANTIOXIDANT mature and agressed skin

**GEROVITAL/ASLAVITAL
FACIAL ALCHEMY** all skin types
50 minutes | 70 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
50 minutes | 80 Euro

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

LAKSHMI ANTIAGING RITUAL
80 minutes | 90 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 | 22 Euro / adult

Friday - Sunday | 2 hours | 25 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 | 30 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 | 30 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 | 20 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 | 30 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 | 23 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 | 60 Euro

ELECTROCARDIOGRAM

18 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: 65 Euro/ person

The package contains:

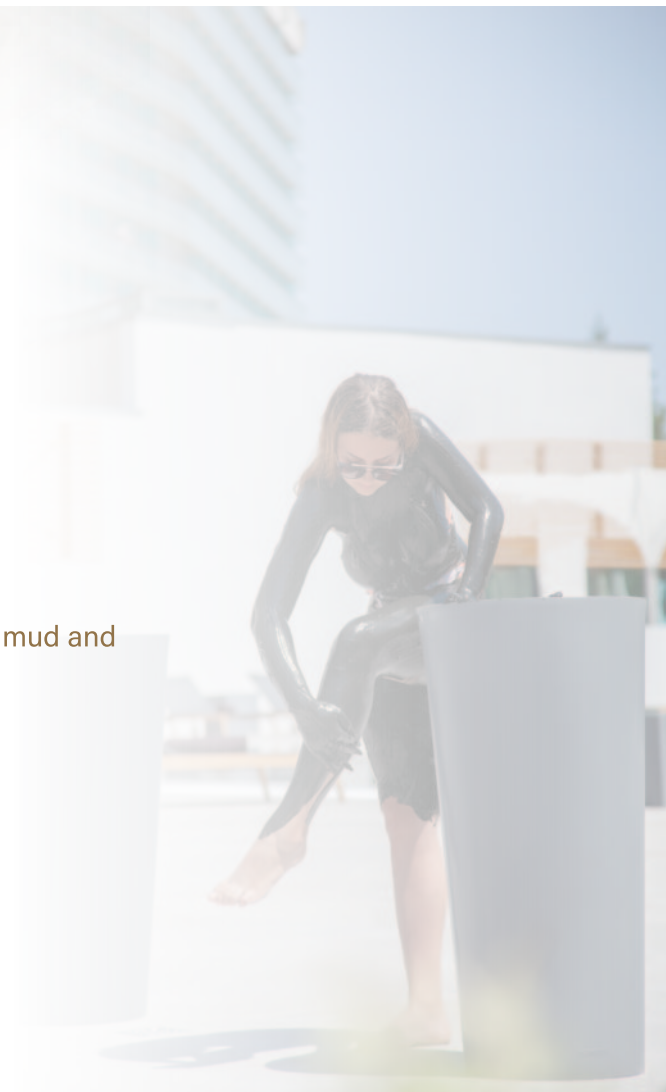
- Mud massage 20 minutes
- Mud bath 20 minutes
- Gymnastics in the indoor pool with salt water from Techirghiol Lake 25 '
- A fresh / smoothie

OUTDOOR

Price: 80 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: 96 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: 130 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 : 125 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 : 85 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: 130 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



STRESS OUT

Price: 85 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 ASLAN 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!





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