

# Contur Travel

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## MIRAGE MEDSPA HOTEL \*\*\*\*

### Eforie Nord

## 2014 CURE RATES

01.06 – 30.09.2014

International standards and spa treatment at affordable rates!

MIRAGE MEDSPA services are dedicated exclusively for people over 16 years.

The new health center on the Black Sea Coast, Mirage MedSPA is now open in North Eforie.

We promise a sensorial experience that will convince you to return.

If you want to treat certain conditions, to enjoy an infusion of youth, to lose weight and reshape your figure, to rejuvenate tone or just give yourself a well deserved treat, stay at the Mirage Hotel MedSPA will revive, revitalize and regenerate mind and body.

Guests who purchased treatment packages enjoy free access at the AQUA MIRAGE daily, between 4:00 p.m. to 6:00 p.m. (except packages already include this feature).

Cures are intended for 6, 12 and 18 days. Hotel stays should be of at least 7, 13 and 19 days.

### 1. MIRAGE VITAL BALNEO

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#### 6, 12 and 18 days program

• **Content: medical consultation, 4 therapies / day customized program based on diagnosis (mud therapy, massage, hydro therapy, electrotherapy, etc.), recommendations, medical report**

**Indications:** degenerative and inflammatory rheumatic diseases, chronic lumbago, herniated disc, central and peripheral neurological disorders, post traumatic and post-surgical rehabilitation, osteoporosis, mild or moderate hypertension, peripheral circulatory disorders, pressure and venolymphatic, chronic inflammatory gynecological diseases, sterility secondary skin diseases (psoriasis, neurodermatitis, acne) ENT diseases, respiratory diseases.

Days	6	12	18
Euro/person	135	260	360

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## 2. MIRAGE ACTIVE RHEUMA

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6, 12 and 18 days program

• **Content:** medical consultation, three therapies / day customized program based on diagnosis (mud therapy, massage, hydro therapy, electrotherapy, etc.), recommendations, medical report

**Indications:** rheumatic diseases (osteoarthritis) and inflammatory (ankylosing spondylitis, rheumatoid arthritis), soft tissue rheumatism abarticular (periarthritis, tendinitis, tenosynovitis, enthesitis, Dupuytren's disease, etc.), spondylosis, chronic lumbago, herniated disc, etc.

Days	6	12	18
Euro/person	110	200	295

## 3. SLIMMING PRO HEALTH

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6, 12 and 18 days program – available only with full board (special menu)

• **Content:** medical consultation, body analysis, ECG, 4 therapies / day program (mud therapy, massage, hydro therapy, hydro kinetic therapy, etc), personalized diet, medical tests (usual), referrals and medical report

**Indications:** recommended for program aiming to achieve desired weight. Lymphatic drainage techniques harmoniously mixed with personalized water or classic gymnastics programs, detox sessions, specific energy-restricted diet. The program regulates metabolism and is intended to be the beginning of a new healthy lifestyle and balanced.

Days	6	12	18
Euro/person	165	275	380

## 4. DETOX & RENEW

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6, 12 and 18 days program available only with full board (special menu)

• **Content:** medical consultation, body analysis, ECG, customized detox diet, three therapies / day program (mud therapy, herbal salt baths, hydro massage, lymphatic drainage, water gymnastics), medical tests (usual) recommendations and medical report

**Indications:** complex program designed to purify the body, eliminate toxins, improve absorption of nutrients in the digestive system, improving the quality of blood, regulating metabolism, strengthening the immune system.

Days	6	12	18
Euro/person	165	275	380

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## 5. FOREVER YOUNG

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### 6, 12 and 18 days program

• **Content:** medical consultation, ECG, body analysis, two therapies / day chosen by the physician, two tests and injections Gerovital H3, if there are no contraindications, medical tests (usual), referrals and medical report.

**Indications:** prevention program targeting aging and especially people aged between 40 and 55 years. Delays and improve early signs of aging, treating memory impairment, concentration and sleep oscillations in blood pressure, metabolic and endocrine disorders, mild depression, stress syndrome.

Days	6	12	18
Euro/person	135	215	295

## 6. MIRAGE OF HEALTHY AGING

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### 6, 12 and 18 days program

• **Content:** medical consultation, ECG, body analysis, three therapies / day chosen by the physician, two tests and injections of Gerovital H3, if there are no contraindications, medical tests (usual), referrals and medical report

**Indications:** Treatment of cutaneous trophic disorders, neuralgia, neuritis, central and peripheral manifestations of arteriosclerosis, Parkinson's disease, spondylosis, arthritis, osteoporosis, neurodermatitis, alopecia, eczema, psoriasis, scleroderma, vitiligo, vascular spasm, angina, hypertension, sequelae myocardial infarction and stroke, arthritis, metabolic diseases (diabetes, obesity, dyslipidemia), sexual dynamic disturbances, chronic fatigue syndrome, insomnia, depressive syndromes, etc.

Days	6	12	18
Euro/person	165	285	400

## 7. ANA ASLAN ANTIAGING THERAPY

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### 6, 12 and 18 days program

• **Content:** medical consultation, ECG, body analysis, medical tests (usual) Gerovital H3 injections after a schema personalized recommendations and medical report

The fruit of long and laborious work of a group of Romanian researchers led by Prof. Dr. Ana Aslan, famous all over the world for her revolutionary discoveries, veteran Gerovital H3 remained over the years as young as millions of people who have used it. The first drug recognized worldwide, created specifically to slow the aging process, increase physical and intellectual capabilities, improves memory, improves the quality of skin and hair, promotes the hair pigmentation, increases muscle tone and joint mobility, normalizes blood pressure, reduces depression and anxiety.

Days	6	12	18
Euro/person	90	135	160

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## 8. STRESS OUT

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### 6 and 12 days program

• **Content:** Medical consultation, 3 treatments per day choosing from the following:

3/6/12 sessions of 30 min massages (relaxing/deep tissue)

3/6/12 hydrothermal therapy (Vichy shower, underwater shower, herbal baths, hydromassage)

3/6/12 Aquagym/kinetotherapy and fitness (personalised programme)

Do you live and work under stress, do you have sleeping disorders and feel tired and tense?

Enjoy a few days of relaxation and regain your balance and inner peace as you become energised and revitalised!

<b>Days</b>	<b>6</b>	<b>12</b>
Euro/person	95	175

## 9. ESCAPE

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### 6 and 12 days program

• **Content:**

**6 days SPA program and 7 nights of accommodation:** dialogue with the doctor, 2 x underwater shower, 2 x Vichy shower, 2 x herbal salt bath, 2 x mud massage, 2 x mud wrap, 1 x head and neck massage, 1 x relaxing essential oil massage

**12 days SPA program and 13 nights of accommodation:** dialogue with the doctor, 3 x underwater shower, 3 x hydromassage with Bazna salt/essential oils, 3 x Vichy shower, 3 x herbal salt bath, 3 x mud massage, 3 x mud wrap, 3 x relaxing essential oil massage, 3 x head and neck massage

<b>Days</b>	<b>6</b>	<b>12</b>
Euro/person	65	110

## 10. MIRAGE TIME-OUT

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### 2 and 3 days program

Far from the madding crowd, you can escape to a relaxing oasis!

• **Content:**

**2 days SPA program and 3 nights of accommodation:** Vichy shower, Underwater shower, Aroma relaxing massage 25 min, Head and neck massage 25 min

**3 days SPA program and 4 nights of accommodation:** Hydromassage, Herbal salt bath, Underwater shower, Vichy shower 15 min, Aroma relaxing massage 25 min, Head and neck massage 25 min

<b>Days</b>	<b>2</b>	<b>3</b>
Euro/person	40	60