

Europa**** Hotel & Ana Aslan Health SPA

Seasons 2013:

LOW SEASON:	15.04 – 30.05 et 08.09 – 31.10
INTERMEDIARY SEASON 1:	31.05 – 24.06 et 01.09 – 07.09
INTERMEDIARY SEASON 2:	25.06 – 11.07
HIGH SEASON:	12.07 – 31.08

BB = Bed and Breakfast / **HB** = Half Board / **FB** = Full Board

Packages rates are in EURO and include: treatment, accomodation in double room for one person, breakfast, half-board or full-board, VAT and local tax.

1. RELAXATION

6 days, 12 days

A. Relax & Health

Content: 2 procedures/day at choice between:

- 30' dry massage, hurting back programme, cervical relaxation programme, 30' lymphatic drainage massage;
- sapropelic mud bath, bath with plants, hydromassage, underwater shower;

	BB	HB	FB	Single supplement
LOW SEASON				
7 nights	410	515	606	147
13 nights	750	945	1.114	273
INTERMEDIARY SEASON 1				
7 nights	431	543	655	154
13 nights	789	997	1.205	286
INTERMEDIARY SEASON 2				
7 nights	459	578	697	161
13 nights	841	1.062	1.283	299
HIGH SEASON				
7 nights	522	641	760	238
13 nights	958	1.179	1.400	442

B. Relax & Spoil

Content: 2 procedures/day at choice between:

- 55' dry massage, 30' volcanic hot stones massage, 20' shirodara massage, 30' reflexotherapy;
- sapropelic mud bath, bath with plants, hydromassage, underwater shower;

	BB	HB	FB	Single supplement
LOW SEASON				
7 nights	430	535	626	147
13 nights	790	985	1.154	273
INTERMEDIARY SEASON 1				
7 nights	451	563	675	154
13 nights	829	1.037	1.245	286
INTERMEDIARY SEASON 2				

7 nights	479	598	717	161
13 nights	881	1.102	1.323	299
HIGH SEASON				
7 nights	542	661	780	238
13 nights	998	1.219	1.440	442

2. DETOX

(Detox cure) - (6 days, 12 days)

Content: medical consultation, 3/6* mechanical vane – lymphatic drainage therapy sessions and 3/6* manual vane – lymphatic drainage therapy sessions; 3 procedures/day by choice: 1. Dry massage/Mud massage/Shower-massage Vichy; 2. Underwater shower/Hydromassage/Vichy shower/Cyclonic shower; 3. Red grapes bath/Salted bath with algae/Bath with plants.

*3 sessions for the 6 days packages and 6 sessions for the 12 days packages.

	BB	HB	FB	Single supplement
LOW SEASON				
7 nights	550	655	746	147
13 nights	875	1.070	1.239	273
INTERMEDIARY SEASON 1				
7 nights	571	683	795	154
13 nights	914	1.122	1.330	286
INTERMEDIARY SEASON 2				
7 nights	599	718	837	161
13 nights	966	1.187	1.408	299
HIGH SEASON				
7 nights	662	781	900	238
13 nights	1.083	1.304	1.525	442

3. WELLNESS

(Anti stress cure) – 6 days, 12 days, 18 days

Content: medical consultation, 3 Physiotherapy procedures/ day (massage, hydro thermo therapy, kinetic therapy, fitness, electrotherapy).

Medical recommendations: The program addresses to active persons with physical and mental saturation: improving sleep disturbances, somatic effect control of stress through physical and mental relaxation, contractures and muscles pain control, computer syndrome, improving rheumatic pain and weight problems, hypertension, peripheral circulatory disturbances, and osteoporosis

	BB	HB	FB	Single supplement
LOW SEASON				
7 nights	435	540	631	147
13 nights	740	935	1.104	273
19 nights	1.055	1.340	1.587	399
INTERMEDIARY SEASON 1				
7 nights	456	568	680	154
13 nights	779	987	1.195	286
19 nights	1.112	1.416	1.720	418
INTERMEDIARY SEASON 2				
7 nights	484	603	722	161
13 nights	831	1.052	1.273	299
19 nights	1.188	1.511	1,834	437
HIGH SEASON				
7 nights	547	666	785	238
13 nights	948	1.169	1.390	442
19 nights	1.359	1.682	2.005	646

4. BALNEO

(Medical rehabilitation cure) – 6 days, 12 days, 18 days

Content: medical consultation, 4 Physiotherapy procedures/ day (massage, hydro thermo therapy, kinetic therapy, fitness, electrotherapy), medical report (clinical and functional, evolution and recommendations).

Medical recommendations: chronic rheumatic and inflammatory conditions, chronic lumbago, vertebral static disturbance, post traumatic and post surgical rehabilitation, peripheral and central neurological disturbances, osteoporosis, arterial/venous circulatory disturbances, oscillation of blood pressure, dermatologic diseases (psoriasis, neurodermitis, eczemas), gynecologic disorders (ovarian failure, sterilities), respiratory diseases.

	BB	HB	FB	Single supplement
LOW SEASON				
7 nights	465	570	661	147
13 nights	830	1.025	1.194	273
19 nights	1.150	1.435	1.682	399
INTERMEDIARY SEASON 1				
7 nights	486	598	710	154
13 nights	869	1.077	1.285	286
19 nights	1.207	1.511	1.815	418
INTERMEDIARY SEASON 2				
7 nights	514	633	752	161
13 nights	921	1.142	1.363	299
19 nights	1.283	1.606	1.929	437
HIGH SEASON				
7 nights	577	696	815	238
13 nights	1.038	1.259	1.480	442
19 nights	1.454	1.777	2.100	646

5. ANA ASLAN PROPHYLAXIS OF AGING

(6 days, 12 days, 18 days)

Content: medical consultation, Gerovital / Aslavit treatment, 2 Physiotherapy procedures/ day, medical report. Medical recommendations: Prophylaxis of aging (between 40 – 55 years): beginning of aging disturbance, memory/ concentration/ sleep disturbance, depressive stages, oscillation of blood pressure, metabolic disturbances of cholesterol, blood sugar, uric acid, thyroid stress syndrome.

	BB	HB	FB	Single supplement
LOW SEASON				
7 nights	420	525	616	147
13 nights	725	920	1.089	273
19 nights	1.010	1.295	1.542	399
INTERMEDIARY SEASON 1				
7 nights	441	553	665	154
13 nights	764	972	1.180	286
19 nights	1.067	1.371	1.675	418
INTERMEDIARY SEASON 2				
7 nights	469	588	707	161
13 nights	816	1.037	1.258	299
19 nights	1.143	1.466	1.789	437
HIGH SEASON				
7 nights	532	651	770	238
13 nights	933	1.154	1.375	442
19 nights	1.314	1.637	1.960	646

6. ANA ASLAN ANTI AGEING

(6 days, 12 days, 18 days)

Content: medical consultation, Gerovital / Aslavital treatment, 3 Physiotherapy procedures/ day, medical report.
 Medical recommendations: stress syndrome, cardio-vascular diseases, rheumatic affections, metabolic diseases (diabetes, obesity, depression, migraines, and Parkinson diseases).

	BB	HB	FB	Single supplement
LOW SEASON				
7 nights	470	575	666	147
13 nights	785	980	1.149	273
19 nights	1.110	1.395	1.642	399
INTERMEDIARY SEASON 1				
7 nights	491	603	715	154
13 nights	824	1.032	1.240	286
19 nights	1.167	1.471	1.775	418
INTERMEDIARY SEASON 2				
7 nights	519	638	757	161
13 nights	876	1.097	1.318	299
19 nights	1.243	1.566	1.889	437
HIGH SEASON				
7 nights	582	701	820	238
13 nights	993	1.214	1.435	442
19 nights	1.414	1.737	2.060	646

7. HEALTHY SLIM

(9 / 14 / 19 days, available on full board only)

Content: medical consultation, 3 Physiotherapy procedures/ day, medical report.
 Fitness 6 / 10 / 12 days, Aquagym 3 / 4 / 7 days, Lymphatic Drain (60') 3 / 4 / 6 days, Body Esthetics Thalion 3 / 5 days + Bleu Marine 3 / 5 days, Shower 3 / 5 / 6 days, Reflexotherapy 3 / 4 / 6 days, Anti-cellulite massage 3 / 5 / 6 days and cyclone shower 0 / 0 / 4 days

	BB	HB	FB	Single supplement
LOW SEASON				
10 nights	x	x	1.219	210
15 nights	x	x	1.770	315
20 nights	x	x	2.260	420
INTERMEDIARY SEASON 1				
10 nights	x	x	1.289	220
15 nights	x	x	1.875	330
20 nights	x	x	2.400	440
INTERMEDIARY SEASON 2				
10 nights	x	x	1.349	230
15 nights	x	x	1.965	345
20 nights	x	x	2.520	460
HIGH SEASON				
10 nights	x	x	1.439	340
15 nights	x	x	2.100	510
20 nights	x	x	2.700	680

* 1 session – 60 minutes

8. FACIAL AESTHETICS - GEROVITAL

(6 days – 3 sessions*, 12 days – 6 sessions*)

Content: Face skin diagnosis, steam humidification, cleansing, peeling, detoxifying mask, hydration, ionisation, vacuum, thermotherapy, massage, lifting, high frequency currents tonification.

Reccomendations: reduction / removal of wrinkles, luminosity relume, face hidration, tonifying the cleavage.

	BB	HB	FB	Single supplement
LOW SEASON				

7 nights	365	470	561	147
12 nights	640	820	976	252
INTERMEDIARY SEASON 1				
7 nights	386	498	610	154
12 nights	676	868	1.060	264
INTERMEDIARY SEASON 2				
7 nights	414	533	652	161
12 nights	724	928	1.132	276
HIGH SEASON				
7 nights	477	596	715	238
12 nights	832	1.036	1.240	408

* 1 session – 60 minutes

9. FACIAL AESTHETICS - THAL'ION (THALI'SOURCE, ALGO PUR, ALGO LIFT)

(6 days – 3 sessions, 12 days – 6 sessions)

You need an efficient weapon against pollution, wind, temperature variations. This programme is ideal for „thirsty” skins, that need intensive hydration or to stop the time and prevent the first wrinkles to appear. It slows the ageing process and restores the youth of your skin.

Contains: cleansing, mask, gommage, toner, hydration, massage.

	BB	HB	FB	Single supplement
LOW SEASON				
7 nights	385	490	581	147
12 nights	680	860	1.016	252
INTERMEDIARY SEASON 1				
7 nights	406	518	630	154
12 nights	716	908	1.100	264
INTERMEDIARY SEASON 2				
7 nights	434	553	672	161
12 nights	764	968	1.172	276
HIGH SEASON				
7 nights	497	616	735	238
12 nights	872	1.076	1.280	408

* 1 session – 60 minutes

10. BODY AESTHETICS CARE – 1st Programme

(6 days – 6 sessions, 12 days – 10 sessions)

CARIBBEAN ESCAPE

Content: coconut oil massage, special body peeling with corals, sand and shells, exotic anti-cellulite masque, exotic firming masque, body cream with pearls extract and rice proteins.

Recommendations: anti-cellulite, fat burning, intense hydration and tonification.

GOLDEN THERAPY

Content: body peeling with golden elements, anti-cellulite massage with essential oils, Ylang – Ylang body masque, body cream with essential oils.

Recommendations: anti-cellulite, fat burning, intense hydration and tonification

	BB	HB	FB	Single supplement
LOW SEASON				
7 nights	500	605	696	147
12 nights	800	980	1.136	252
INTERMEDIARY SEASON 1				
7 nights	521	633	745	154
12 nights	836	1.028	1.220	264
INTERMEDIARY SEASON 2				

7 nights	549	668	787	161
12 nights	884	1.088	1.292	276
HIGH SEASON				
7 nights	612	731	850	238
12 nights	992	1.196	1.400	408

* 1 session – 60 minutes

11. BODY AESTHETICS CARE – 2nd Programme

(6 days – 6 sessions, 12 days – 10 sessions)

A. ANTIAGING

A1) YOUTH ELIXIR

Cellular metabolism stimulation, hydration and skin protection against UV radiations, antioxidant effect, tonic and anti-ageing. All effects of the **red grapes** power therapy.

A2) SERENITY AND SILHOUETTE

Detoxifying and anti -ageing treatment with **green tea**. The active agents diffuse into derma level, so you can experience a new sensorial dimension.

B. ANTICELLULITE AND BODY SHAPING

B1) SEA ESSENCE

Re-mineralization and anti-cellulite treatment with **marine algae**, due to the powerful effects of the active agents contained: Algae Laminaria and Spiruline.

B2) CAFFEINE POWER

“Fat burning agent”, stimulates the lipolysis, reduces water and fat cells volume. The power of **caffeine** is an efficient agent against cellulite.

B3) CHOCOLATE AND SILHOUETTE

Acts as skin tonic, relaxing, overall well-being in the savor created by **chocolate**.

C. FOR HIM - ACTIVATION & SENSUOSNESS REVEALING

Body and mind recovery and strengthening through the effect of **ginger**. The therapy indulges the body, bringing vitality and positive energy.

Recommendations: relaxation, circulatory improvement.

	BB	HB	FB	Single supplement
LOW SEASON				
7 nights	520	625	716	147
12 nights	835	1.015	1.171	252
INTERMEDIARY SEASON 1				
7 nights	541	653	765	154
12 nights	871	1.063	1.255	264
INTERMEDIARY SEASON 2				
7 nights	569	688	807	161
12 nights	919	1.123	1.327	276
HIGH SEASON				
7 nights	632	751	870	238
12 nights	1.027	1.231	1.435	408

* 1 session – 90 minutes

12. COMPLETE PROGRAMME – ABSOLUTE BEAUTY

(6 days - 6 sessions, 12 days - 10 sessions)

The therapy includes detoxifying, fat burn acceleration, relaxation, hydration, body shaping and reduction of water and fat cells volume. All these after 10 sessions of **mud, algae, caffeine, green tea, chocolate and grapes** applications.

	BB	HB	FB	Single supplement
LOW SEASON				
12 nights	895	1.075	1.231	252
INTERMEDIARY SEASON 1				
12 nights	931	1.123	1.315	264
INTERMEDIARY SEASON 2				
12 nights	979	1.183	1.387	276
HIGH SEASON				
12 nights	1.087	1.291	1.495	408

***1 session – 90 minutes**

ANA ASLAN HEALTH SPA

In any period of the year, the staff of the health center – one of the best in Romania – is ready to help you efficiently. The qualified staff from this centre, those who continued the work of Prof.Dr. Ana Aslan, send you an optimistic and persuasive message: **“We don’t promise you immortality, but experiencing our treatments you will feel forever young”**.

Eforie Nord resort is situated in the southern-east extremity of Romania at 14 km away from Constanta port and at 40 km distance from Kogalniceanu International Airport. This area benefits of a marine climate, warm summer – average temperature in June is 22 C degrees and mild winter with small falls. The beaches with gentle sand and the water of the Black Sea, the salted water of Techirghiol Lake and sapropelic mud, sun radiations and marine aerosol enjoy your body and soul.

Ana Aslan Health SPA, situated inside Europa****Hotel, has direct access to the outdoor pool and to the garden of the hotel.

This centre welcomes its guests with a modern and luxurious ambience, with a special design using light colors and offering a warm, harmonized and friendly atmosphere inviting to relaxation.

The programmes combine the specific natural agents particular to Eforie Nord resort (the salty water and the sapropelic mud from Techirghiol Lake, the sun light, the aerosols and the herbal baths) with modern procedures.

To offer the best services, the SPA contains many therapy rooms for hydrotherapy, mud baths, massages, electro and magneto therapy, facial and body care, fitness and individual kinetic therapy.

Ana Aslan Health SPA facilities:

- indoor-pool with salty water from Techirghiol Lake;
- mud bath and hydrotherapy cabinets (under water shower, hydro massage, bath with plants, cyclonic shower);
- facial and body aesthetic care cabinets which completes the embellishment and relaxation services and where the specialists use the Gerovital and Aslavital products and also different international products (Ardes, Medica 120, Bleu Marine, Pevonia Botanica);
- jacuzzi;
- cabinets where the masseurs accomplish personalized massages which have good effects in relaxing, tonifying the muscles, reducing the pain (relaxation massage, mud massage, volcanic hot stones massage, Shirodhara massage, Sabai massage, Vichy shower massage);
- electro and magneto therapy cabinets.

The Medical Centre: The highest level of the progress

The doctors from Ana Aslan Health SPA contribute with their entire medical competence for establishing an accurate diagnostic by performing personalized analyses, based on the patient’s needs. After the investigations are done, the doctors recommend a treatment for each patient. In this process are involved the specialists from different departments: medical rehabilitation, physiotherapy, geriatrics, kinetic therapists,

aesthetics, massage, nurses. Due to the competence shown by our specialists, the medical center became a reference one in Romania and also in the world.

- **The sapropelic mud** has therapeutic qualities, known from the Romans period. In our days the lake is known as Techirghiol and it is placed at the side of the imperial road from Tomis (Constanta) to Callatis (Mangalia). The mud is formed after an entire biological process, by mineral degradation of the fito and zooplankton. This mud is unique in Europe because of the complex composition of minerals. The therapeutic use of the mud is done by baths (together with the salty water), body wrap and massage. The main recommendations of the mud together with the salty water from the lake are: rheumatic degenerative affections, discolored lesion, rheumatic inflammatory diseases, soft parts affections, post traumatic and surgery lesions, nervous, peripheral and central affections, gynecological affections, skin diseases, vascular peripheral affections, endocrine affections, respiratory and ORL affections.
- **Hydrotherapy** is a traditional method of treatment, used since the Roman Emporium and since the antique civilizations from China, Japan and Greece. Hydrotherapy is based on the reaction of the organism to warm and cold stimulus to the pressure of the water. It consists in underwater shower, hydro massage with different salts, bath with plants with normal or salty water, cyclonic shower with different temperature programmes, shower–massage Vichy, Jacuzzi. All these procedures improve the immunity system, relax the muscles, stimulates the blood pressure and digestion, the reduction of negative effects caused by the sedentary life, giving force and energy to the body.
- **Kinetic therapy** treats different affections and traumatism by using physical exercises, manual therapy in order to obtain a maximum physical and psychological potential. The kinetic therapy is practiced in salty water from Techirghiol Lake under the supervising of the kinetic therapists. The specialists from Ana Aslan Health SPA assist the patients, using two methods: the exercise and the education. For the persons who wish to ameliorate their physical condition, the Center offers a modern fitness room.
- **The massage** is done in different forms: therapeutic regional or general massage, relaxation massage, volcanic hot stones massage, Shirodhara massage, Sabai massage, Vichy shower massage, mud massage. Different types of massage tonify or relax the muscles, stimulate the blood circulation, equilibrate the body and soul.
- **Electrotherapy** is a supplementary procedure useful for the recuperation process of different affections, especially rheumatic, post-traumatic lesions, central or peripheral neurological affections, circulation disturbances, etc. The modern equipment from the Center uses low, middle and high frequency current, ultrasounds. We use also the Laser therapy used for anti-algic effects, therapy through biofeedback used for neurological affections, magneto therapy.
- **Aerosols:** Inhale-therapy with sea water, Gerovital H3 or other substances ameliorates respiratory affections like: chronic bronchitis, bronchitis asthma, sinus inflammation, etc.
- **Sauna.** Ana Aslan Health SPA is offering two types of sauna: dry sauna and Hammam sauna with chromo therapy. The heat actions very quickly, eliminating the toxins from the body. It relaxes the body, reduces the stress effects, stimulates the internal organs and the systems of the body and remakes the immunity balance.

Body building: Performing therapies

The medical therapies applied in Ana Aslan Health SPA are following the prophylaxis effects of the different metabolic and mineral disorders, such as reducing the negative effects of the aging.

For this purpose, after the clinical and lab evaluation, we apply Gerovital / Aslavital therapy in combination with minerals and vitamins. For the clients suffering of chronic affections, we apply the Ana Aslan therapy together with physical exercises. After observing the evolution of the clients, they receive recommendations concerning the following of the treatment at home, keeping in touch with our specialists by e-mail or fax.

At present time, Ana Aslan Health SPA has a computerized system to keep record of the clients – first in Romania, which allows following efficiently their evolution and also their results.

Beauty Care

Ana Aslan Health SPA follows the principles of Prof. Dr. Ana Aslan, based on the fact that every reaction of the organism has a correspondent in the expression of the face. Therefore, the face and body care needs a special attention and our specialists made complex treatments in series of 3 and 6 procedures. The face creams and masks, containing different plants and flowers extracts, argyle, vitamins, vegetal oils, collagen, caviar, Ameliox and different substances with action on the wrinkles, are perfect for getting back the lightness and the firmness of the face skin.

Body aesthetic care programmes address to all the categories of guests who are suffering of cellulite disorders, peripheral circulatory disorders, heavy legs syndrome. The programmes contain peeling, hydration, nutritive masks, which improves the aspect of the body. The products used are intern and international, containing vegetal substances or collagen, elastine, etc.

Following the Ana Aslan complex programme, which satisfies all the needs of our clients, it is impossible not to see the debut of the positive effects. The specialists emphasis each time that as life is a continuous process, people has to take care of the quality for a long time, to maintain and prolong the physic potential, the energy and the tonus. Ana Aslan health SPA makes this possible, because most of the guests who benefit from the SPA services came back with friends or family, who want to gain health and beauty.

Personalized programmes

The programs made by the specialists from Ana Aslan Health SPA permit every guest to benefit of a well studied combination of techniques and treatments offered by different services.

Relaxation: This programme, although short, is based on the combination of the effects of fitness exercises with those made in the salty water pool and with the action of sauna, and the warm water of the showers and Jacuzzi. We should add to all these the different techniques of massage.

*contains 2 procedures/ day

Wellness: This programme is recommended for people who present the debut of some chronicle affections as the rheumatic affections, obesity, arterial hypertension, peripheral disturbances of circulation.

*contains 3 procedures/ day

Balneo: This programme is made for the amelioration of a large gamma of chronicle affections that need recuperation as rheumatism, arterial hypertension, disturbances of the backbone position. This programme can also treat dermatologic, breathing, neurological, thyroidal and gynecological affections. Combined with special diet it can ameliorate metabolic affections as obesity, the diabetes, the complications of the systemic arterioscleroses.

*contains 4 procedures/ day

Ana Aslan Prophylaxis of ageing: This programme acts on the disturbances of memory, concentration or sleep. It can also combat the depression, the oscillations of the arterial tension, the deficiency of the metabolism of the lipids, glucose, uric acid and thyroidal function. In order to treat these affections, our specialists use Gerovital and Aslavital products. These products are made with procaine, which has equilibration properties and helps to the amelioration of the cellular functions by eliminating the excess of free radicals, characteristic to chronically diseases and to the ageing process. This programme is combined with physical exercises and physiotherapy procedures.

*contains 2 procedures/ day, plus injections with Gerovital/ Aslavital

Face and body care: Ana Aslan Health SPA became famous all over the world by its efficient anti-cellulite and fortifying techniques. For best results, we created body care packages of 6 and 10 procedures and facial packages of 3 and 6 procedures.