

OUR SPA, AN ART TO FEEL GOOD



ANA SPA

ANA ASLAN HEALTH SPA
la HOTEL EUROPA
în EFORIE NORD

Rezervă la: 0241 702 840/ 841

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

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

We invite you to an oasis of calm, empathy and professionalism, for a break of relaxation and health.

Here you will find the perfect harmony between traditional recovery therapies that use the unique natural therapeutic factors of the area and wellness therapies for relaxation and invigoration, stress reduction, traditional massages, body and facial rituals and therapies.

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SIGNATURE TREATMENTS

New

BODY RITUAL OF SAKURA-NEW BEGINNING 50' | 250 Lei

Celebrate every day as a new beginning!

The ancient Japanese Hanami ceremony celebrates the ephemeral beauty of wild cherry blossoms. Life itself is ephemeral and precious and must be enjoyed to the fullest. Experience the subtle scents of this magical body ritual of regeneration and radiance.

New

BERBER DELIGHTS 50' | 255 Lei

Berber antiaging body ritual that combines the antioxidant benefits of cereals rich in B and E vitamins and sweet almond oil for a gentle exfoliation. Wrap with red clay rich in trace elements purifies, increases tonicity and restores the skin's radiance.

New

BODY RITUAL OF HAPPY BUDDHA - HAPPINESS 50' | 250 Lei

Smile and the whole world will smile at you!

In ancient China, the Buddha was a monk whose legendary smile brought joy. It symbolizes luck and prosperity and is the inspiration for an energizing body ritual based on sweet orange and cedar wood, which adds happiness and beauty to your life.

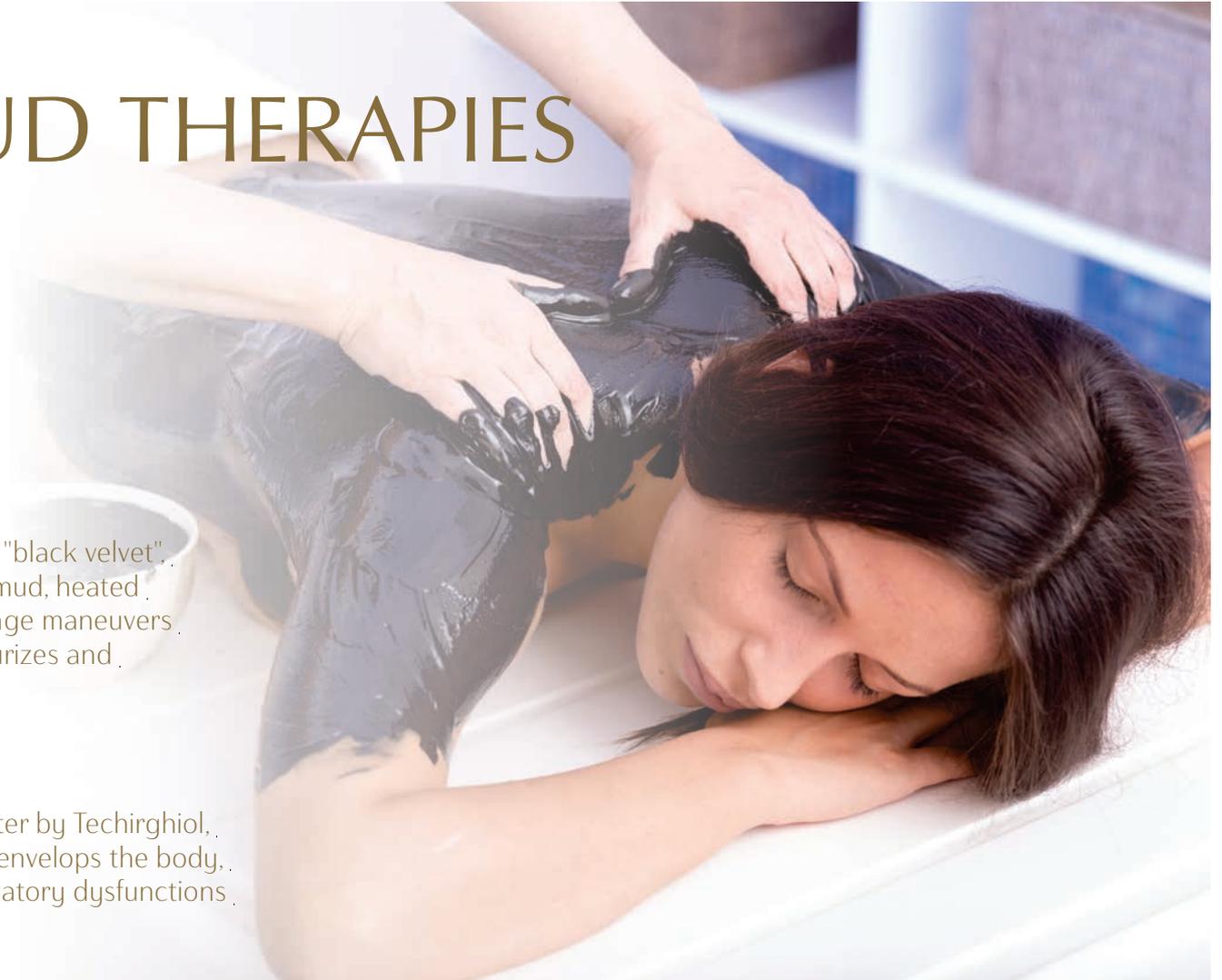
INDOOR MUD THERAPIES

MUD MASSAGE 20' | 69 Lei

Massage with sapropelic mud by Techirghiol, "black velvet", with therapeutic and aesthetic benefits. The mud, heated to 40-45°C, is applied through specific massage maneuvers and relieves pain, muscle contractions, moisturizes and softens the skin.

MUD BATH 20' | 59 Lei

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, circulatory dysfunctions and heals skin lesions (such as psoriasis).



BODY MASSAGES

CLASSICS FOR HEALING AND IMMUNITY

STRESS RELIEF MASSAGE 25' | 70 Lei | 50' | 135 Lei

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.

“SERENITY” HEAD& NECK MASSAGE 25' | 75 Lei

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

INVIGORATING MASSAGE 50' | 149 Lei

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.



DEEP TISSUE MASSAGE 50' | 168 Lei

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.

ANTI-CELLULITE MASSAGE 25' | 70 Lei

Deep, strong massage, effective in reshaping adipose tissue, dethroning the "orange peel" on the abdomen, buttocks, hips, thighs, arms. Special oils are used that stimulate blood circulation, eliminate toxins and reduce excess fluids.

MANUAL LYMPH DRAINAGE General 50' | 160 Lei Segmental 25' | 95 Lei

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.

INTUITIVE MASSAGE 50' | 159 Lei

Personalized, empathetic, 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, aroma therapy.





AYURVEDA MESSAGES FOR BALANCE AND WELL-BEING

New

AYURVEDAAROMA MASSAGE 75' | 235 Lei **“Soul massage” by Lakshmi**

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.

New

ART REUM 60' | 195 Lei **INDIAN THERAPEUTIC RITUAL by Lakshmi**

Does back pain affect your quality of life and well-being? We offer you the solution, a healing massage with precious eco-organic remedies, inspired by the Ayurvedic tradition, which soothes pain, tonifies, invigorates and heals by touch.

TRADITIONAL MESSAGES OF UNIVERSAL WISDOM

SWEDISH MASSAGE 50' | 129 Lei

The most popular massage. The therapist applies relaxing, restful, deep maneuvers to work the muscles and soft tissues and induce a release of stress and a physical and mental balance. The pressure and pace vary depending on the options.

LOMI LOMI KAHUNA MASSAGE 50' | 150 Lei

Hawaiian massage "of loving hands", an exotic and intensely relaxing holistic treatment. Deep and rhythmic movements involve the forearms and hands, different regions are massaged at the same time creating a slight sensation of waves above the body.

CHAKRAVOLCANIC HOT STONE MASSAGE

50' | 149 Lei | 75' | 200 Lei

The magic of hot volcanic rocks in harmony with an unique massage. Holistic therapy from Native American and Chinese culture, for relaxation and energetic balancing of the 7 main chakras located along the spine and for detoxification.

New

ALOHA DEEP LOMI MASSAGE

50' | 160 Lei | 75' | 235 Lei

Deep, extremely relaxing massage. The Hawaiian massage Lomi Lomi integrates techniques from Thai massage, sports, relaxation, yoga. The therapist uses the hands, forearms, elbows, shoulders and draws long strokes, treating the body as a whole.



SCENTED CANDLE MASSAGE 50' | 155 Lei

Sublime therapy of deep relaxation, an unique 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 indulges the skin.

REFLEXOLOGY 25' | 60 Lei
50' | 110 Lei

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. The elimination of residues and the supply of regenerating substances are obtained.

BODY RITUALS

ANTICELLULITIC & SLIMMING

DIAMOND CEREMONY 80' | 295 Lei

Therapy with miraculous anti-cellulite effects. It is based on microcapsules with diamond powder, pure hydrolyzed silk, amino acids, A coenzyme, caffeine, with triple action: local weight loss, firmness, attenuation of the appearance of orange peel and softness.

GOLDEN RITUAL 50' | 230 Lei

6 sessions 320 Euro | 10 sessions 483 Euro

Revitalizing, purifying and anti-cellulite, it includes peeling with precious materials, massage with lipoliaromas and cellularomas, body mask with Gold and Ylang-Ylang, and at the end intense hydration with a special mixture of essential oils and cream with Gold.

THALGO SVELT SILHOUETTE 50' | 295 Lei

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.

ANTI-CELLULITE RITUAL , by PLANTAVOREL 50' | 235 Lei

Specially created by Plantavorel for anti-cellulite effect, the ritual uses products based on caffeine, cinnamon, turmeric, ginger. A cleansing scrub followed by an energetic massage of the affected areas and a body wrap restore the youthful appearance of the skin.

BODY RITUALS

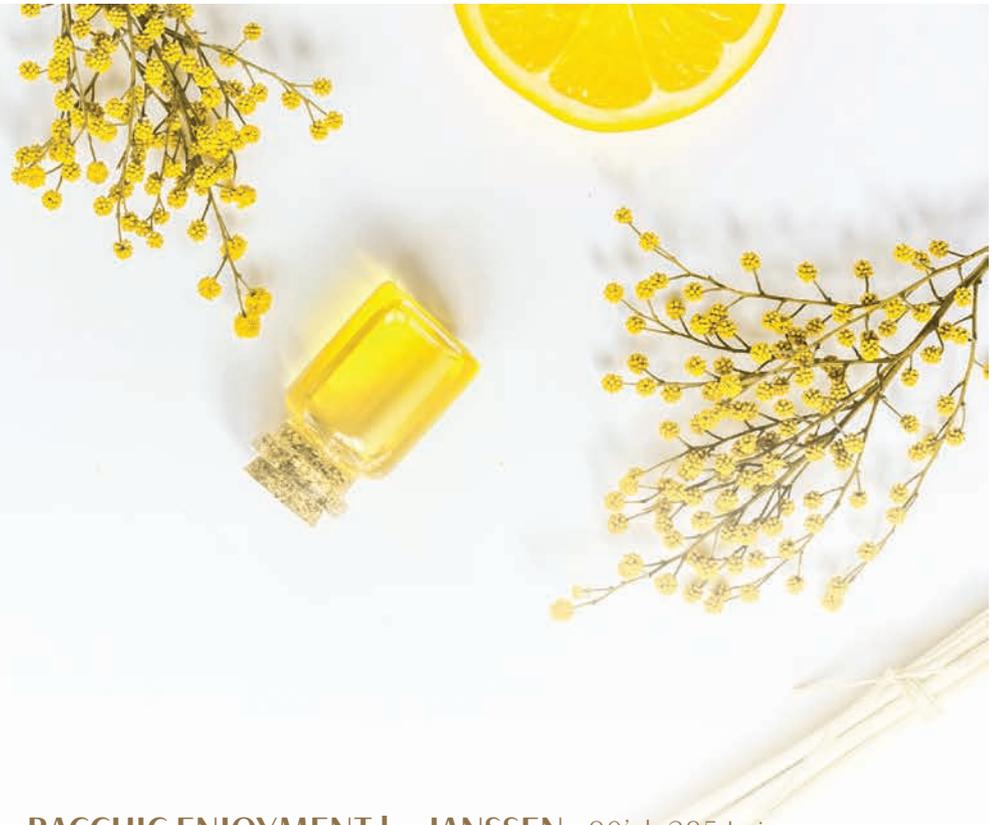
DETOX & ANTI-AGING

BALANCE HONEY RITUAL 50' | 149 Lei

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.

BACCHIC ENJOYMENT by JANSSEN 90' | 285 Lei

Anti-aging, revitalizing treatment with vine extracts. The tannins invigorate the blood capillaries, the skin becomes firm and elastic. An invigorating body scrub, an anti-aging massage with grape oil, a body wrap and a glass of red wine guarantee well-being.





BODY RITUALS

RESTRUCTURING & LIFTING

THE RITUAL OF FEMINITY, by LAKSHMI 60' | 250 Lei

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 FIRMNESS, by PLANTAVOREL 50' | 250 Lei

Ritual with orange aroma that restores the structure and tonicity of the skin. A scrub with brown sugar, a comprehensive massage of the whole body and a wrap based on orange or orange, seaweed and ivy. The body remains energized and the skin elastic.





BODY RITUALS

PAMPERING THE SENSES

PAMPERING BODY, by PLANTAVOREL 50' | 235 Lei

Restores the mineral balance of the skin affected by dehydration and exposure to harmful environmental factors. The scrub with Himalayan salt, the relaxing massage with coconut and grape oil and the final wrapping with lavender and coconut leave the skin hydrated and elastic.

FOR LEGS

THALGO HEAVY LEGS RITUAL 45' | 195 Lei

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' | 295 Lei

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' | 295 Lei

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.

New

SHEIK'S RITUAL 75' | 315 Lei

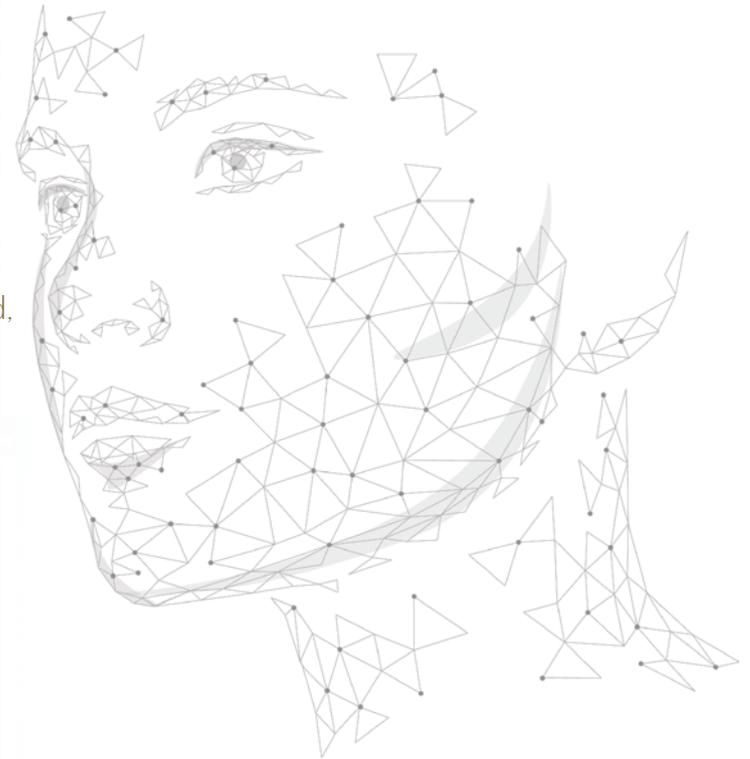
Precious oriental facial ritual with argan oil, sweet almond oil and aloe vera. The body scrub with alum and amber with purifying, astringent virtues is combined with honey and royal jelly to leave the skin silky, hydrated and fragrant.



FACIAL AESTHETICS

OXYGENERA PRO 80' | 389 Lei

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.



ANTIAGING – ANTIOXIDANT (mature and agressed skin)

LAKSHMI RITUAL ANTIAGING 75' | 335 Lei

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.

KLAPP GOLD 50' | 295 Lei

Luxury anti-aging treatment with antioxidant and regenerating effect by applying 24 carat gold foils together with a cocktail of minerals, vitamins and amino acids. Provides long-term care and protection for mature skin.

ASA KLAPP 50' | 299 Lei

Exceptional treatment with grape polyphenols that close dilated pores and diminish deep wrinkles. The effect is enhanced by the use of GK4 technology. The skin remains bright, velvety and free of pigment spots caused by UV rays.

GEROVITAL/ASLAVITAL FACIAL ALCHEMY 50' | 255 Lei all skin types

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.

BACTERICIDAL AND ANTI-SEBUM (oily skin wirh/without acne)

THALGO PURETE MARINE 50' | 270 Lei

Treatment with bactericidal effect and regulation of sebum secretion by inhibiting 5xreductase, recommended for oily skin with / without acne complications. The skin becomes smooth, clean and invigorated by removing impurities and other imperfections.

ESPECIALLY FOR EYES

BEAUTIFUL EYES 25' | 105 Lei

Anti-wrinkle, anti-dark circles and anti-edema treatment based on silicone and Matrixyl-Sinthe6. The sensitive skin around the eyes regains its elasticity and the optimal level of hydration, the fine wrinkles disappear and the deep ones attenuate.

FACIAL AESTHETICS

AYURVEDA FACE LIFT 25' | 85 Lei

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.

MOISTURIZING – REMINERALIZING (normal/dry and agressed skin)

THALGOSOURCE 50' | 265 Lei

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.

X-TREME HYALURON INFUSION 50' | 295 Lei

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 AND LIFTING (mature skin)

THALGO SILLICIAM 40+ 50' | 279 Lei

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.

ANTI-WRINKLE PREMIUM

THALGO ULTIMATE EXCEPTION 45+ 80' | 375 Lei

Luxury anti-wrinkle treatment for women over 45 years or menopausal. High quality products contain growth hormones that moisturize intensely and deeply and restore the radiance and firmness of mature skin.

KLAPP VITAMINAA 50' | 295 Lei

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.



BIO FACIAL

BIO MER MARINE CELL BOTOX LIKE 50' | 269 Lei **LIFT AND REFILL**

Bio treatment for prevention and attenuation of wrinkles, for mature skin. The active ingredients (bio peptides) favor the relaxation of the facial muscles avoiding the appearance of fine lines and stimulate the secretion of collagen reducing the wrinkles caused by aging.

BIO MER MARINE CELL SEBUM BALANCE 50' | 269 Lei **REGUL OIL**

Treatment based on natural ingredients, especially created for oily and acne skin. Regulates sebum production, improves skin appearance by reducing pore size and soothing inflammation. Restores the radiance and brightness of the skin.



AQUA & HEAT EXPERIENCE

SALT BATH WITH PLANTS/SEAWEED 20' | 55 Lei

Relaxing bath with Techirghiol salt water and plant decoctions (packed in individual bags). In addition to the calming and relaxing effect, the active ingredients act directly on the skin with antiseptic, healing and anti-inflammatory action.

UNDERWATER SHOWER 20' | 70 Lei

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.

PARAFFIN WRAPS 20' | 45 Lei

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.

SPORT & WELLBEING

KINETOTHERAPY 25' | 55 Lei

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 25' | 55 Lei

Individual: 5 sessions 63 Euro | 10 sessions 126 Euro
Group: 25' | 12 Euro | 5 sessions 54 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' | 70 Lei

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' | 70 Lei

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 50 lei

FITNESS WITHOUT COACH

1 session 30 Lei | 5 sessions 145 Lei

ACCES AQUA SALTY DELIGHT 2 hours | 75 Lei

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.*

*access is possible depending on the Covid-19 prevention regulations in force

MEDICA

MEDICAL CONSULTATION 30' | 145 Lei

ELECTROCARDIOGRAM 75 Lei

New

TECAR THERAPY *

1 area 20' | 85 Lei | 2 areas 40' | 145 Lei

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.

* Requires doctor's recommendation.

ELECTROTHERAPY 1 session 30 Lei

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 35 Lei

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.

BIOPTRON 1 ședință 30 Lei

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' | 40 Lei

5 sessions 170 Lei

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 30 Lei | 6 sessions 155 Lei

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.).



DAY SPA

BLACK VELVET 170 Lei

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.

The package contains:

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



STRESS OUT 220 Lei

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

The package contains:

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



ROMANTIC ESCAPE 270 Lei/ 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' - for both
- Candle massage 50' - for HER
- Deep tissue massage 50' - for HIM
- Gymnastics in the saltwater pool from Techirghiol Lake 25' - for both
- A fresh / smoothie - for both



QUEEN FOR ONE DAY 395 Lei

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'
- Balance honey ritual 50'
- Lomi Lomi Massage 50'
- Ayurveda face lift 25'
- A fresh / smoothie

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

Try to arrive at least 10 minutes before the scheduled therapy start time. If you are late, we will be forced to shorten the duration of treatment. 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 respectfully ask you to use mobile phones silently and only for messages and internet browsing.**

Children

The access of minors under the age of 16 in the pool meant for them will be made only under adult supervision.

Valuables

We recommend you to leave valuables and jewelery in the hotel room safes or safety deposit box at Spa reception. Our center does not take responsibility for the loss of personal belongings.

The payment

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

*** In accordance with the official regulations on safety and prevention measures of SARS-Cov2 coronavirus infection and for the protection of you and of our employees, please follow the specific recommendations that are brought to your attention.**

ENJOY YOUR SPA EXPERIENCE!



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Reservation: 0241 702 840