# Eforie Nord

## HOTEL EUROPA 4\*

**OFERTA PACHETE TRATAMENT&WELLNESS 2020**

**Hotel Europa\*\*\*\* si Ana Aslan Health SPA**

**OFFSEASON:** 16.04 - 23.04.2020; 11.10 - 30.11.2020 **EXTRASEZON**: 24.04 – 04.06.2020; 06.09 – 10.10.2020

**SEZON INTERMEDIAR 1** : 05.06 – 20.06.2020; **SEZON INTERMEDIAR 2** : 21.06 – 02.07.2020 si 23.08 – 05.09.2020

**SEZON DE VARF:** 03.07 – 22.08.2020

Pachetele includ programul de tratament, 1 loc in camera dubla, mic dejun, demipensiune sau pensiune completa, TVA; tarifele sunt exprimate in LEI.

### 1.RELAXARE SI REGENERARE\*

**Continut: - chestionar de sanatate - control tensiune arteriala - 2 terapii/zi**

|  |  |
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| **Pachet 6 zile**  ▪ 2 dus subacval 20’  ▪ 2 dus masaj Vichy 20’  ▪ 2 baie salina cu plante 20’  ▪ 2 masaj cu namol 20’  ▪ 2 cataplasma cu namol 20’  ▪ 1 Serenity-masaj scalp/cervical 25’  ▪ 1 Stress relief masaj 50’ | **Pachet 12 zile**  ▪ 3 dus subacval 20’  ▪ 3 hidromasaj cu saruri terapeutice 20’  ▪ 3 dus masaj Vichy 20’  ▪ 3 baie salina cu plante 20’  ▪ 3 masaj cu namol 20’  ▪ 3 cataplasma cu namol 20’  ▪ 2 Stress relief masaj 25’  ▪ 2 Serenity masaj scalp/cervical 25’  ▪ 2 Ayurveda face lift 25’ |

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| Pers/pachet | MIC DEJUN | DEMIPENSIUNE | ALL INCLUSIVE | SUPLIMENT DE SINGLE/SEJUR |
| Offseason | | | | |
| 7 NOPTI | **2164 lei** | **2820 lei** | **3410 lei** | **730lei** |
| 13 NOPTI | **3940 lei** | **4940 lei** | **6080 lei** | **1290lei** |
| Extrasezon | | | | |
| 7 NOPTI | **2310 lei** | **3040 lei** | **3670 lei** | **800 lei** |
| 13 NOPTI | **4135 lei** | **5470 lei** | **6580 lei** | **1440 lei** |
| Sezon intermediar 1 | | | | |
| 7 NOPTI | **2430 lei** | **3150 lei** | **3810 lei** | **880 lei** |
| 13 NOPTI | **4480 lei** | **5770 lei** | **6930 lei** | **1570 lei** |
| Sezon intermediar 2 | | | | |
| 7 NOPTI | **2670 lei** | **3410 lei** | **4060 lei** | **1000 lei** |
| 13 NOPTI | **4890 lei** | **6140 lei** | **7300 lei** | **1680 lei** |
| Sezon de varf | | | | |
| 7 NOPTI | **3090 lei** | **3840 lei** | **4580 lei** | **1440lei** |
| 13 NOPTI | **5650 lei** | **7050 lei** | **8200 lei** | **2630 lei** |

### 2. PAUZA PENTRU SANATATE\*

Continut:

**- chestionar de sanatate, control tensiune arteriala, 3 terapii/zi**

Recomandari medicale: sindrom de suprasolicitare, tulburari de somn, mobilitate articulara limitata de sedentarism, hipertensiune arteriala usoara, spate dureros, respiratie ineficienta prin lipsa de miscare, tulburari ale circulatiei limfatice, dureri articulare usoare.

|  |  |
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| Pachet 6 zile  ▪ 6 masaje 25’ (stress relief, program spate dureros, program relaxare faciala)  ▪ 6 hidrotermoterapie (dus Vichy 15’, dus subacval 15’, baie salina cu plante 20’, hidromasaj 15’)  ▪ 6 sedinte 25’ Aquagym/ kinetoterapie, fitness (antrenament personalizat | Pachet 12 zile  ▪ 12 masaje 25’ (stress relief, program spate dureros, program relaxare faciala)  ▪ 12 hidrotermoterapie (dus Vichy 15’, dus subacval 15’, baie salina cu plante 20’, hidromasaj 15’)  ▪ 12 sedinte 25’ Aquagym/ kinetoterapie, fitness (antrenament personalizat) |

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|  | MIC DEJUN | DEMIPENSIUNE | ALL INCLUSIVE | SUPLIMENT DE SINGLE/SEJUR |
| Offseason | | | | |
| 7 NOPTI | **2620 lei** | **3270 lei** | **3860 lei** | **720 lei** |
| 13 NOPTI | **4650 lei** | **5760 lei** | **6800 lei** | **1290 lei** |
| Extrasezon | | | | |
| 7 NOPTI | **2750 lei** | **3530 lei** | **4135 lei** | **780 lei** |
| 13 NOPTI | **4900 lei** | **6190 lei** | **7350 lei** | **1410 lei** |
| Sezon intermediar 1 | | | | |
| 7 NOPTI | **2900 lei** | **3660 lei** | **4260 lei** | **880 lei** |
| 13 NOPTI | **5130 lei** | **6390 lei** | **7500 lei** | **1540 lei** |
| Sezon intermediar 2 | | | | |
| 7 NOPTI | **3090 lei** | **3860 lei** | **4470 lei** | **990 lei** |
| 13 NOPTI | **5580 lei** | **6800 lei** | **7970 lei** | **1730 lei** |
| Sezon de varf | | | | |
| 7 NOPTI | **3540 lei** | **4310 lei** | **5040 lei** | **1450 lei** |
| 13 NOPTI | **6330 lei** | **7720 lei** | **8850 lei** | **2580 lei** |

\*Nota: Procedurile din pachetul 1 si 2 sunt predefinite, prin urmare, terapiile din care sunt alcătuite nu se pot înlocui cu alte terapii din meniul spa.

### 3. INTENSIVE RHEUMA

**Continut:**

**- consultatie medicala,**

- **3 terapii**/ zi, program personalizat in functie de diagnostic, din urmatoarele: **terapii cu namol** (bai 20’, masaje, cataplasme 20’**), masaje** (terapeutice cu uleiuri esentiale 20’, dus masaj Vichy 15’), **hidrotermoterapii (**dus subacval 15’, hidromasaj 15’, bai saline cu plante 20’, impachetari cu parafina 20’), **kinetoterapie, hidrokinetoterapie, electroterapie, laser, Bioptron**;

**- recomandari si raport medical**.

**Recomandari medicale:** afectiuni reumatismale degenerative (osteoartrite) si inflamatorii (spondilita anchilozanta, poliartrita reumatoida), reumatism abarticular de parti moi (periartrite, tendinite, tenosinovite, entezite, Maladie Dupuytrene, etc), spondiloza, lumbago cronic, hernia de disc.

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|  | MIC DEJUN | DEMIPENSIUNE | ALL INCLUSIVE | SUPLIMENT DE SINGLE/SEJUR |
| Offseason | | | | |
| 7 NOPTI | **2600 lei** | **3250 lei** | **3820 lei** | **720 lei** |
| 13 NOPTI | **4220 lei** | **5330 lei** | **6360 lei** | **1270 lei** |
| 19 NOPTI | **5920 lei** | **7620 lei** | **9095 lei** | **1840 lei** |
| Extrasezon | | | | |
| 7 NOPTI | **2730 lei** | **3450 lei** | **4090 lei** | **790 lei** |
| 13NOPTI | **4520 lei** | **5780 lei** | **6910 lei** | **1410 lei** |
| 19NOPTI | **6290lei** | **8170 lei** | **9920 lei** | **2060 lei** |
| Sezon intermediar 1 | | | | |
| 7 NOPTI | **2860 lei** | **3590 lei** | **4225 lei** | **850 lei** |
| 13 NOPTI | **4770 lei** | **6000 lei** | **7160 lei** | **1530 lei** |
| 19 NOPTI | **6700 lei** | **8530 lei** | **10280lei** | **2240 lei** |
| Sezon intermediar 2 | | | | |
| 7 NOPTI | **3120 lei** | **3790 lei** | **4490 lei** | **950 lei** |
| 13 NOPTI | **5145 lei** | **6430 lei** | **7640 lei** | **1730 lei** |
| 19 NOPTI | **7250 lei** | **9180 lei** | **10830 lei** | **2520 lei** |
| Sezon de varf | | | | |
| 7 NOPTI | **3520 lei** | **4250 lei** | **4960 lei** | **1440 lei** |
| 13 NOPTI | **5990 lei** | **7290 lei** | **8500 lei** | **2580 lei** |
| 19 NOPTI | **8390 lei** | **10400 lei** | **12200 lei** | **3800 lei** |

### 4. BALNEO SPA

**Varianta 1**

**Continut:**

**- consultatie medicala**

**- 4 terapii/** zi, program personalizat in functie de diagnostic, din urmatoarele: **terapii cu namol** (bai 20’, masaje 20’, cataplasme 20’**), masaje** (terapeutice cu uleiuri esentiale 20’, dusuri masaj Vichy 15’), **hidrotermoterapii** (dus subacval 15’, hidromasaj 15’, bai saline cu plante 20’, impachetari cu parafina 20’), **kinetoterapie**, **hidrokinetoterapie, electroterapie, laser, Bioptron;**

**- recomandari si raport medical.**

**Recomandari medicale:** afectiuni reumatismale degenerative si inflamatorii, lumbago cronic, hernia de disc, afectiuni neurologice periferice si centrale, recuperare postraumatica si post chirurgicala, osteoporoza, hipertensiune arteriala forme usoare sau medii, tulburari circulatorii periferice, arteriale si venolimfatice, afectiuni ginecologice inflamatorii cronice, sterilitate secundara, afectiuni dermatologice (psoriazis, neurodermite, acnee), afectiuni ORL, afectiuni respiratorii.

**Varianta 2**

**Continut:**

**- consultatie medicala 1.**

**- 3 terapii/zi,** program personalizat in functie de diagnostic: **masaj** (cu namol 20’, terapeutic cu uleiuri esentiale 20’, dusuri masaj Vichy 15’), **hidrotermoterapie** (dus subacval 15’, hidromasaj 15’, bai saline cu plante 20’, impachetari cu parafina 20’), **Kinetoterapie, hidrokinetoterapie, electroterapie, laser, Bioptron-in functie de caz,** la recomandarea medicului 2. Onctiuni cu namol rece la piscina exterioara cu apa sarata din lacul Techirghiol.

**- recomandari si raport medical**

**Recomandari medicale**: Afectiuni reumatismale degenerative si inflamatorii (spondiloza, osteoartrite, artrite, spondilita ankilozanta, etc), reumatismul partilor moi (periartrite, tendinite), lumbago cronic, hernia de disc, afectiuni neurologice periferice si centrale, recuperare postraumatica si post chirurgicala, osteoporoza, tulburari circulatorii periferice arteriale si limfatice, afectiuni ginecologice inflamatorii cronice (anexite, metroanexite), sterilitate secundara, afectiuni dermatologice (psoriazis, neurodermite, acnee), afectiuni ORL (rinita, sinuzita), afectiuni respiratorii (astm bronsic, laringite cronice), dureri de cap, stres, insomnie.

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|  | MIC DEJUN | DEMIPENSIUNE | ALL INCLUSIVE | SUPLIMENT DE SINGLE/SEJUR |
| Offseason | | | | |
| 7 NOPTI | **2800 lei** | **3500 lei** | **4030 lei** | **720 lei** |
| 13 NOPTI | **4750 lei** | **5860 lei** | **6890 lei** | **1275 lei** |
| 19 NOPTI | **6620 lei** | **8270 lei** | **9790 lei** | **1830 lei** |
| Extrasezon | | | | |
| 7 NOPTI | **3000 lei** | **3700 lei** | **4370 lei** | **780 lei** |
| 13NOPTI | **5000 lei** | **6280 lei** | **7390 lei** | **1410 lei** |
| 19NOPTI | **6980 lei** | **9280 lei** | **10400 lei** | **2010 lei** |
| Sezon intermediar 1 | | | | |
| 7 NOPTI | **3130 lei** | **3830 lei** | **4510 lei** | **850 lei** |
| 13 NOPTI | **5250 lei** | **6580 lei** | **7740 lei** | **1530 lei** |
| 19 NOPTI | **7350 lei** | **9280 lei** | **10930 lei** | **2240 lei** |
| Sezon intermediar 2 | | | | |
| 7 NOPTI | **3330 lei** | **4030 lei** | **4710 lei** | **980 lei** |
| 13 NOPTI | **4945 lei** | **6960 lei** | **8120 lei** | **1720 lei** |
| 19 NOPTI | **8000 lei** | **9880 lei** | **11400 lei** | **2520 lei** |
| Sezon de varf | | | | |
| 7 NOPTI | **3760 lei** | **4545 lei** | **5210 lei** | **1440 lei** |
| 13 NOPTI | **6520 lei** | **7870 lei** | **9040 lei** | **2580 lei** |
| 19 NOPTI | **9100 lei** | **11220 lei** | **12750 lei** | **3830 lei** |

### 5. TERAPIE PIELE SANATOASA (HEALTHY SKIN)

**Continut:**

**- consultatie medicala**

**- 3 terapii**/zi:

o Masaje cu namol 15’ – zilnic

o Bai cu namol 20 ‘ si/sau impachetari cu namol 20 ‘ (in functie de recomandarea medicului)

o Serenity-masaj scalp si cervical 25’ 2/4/6 sedinte, bai saline cu plante 20 ‘ 2/4/6 sedinte, hidromasaj cu saruri terapeutice 15 ‘ 2/4/6 sedinte.

- Acces la piscina cu apa sarata din Lacul Techirghiol, saune, Jacuzzi.

**Recomandari medicale** : afectiuni dermatologice (PSORIASIS, alergodermii, sindrom seboreic). Pielea ramane curata, hidratata, luminoasa, sanatoasa.

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|  | MIC DEJUN | DEMIPENSIUNE | ALL INCLUSIVE | SUPLIMENT DE SINGLE/SEJUR |
| Offseason | | | | |
| 7 NOPTI | **2550 lei** | **3200 lei** | **3790 lei** | **730 lei** |
| 13 NOPTI | **4240 lei** | **5400 lei** | **6340 lei** | **1270 lei** |
| 19 NOPTI | **6100 lei** | **7860 lei** | **9330 lei** | **1830 lei** |
| Extrasezon | | | | |
| 7 NOPTI | **2680 lei** | **3400 lei** | **4060 lei** | **780 lei** |
| 13NOPTI | **4490 lei** | **5780 lei** | **6940 lei** | **1400 lei** |
| 19NOPTI | **6580 lei** | **8300 lei** | **10110 lei** | **2010 lei** |
| Sezon intermediar 1 | | | | |
| 7 NOPTI | **2820 lei** | **3590 lei** | **4240 lei** | **850 lei** |
| 13 NOPTI | **4790 lei** | **6080 lei** | **7190 lei** | **1530 lei** |
| 19 NOPTI | **6940 lei** | **8770 lei** | **10520 lei** | **2240 lei** |
| Sezon intermediar 2 | | | | |
| 7 NOPTI | **3070 lei** | **3790 lei** | **4440 lei** | **990 lei** |
| 13 NOPTI | **5160 lei** | **6450 lei** | **7660 lei** | **1720 lei** |
| 19 NOPTI | **7490 lei** | **9420 lei** | **11070 lei** | **2570 lei** |
| Sezon de varf | | | | |
| 7 NOPTI | **3470 lei** | **4220 lei** | **4870 lei** | **1440 lei** |
| 13 NOPTI | **5960 lei** | **7300 lei** | **8530 lei** | **2630 lei** |
| 19 NOPTI | **8500 lei** | **10660 lei** | **12450 lei** | **3850 lei** |

### 6. ANA ASLAN – TINERETE ETERNA

**Continut:**

**- Consultatie medicala, ECG**

**- 2 terapii/** zi, program personalizat in functie de diagnostic, din urmatoarele: terapii cu namol (bai 20’, masaje 20’, cataplasme 20’), masaje (terapeutice cu uleiuri esentiale 20’, dusuri masaj Vichy 15’), hidrotermoterapii (dus subacval 15’, hidromasaj 15’, bai saline cu plante 20’, impachetari cu parafina 20’), kinetoterapie, hidrokinetoterapie;

**- 2 teste si injectii cu Gerovital H3** (daca nu exista contraindicatii)\*

**- recomandari si raport medical.**

Programul vizeaza profilaxia imbatranirii si se adreseaza in special persoanelor cu varsta cuprinsa intre 40 si 55 ani. Intarzie si amelioreaza primele semne ale inaintarii in varsta, trateaza tulburarile de memorie, concentrare si somn, oscilatii ale tensiunii arteriale, tulburari metabolice si endocrine, stari depresive usoare, sindromul de stres.

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|  | MIC DEJUN | DEMIPENSIUNE | ALL INCLUSIVE | SUPLIMENT DE SINGLE/SEJUR |
| Offseason | | | | |
| 7 NOPTI | **2450 lei** | **3110 lei** | **3670 lei** | **720 lei** |
| 13 NOPTI | **4190 lei** | **5300 lei** | **6340 lei** | **1270 lei** |
| 19 NOPTI | **5750 lei** | **7350 lei** | **8920 lei** | **1840 lei** |
| Extrasezon | | | | |
| 7 NOPTI | **2590 lei** | **3310 lei** | **3940 lei** | **780 lei** |
| 13NOPTI | **4490 lei** | **5780 lei** | **6890 lei** | **1410 lei** |
| 19NOPTI | **6120 lei** | **8000 lei** | **9650 lei** | **2010 lei** |
| Sezon intermediar 1 | | | | |
| 7 NOPTI | **2720 lei** | **3470 lei** | **4100 lei** | **850 lei** |
| 13 NOPTI | **4740 lei** | **6030 lei** | **7140 lei** | **1530 lei** |
| 19 NOPTI | **6530 lei** | **8370 lei** | **10070 le** | **2240 lei** |
| Sezon intermediar 2 | | | | |
| 7 NOPTI | **2920 lei** | **3670 lei** | **4350 lei** | **990 lei** |
| 13 NOPTI | **5120 lei** | **6400 lei** | **7600 lei** | **1730 lei** |
| 19 NOPTI | **7080 lei** | **9000 lei** | **10600 lei** | **2500 lei** |
| Sezon de varf | | | | |
| 7 NOPTI | **3370 lei** | **4110 lei** | **4820 lei** | **1440 lei** |
| 13 NOPTI | **6020 lei** | **7260 lei** | **8490 lei** | **2600 lei** |
| 19 NOPTI | **8330 lei** | **10250 lei** | **12045 lei** | **3800 lei** |

La centrul de sanatate Ana Aslan Health SPA se pot efectua analize de laborator (sange si urina) si ECG ca si alte investigatii de specialitate indicate de medicii specialisti.

**Inscrieri timpurii speciale pentru pachete de tratament:**

- EB10% reducere la serviciile de cazare si masa la achizitionarea oricarui pachet, cu conditia platii integrale a acestuia cu minim 30 zile inainte de data sosirii in hotel; - EB20% reducere la serviciile de cazare si masa la achizitionarea oricarui pachet, cu conditia platii integrale a acestuia cu minim 90 zile inainte de data sosirii in hotel (se calculeaza aplicand 10% la tariful calculat in varianta EB10%) - Plata corespunzatoare inscrierilor timpurii este nerambursabila. - Indiferent de tarif, se achita 30% din valoarea sejurului in termen de 5 zile de la rezervarea ferma.

**Oferta de Inscrieri Timpurii este limitata, fiind aplicata in functie de disponibilitatea hotelului&spa.**

### Pachet 1 MAI

Perioada: 30.04-04.05

***EARLY BIRD***

**Rezerva si achita un sejur pana la data de 31.03.2020 si beneficiezi de o reducere de 10% din tarifele de mai jos**

* **1905 lei/camera single – 3 nopti**
* **2585 lei/camera dubla – 3 nopti**
* **3160 lei/apartament – 3 nopti**

***Pachetul include:***

* ***3 nopți cazare cu cine tematice și mic dejun***
* ***Barbeque 1 mai***
* ***125 minute terapii SPA cu masaje stress-relief, Lomi Lomi, ritualuri corporale de răsfăț și revitalizare***

**Beneficii și surprize**

* **Kids Club pentru cei mici cu activități creative**
* **Acces gratuit la piscina interioară cu apă sărată din lacul Techirchiol, fitness, saună, jacuzzi**
* **15% reducere la procedurile individuale la Ana Aslan Health SPA.**