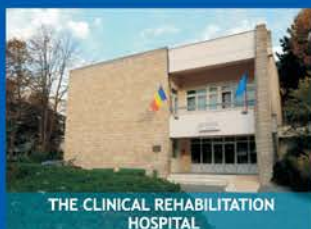


"ST. MARY" PASTORAL CENTRE - TECHIRGHIOI



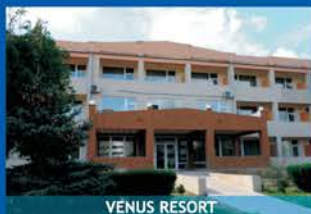
OLIMP RESORT



THE CLINICAL REHABILITATION
HOSPITAL



MANGALIA

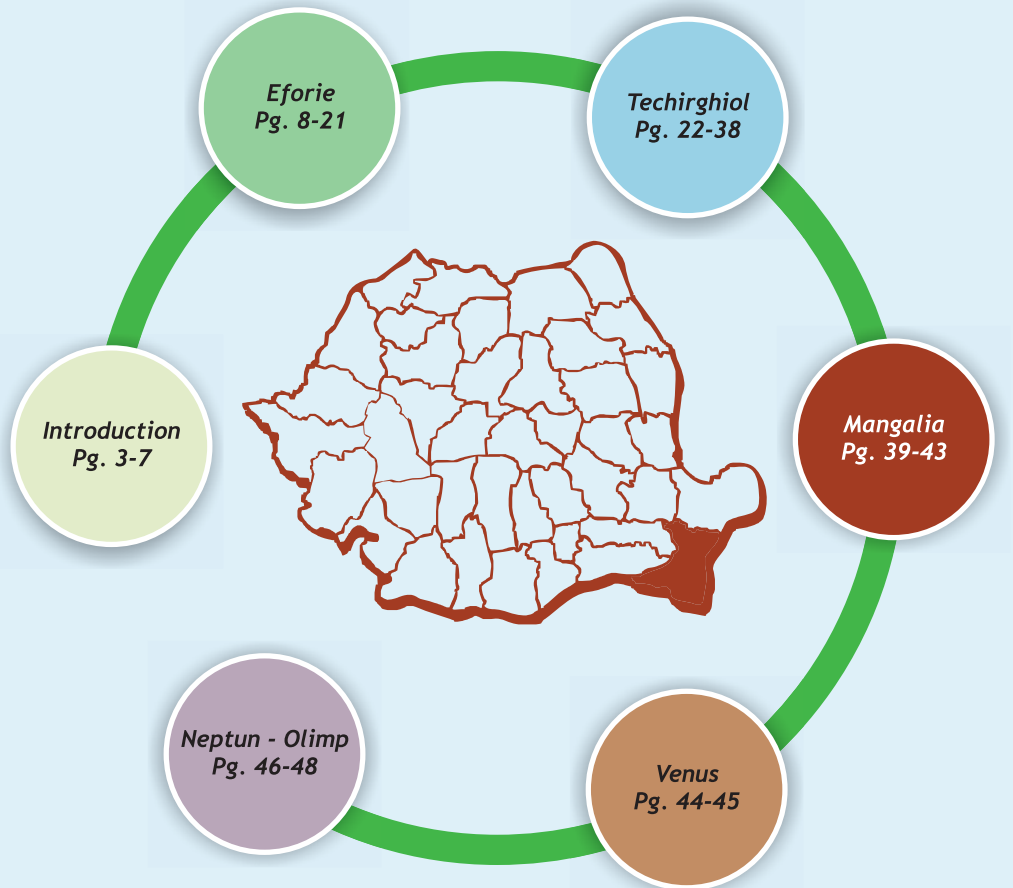


VENUS RESORT

“UNIQUE ITINERARIES AND EVENTS IN DOBROGEA”

Specific natural and cure factors
Constanța County - Thermal Tourism

SPECIFIC NATURAL AND CURE FACTORS CONSTANȚA COUNTY - THERMAL TOURISM -



South of the Romanian Seaside

Danube-Black Sea Canal

Constanța

Eforie Nord

Techirghiol

Techirghiol Lake

Eforie Sud

Tuzla

Costinești

Tatlageac Lake

Olimp

Neptun

Jupiter

Venus

Mangalia

Limanu Lake

2 Mai

Vama Veche

B L A C K S E A

Legend

 Balneo therapeutic water treatment facilities

Introduction

“Health is not only the absence of disease or infirmity, but a state of physical, mental and social welfare” - thus, the concept of "health status" is being redefined by the World Health Organisation. In this context, the acquisition and maintenance of a state of physical and mental health is considered "a component of quality of life." The accelerated pace of everyday life, the result of increasing urbanization and industrialization, pollution, stress, sedentary lifestyle, make more people being affected by wear like diseases: rheumatic, cardiovascular, metabolic, respiratory diseases, decreased immunity , depression, etc.



Lake Agigea



The modern man, overwhelmed by personal and professional problem solving, often neglects his own health, but for all that there is a viable alternative: „**health tourism**” or **thermal tourism**. Romania has a multitude of natural therapeutic factors whose qualities are highly valued, professionally speaking, in the treatment facilities across the country.

The Romanian seaside of the Black Sea provides true "sources of health" of exceptional value: the sapropelic mud (unique in the world, with special curative qualities) and the salt water of Lake Techirghiol, maritime climate stimulants, natural aerosols, the beach and the water of the Black Sea, valuable mesothermal springs.



To all these, the human factor represented by specialized staff working in modern medical facilities on the seaside where treatment programs ideally combine new methods with traditional ones is added.

Health holidays are becoming an increasingly common choice for those who want to maintain or improve their health, to relax actively and prevent illness.

In a fascinating place where primordial elements of nature, water, air and earth are found in their purest form, everything you could want by coming here is a holiday where relaxation blends perfectly with the discovery of blessed places, with a special charm.

The role of tourism in national economy of various countries is particularly important due to the complexity of this phenomenon, the scope of the activities required by its emergence, maintenance and development.

Tourism highlights and exploits economically that unique treasure consisting of the riches of nature and climate, or left behind by history, folklore and civilization. Thermal tourism emerges in the other forms of tourism due to the multiple social and economic benefits they bring as a result of the positive effects that it has on physical and mental health of people.



Jupiter Resort

Healing natural factors generating thermal tourism in the county of Constanta are:

- ▶ Salty, chloride, sulphate, sodium, magnesium and hypotonic water from the Black Sea;
- ▶ sapropelic mud and concentrated salt water from Lake Techirghiol,
- ▶ mesothermal sulphurous, chloride, bicarbonate waters of Lake Mangalia,
- ▶ peat mud extracted from the peat bog located north of Mangalia,
- ▶ mineral springs,
- ▶ beaches already existing along the coastline for heliomarine treatments;
- ▶ marine climate rich in saline aerosols and solar radiation.

The evolution of health tourism internationally led also to a series of transformations in the Romanian thermal products ascertaining the diversification of their line of health tourism.

Regarding thermal products provided by the Romanian seaside resorts, it is mainly focused on traditional treatment products and thermal treatment and medical rehabilitation.

These factors are exploited and used as they are within a number of famous thermal resorts such as: Eforie Nord, Eforie Sud, Techirghiol, Mangalia, Olimp.



Lake Techirghiol

EFORIE

Eforie town, located on the Black Sea coast, on the maritime side of the South Dobrogea Plateau, it has a population of about 10 000 inhabitants and is made up of its two components: Eforie Nord and Eforie Sud. The area has a maritime climate with warm summers (average temperature in July is of 22°C) and mild winters with low rainfall.

Eforie Nord resort is located 14 km south of Constanta town and 30km of Mangalia town, between the sea shore and the lake Techirghiol. It was created in 1901 when Ghika built here a venue for mud baths, hence the name of the resort.

The expansion of this resort begins around 1920, when several private villas are built. Later, after 1960, the resort modernizes, buildings and new hotels appear, polyclinics and treatment centers, too.



Eforie Nord resort



Eforie Sud resort



Eforie Nord resort

Thus, shortly Eforie Nord became one of the most popular thermal resorts in the country and abroad and the second largest resort on the Romanian coast.

Eforie Nord beach has a length of 3-4 km and a width between 20 and 100 m. To the north, the beach is narrowed and is guarded by a high cliff, known as a place for walking, where access to the beach is made by using the stairs; in the south of the resort, the beach is wider and access is made directly.

Eforie Nord has a special charm due to its primarily amidst in a natural park and wonderful sea views.



Southern coastline - panoramic view

The resort has natural healing factors of inestimable therapeutic value: mud and salt water from Lake Techirghiol, maritime climate with stimulating effect, intense air ionization, natural aerosols, water of the Black Sea. They are highly valued, professionally speaking in the treatment facilities of the Clinical Rehabilitation Hospital, Physical Medicine and Balneology as well as in other reputable treatment centres.

Eforie Sud town is located 3 km from Eforie Nord on a limestone spur, between the waterfront and Lake Techirghiol. It is the largest seaside resort and also the oldest. In 1892, the first thermal facility was put up. In 1928, it was declared a thermal resort. Over the time, the resort was first named Carmen Sylva, Vasile Roaită and finally Eforie Sud. The beach of the resort extends over a length of about one kilometre being sheltered by two breakwaters. Eforie Sud is a seaside resort appreciated by Romanian tourists in particular for its treatment with mud and brine sludge which is done on the shore of Lake Techirghiol, in the cold baths. The location of the resort between Lake Techirghiol and the Black Sea makes it possible for heliomarine cures to be performed.



Rehabilitation Hospital of Eforie -
Clinical Department



Eforie Nord Beach



The Clinical Rehabilitation Hospital Eforie Nord

The Clinical Rehabilitation Hospital, Physical Medicine and Balneology of Eforie Nord provides services of prophylactic nursing care and curative medical rehabilitation. They are based on the use of natural treatment factors specific to the Romanian seaside: mud and salt water of Lake Techirghiol. The pathology addressed is represented by most musculoskeletal rheumatic type of diseases (inflammatory, degenerative manifestations of rheumatic metabolic disorders, post-traumatic herniated disc), respiratory diseases (rhinitis, sinusitis, pharyngitis), skin disorders (especially psoriasis), gynaecological, endocrine diseases and diseases of the nervous system.

Of the procedures and treatments offered at the previously stated hospital, we mention: thermal therapy with baths and mud wraps; hydrotherapy with baths and mud wraps; hydro-kinetotherapy with passive and active movements in bathtubs and pools specially equipped, plant baths (infusion of herbal blends with relaxing effect), shower massage, sauna, underwater shower, electrotherapy: with diadynamic currents, ionization, magnetodiaflow, ultrasound, medical gymnastics, kinesiology, etc.

Medical gymnastics



Procedures of medical rehabilitation



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The Clinical Rehabilitation Hospital, Physical Medicine and Balneology of Eforie Nord comprises two treatment centres whose fame has for years exceeded the borders:

1. A treatment facility having a capacity of 1400 patients / day, located 100m height from the sea. Medical professionalism and high quality of services provided determined the tourists to regularly return along 10 or even 20 consecutive years.

2. A treatment facility with a capacity of 150 beds and 35 years of experience. It is here that a team of highly experienced doctors in the field activates, doctors already known throughout the country especially due to the results in the recovery of patients with mobility impairments

On the shore of Lake Techirghiol, cold baths have been arranged, a place where in the summer "herbal cures" consisting of sunshine exposure, mud wraps and baths in the lake are being performed.



Underwater shower

Medical rehabilitation



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Also in Eforie Nord, there is located, in the premises of a hotel, one of the most modern treatment centres in Romania.

The programs provided - in a modern and luxurious environment - combine natural healing factors specific to Eforie Nord (sludge, salt water from Lake Techirghiol, natural aerosols) with a variety of modern physiotherapy procedures.

The centre comprises several rooms of hydrothermal therapy (mud baths, salt baths, herbal baths), hydrotherapy, massage units, electro and magneto therapy, physical therapy and individual fitness room, saunas and aesthetic facial and body care units.

Recovery treatment



Mud treatment



Mud treatment





Pool for treatment

The indoor pool is supplied with saltwater from Lake Techirghiol and used for therapeutic purposes. The centre also has two systems of sauna: dry and wet chromo therapy. In two saunas, heat works very quickly, causing a massive vasodilation which generates the removal of toxins and body relaxation.

Among the conditions to be treated in this centre, there are included: degenerative rheumatic and inflammatory diseases, post-traumatic lesions and post-operative disorders of the peripheral nervous and central system, dermatological diseases, respiratory diseases, otolaryngology diseases, neurological and others.

Medical therapies applied to the Centre are pursuing the removal of the adverse effects of aging (Gerovital therapy according to the method of Prof. Dr. Ana Aslan).

The programs designed by the specialists of this centre allow each patient to benefit from a well-studied combination of techniques and treatments such as: relaxation, wellness, spa, prevention of aging and facial aesthetic spas or new procedures, last generation techniques, such as: cervical relaxation program, a program for back pain, baths with grapes, seaweed baths, Shirodara massage, anti-aging body treatments, etc. The treatment facility is open all year long and it has the most modern amenities and facilities.

Hydrotherapy



The Thermal Polyclinic of Eforie Nord

Another famous thermal complex is located in the southwest of Eforie Nord.



The treatment facility Eforie Nord

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Medical gymnastics

The treatment facility covers an area of 2,830 sq m and provides a number of 1080 procedures daily. The diseases that are being treated here are degenerative and inflammatory rheumatic diseases, post-traumatic, neurological (polyarthritis, lombosciatics) and central nervous system disorders (sequels after stroke, hemiparesis), skin or respiratory conditions (bronchial asthma, sinusitis, rhinitis, etc.).

The treatment facility has arranged spaces, installations and equipment for treatment with sapropelic mud (general mud wraps, mud poultices, mud baths), electrotherapy (electroplating, ultrasound, diadynamic currents, magnetodiaflow, ultraviolet, laser therapy), kinesiology massage, respiratory therapy, hydro therapy (herbs baths, light baths).



Medical procedures

TECHIRGHIOL

Techirghiol is a resort town located 2.5 km from Eforie Nord, being one of the oldest resorts on the Romanian seashore. The city has developed in an area where human life testimonials are certificated uninterrupted from Neolithic.



Lake Techirghiol



“St. Mary” Pastoral Centre - Techirghiol



“St. Mary” Monastery

The first documentary mention dates back to 1560, when the settlement (TEKFUR-KOY) is mentioned in Sultan orders, its name is of Ottoman origin and is connected to the numerous legends related to the miraculous and beneficial effects of water and mud from Techirghiol Lake.

The discovery of healing efficiency of water and mud from Techirghiol Lake at the end of the last century is the determining factor of the qualitative leap recorded in this village that, from a simple settlement with few dozens of families, shortly becomes a balneary resort (year 1899) and later on a city.

Hydrotherapy



Mud baths



Magneto therapy





Balneotherapy sanatorium of Techirghiol

The geographical location of Techirghiol resort only 3 km far from the Black Sea shore gives it a special climate, continental moderate, with marine influences, characterized by an annual medium temperature of approximately 11^o and an air humidity about 80 %. The resort also enjoys the existence of outstanding natural conditions, materialized in the presence of the healthy natural factors, as following: the bio climate rich in saline aerosols and ultraviolet radiations, the sapropelic mud and salted water of the lake. Enjoying all these benefits, Techirghiol, is the only resort on the seashore exclusively shaped on treatment for rheumatic and gynecological diseases.

The Techirghiol Lake used for extracting sapropelic mud very indicated in the treatment of the already mentioned diseases, is the largest salted lake in our country (11.65 sq m) with a maximum depth of 9 m. This is a fluvial-maritime saltwater lagoon, the salt concentration exceeding four times the salinity of seawater, being the richest lake with therapeutic mud in Romania, located 17 km south of Constanta and separated from the Black Sea through a belt coastline. The mud from the lake consists of organic elements of animal origin mixed with mineral substances that represents the main element in the treatment of multiple diseases. It is used heated for various procedures: wraps, poultices, vaginal tampons or mixed with salt water from the lake (for bathtubs). Presently, here exists a faunistic reservation where more than 120 species of living creatures live here, many of them rarities.



Techirghiol Lake



The marine steppe **climate** with hot summers, cold winters, high pressure differences, strong and frequent winds fits the group of toning - stimulative bio - climates. During summer and winter this climate has a strong exciting action on the body, and during spring and fall this action is low.

The proximity of Lake Techirghiol presents an area of great importance due to the ionization of the air, aerosols richness, and the peloid deposit from the lake bottom ennobles the natural therapeutic arsenal which the bio geographic area has.

Lake Techirghiol water is chlorinated, sulphated, bromine, sodium, magnesium, hypotonic being used for applications such as general baths, cold or hot (immersion in the lake), in the bathtubs or in the basin.





The cold saline bath, or immersion into the lake water is made progressively, as far as time is concerned (5-10 minutes in the first days up to 20-30 minutes at the end of the cure) and number (one bath in the first 3-4 days to 3-4 immersions at the end of the cure).

The hot saline bath can be prescribed and done daily as the only major hydrotherapy procedure, or every two days alternating with a mud application or with a general warm bath with herbal extract. The temperature of the salt bath is to be prescribed in the thermo neutrality range, around 37.50 to 38° C. For hydrokinetic therapy water is heated to 35° C, in the cool / warm sphere.

The mud is used as the cold anointment, hot mud baths and hot wraps.

The cold mud anointment is a therapeutic complex consisting of the successive contrast warm - cold and general heliotherapy progressively applied. The cold mud anointment is practiced in summer, on the specially arranged beach. The number of applications of mud per day remains constant, throughout the whole cure is only made one application per day.

The general hot mud bath is made using 10 kg of mud diluted in 120-150 liters of chlorosodic water from the lake. The temperature of application is 37° - 39° C, the mud thermo neutrality is at 38° C. It lasts for 20-25 minutes and the temperature is kept quasi- constant by adding a quantity of hot water to a 1/2 bath length. After time expiration the patient takes a warm shower to remove mud and then one short cold, for preventing systemic vasodilatation.

General mud bath is practiced once every two days, alternating with a saline bath (in hydro-kinetotherapy pool or in the valve) or with plant extracts.

General warm wrap is made using 10 to 15 kg heated mud to 42°C - 45°C. The mud is spread over the entire body, from the cervical region to the toe. The patient is covered with a sheet and a blanket, a cold compress is applied on his forehead to prevent a too higher vasodilatation of cerebral vessels and performs the procedure for 30 minutes. After the time expires the mud is removed by showering with warm water.

The procedure ends with a short cold application, to prevent vasoplegia caused by the heat. Wraps is done every 2 days, alternating with general warm bath with water from the lake or bath with plant extracts.



Balneotherapy and Rehabilitation Sanatorium Techirghiol

Balneotherapy and Rehabilitation Sanatorium Techirghiol has undergone a process of continuous renewal, especially in recent years and is now equipped with modern and performant equipment.



Here it is provided the Balneo therapy treatment for both hospitalized patients in the three wards of the sanatorium and for those who come to the ambulatory. There is also an outdoor treatment facility for aero heliotherapy sessions, cold mud wraps followed by bathing in the lake.

Balneotherapy and Rehabilitation Sanatorium of Techirghiol is organized as follows:

- ▶ Hospital Rehabilitation Ward, Physical medicine and Balneology I with 175 beds.
- ▶ Hospital Rehabilitation Ward, Physical medicine and Balneology II with 170 beds.
- ▶ Sanatoriums Rehabilitation Ward, Physical medicine and balneology with 410 beds.
- ▶ Hospital neuro-psycho-motor children Medical Rehabilitation Ward with 180 beds



Rehabilitation procedures



Magneto therapy



Galvanic baths

Balneotherapy and Rehabilitation Sanatorium is equipped with bathtubs for baths with salt water from the lake and with mud, bathtubs for herbal baths, underwater shower, a freshwater pool (for Individual hydro kinetotherapy) and a pool with salt water heated to 33-34 °C, in which more than 300 patients / day execute gymnastics programs (collective hydro kinetotherapy). On the other hand, in the electrotherapy field there are many modern equipment such as: digital bathtubs for galvanic baths with thermostat and climate control system in the corresponding space, ultrasound equipment, shortwave equipment, an inhaler therapy sector where individual or group treatments can be done with various drugs or with salted water.



Therapeutic massage



Being arranged on two levels, at the treatment facility can be treated up to 800 patients that can benefit daily over 2,500 procedures. In the hydro therapy sector gynaecological treatments can be done by using salt water from the lake, with mud and plant extracts specially designed for female genital apparatus pathology. Sanatorium has seven massage cabins where can be treated 140 patients / day with classic massage.



Also in this clinic, Gerovital, Aslavital or Pett-Amar procedures are indispensable, used in diets or beauty cures. The Emergency Room is in the same enclosure of the treatment facility with permanent program and qualified personal for emergency medical assistance.



Herbal baths

Another thing that is worth mentioning is that the Sanatorium uses the services of a imaging centre which features a magnetic resonance imaging apparatus (MRI), computed tomography, ultrasound and other balneotherapy - physiotherapy medical devices.

Based on all these modern facilities, in the sanatorium can be treated a wide range of conditions such as: degenerative rheumatic and inflammatory diseases, post-traumatic lesions, central and peripheral nervous system diseases, gynaecological diseases, dermatological disorders, peripheral vascular disease, respiratory diseases, occupational disorders (pneumoconiosis, silicosis, professional dermatological disorders, etc.), endocrine disorders, nutritional and metabolic diseases.

Magneto therapy



Medical rehabilitation procedures



“St. Mary” Pastoral Social Centre - Techirghiol

Built by the village community from Miorești village, Maramures county, in the 17th century, the church was moved in the year 1934 by King Carol II to Peleşor Castle from Sinaia, building the locals instead a stone church, but Patriarch Justin managed to save it, by moving it from Sinaia to Techirghiol in order to restore it.



“St. Mary” Pastoral Social Centre - Techirghiol

The nun's monachal settlement from Techirghiol was initial a priest sanatorium but, in time, has been opened to all those who wanted to treat their rheumatic diseases and to find an oasis of peace. From year 2000, due to the large number of solicitations and its modernization, the sanatorium became a treatment facility equipped with modern apparatus and served by qualified personnel, which from year 2008 has a permanent character..

In the monastery dwelling, besides our treatment facility you can find a bishop's home, St. Pantelimon's Fountain, with this Saint bronze statue (made by the dobrogean sculpture Ion Jalea), as well as the "Confessions of Christian life on Dobrogea land" Museum.

Saving its initial destination as a Rest House, the monachal settlement offers to the interested one both treatment facility modernly equipped as well as 100 rooms furnished at a level according to the modern tourism.



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Medical rehabilitation procedures

Therapeutic massage



The oasis of health represented by “**St. Mary**” **Pastoral Social Centre** is addressed to those suffering from rheumatic disease (degenerative or inflammatory rheumatism), dermatological conditions (psoriasis), venous-lymphatic disorders (varicose veins).

Depending on the medical specialist of the treatment facility recommendation can be applied the following procedures: hydrotherapy (galvanic baths, mud baths, mineral baths with water from Techirghiol Lake, plant extract bath), electrotherapy (galvanization, ionogalvanization, diadynamics currents, interferential currents), ultrasonic therapy, magneto therapy, functional electrical stimulation, kinetotherapy, ergonomically bike, laser-therapy, sauna.

MANGALIA

Located in the south - east part of Dobrogea on the famous ruins of Callatis Citadel, **Mangalia town**, an oasis integrated to the Romanian land through the characteristic beauty of the entire Romanian territory, known as one of the oldest cities in the country, is located 45 km south of Constanta and 7.5 km north of Vama Veche.



Balneotherapy and Rehabilitation
Sanatorium of Mangalia

The archaeology discoveries attests that this area was lived from prehistorically times, neolith materials culture Gumelnița standing as a testimony. After founding the colonies Histria and Tomis by the Millet colonists, 45 km south far, the colonists from Pontic Heraclelea founded on an oracle command, on the site of an ancient getics settlement, on a fertile soil located close to the beach and to a lake with fresh water, the today's Mangalia Lake.



Aerosols



Gymnastics in the pool



Therapeutic pool

Due to its geographical position, the climate of the town is milder than other cities of Dobrogea, and the seaside nature creates a note of picturesque. Current city developed as a balneary treatment resort, achieving nowadays a modern profile. Mangalia is one of the most interesting cities in terms of functional plurality: tourism and balneology, industrial and port, agrozootechnical and services.



Mud massage

The coastal climate, typical to this area of the Black Sea, has a stability of the atmosphere ensured by the presence of the sea. The average temperature from June to August exceeds 25°C and precipitations are low, under 400 mm / year. During summer time sun brightness lasts up to 10 -12 h / day due to the low cloudiness.

Underwater shower



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Mud wrap



Mud bath

Balneotherapy and Rehabilitation Sanatorium Mangalia

Treatment facilities also have paraclinical diagnostic services such as: clinical laboratory, modern radiology service, functional exploration laboratory.



Electrotherapy



Procedures

Here operates a treatment facility that offers cures of treatment for conditions such as: rheumatic chronic diseases inflammatory and degenerative, chronic gynecological diseases, sequelae after spine trauma or joints, chronic respiratory diseases (asthma, chronic bronchitis, etc.), circulatory system diseases, dermatological or nutritional diseases.

As types of procedures which cure the diseases mentioned above we enumerate: sulphurous, galvanic or sea water baths (with or without mud), bubbles and herbs baths, acupuncture, underwater shower, electrotherapy, functional exploration, osteodensitometry, cervical elongation, stimulation and functional recovery currents, dry or mud massage, sauna, paraffin wraps, fitness, etc.. The mud used for the variety of the treatment facility procedures is sapropelic mud extracted from Techirghiol Lake.



Therapeutic pool



Sulphur baths



Treatment facility - Mangalia

VENUS

The resort has a hotel which is located between Venus Resort beach and Lake Mangalia shore. Being available all year round, the hotel offers 52 rooms which offer a spectacular view over the sea and lake, being equipped with new furniture, twin or double beds, mini-bar, TV cable, internet, telephone, private bathroom, balcony, central heating and air conditioning.

The Balneo unit within the hotel offers four pools with meso water (two of them are covered and heated), two beaches, massage rooms, water bathtubs (drawn by our own depth probe) and mud, hydro-electro-therapy bathtubs, fitness rooms and kinetotherapy. Among the procedures that can be performed within the unit we mention: baths (in sulphurous water bathtub



Rehabilitation procedures



Magneto-therapy



Rehabilitation procedures

with sapropelic mud extracted from Lake Techirghiol, galvanic, with diadynamic currents and water), paraffin wraps, wet or dry sauna, capsule for underwater massage, chromotherapy, ionization, magneto therapy, ultrasound, functional electrical stimulation, diapulse, sapropelic mud wraps, massage (vibromassage, water massage with air bubbles, medical and regional massage, lymph massage), laser therapy, ultraviolet, aerosols, etc.



The mentioned procedures are designed to treat conditions such as: locomotor system disease (rheumatic or posttraumatic), respiratory diseases, cardiovascular diseases, skin conditions, gynecological, endocrine, neurological and psychiatric disorders..



NEPTUN - OLIMP

The tourist and balneotherapy complex is located in the center of Neptune Resort, one of the most elegant resorts on the Black Sea shore, close to the Neptune railway station and 300 m from the sea. The hotel has a capacity of 320 rooms arranged in suites, double and single, all of them fitting flawlessly on the 3 star level of the hotel complex. In addition to the amenities inside the rooms, the hotel greets tourists with a variety of outdoor facilities, such as: parking, renovated indoor pool, luggage room, safe values, pharmacy, money exchange, bar with terrace, air conditioned restaurant, conference center (with a total capacity of 500 seats arranged in four rooms equipped with latest equipment, very modern), offices.



Treatment facility - Olimp

The balneary side of the Complex is provided by a treatment facility completely renovated and equipped with new apparatus, medical analysis laboratory, fitness room, pool. Among the procedures that can be performed within the treatment facility of the complex and which are addressed to a wide range of affections, we mention: hydrotherapy (underwater massage and shower, water gymnastics, herbal, sulfur or mud baths), electrotherapy, ultrasound, diadynamic, magnetodiaflow, nemectron, galvanic baths), dry massage, micro sauna and infrared, aerosols, medical gymnastic, paraffin wraps. Parallel to balneary treatments, tourist can benefit of the famous gerovital cure, original formula created by the prof. dr. Ana Aslan, having as a main substance procaine.



Treatment with Gerovital



Paraffin wraps

Another balneotherapy location is situated in the center of the top rated resort of the Romanian Black Sea shore, Neptun - Olimp, being easy to reach here due to the access from the resort main road. The hotels has a guarded parking, with a capacity of 80 parking lots, ultramodern lifts, access ramps for the disabled, trained staff for children care, beauty salon and even a souvenir shop.

The center offers recovery, rehabilitation, and maintenance medical treatments (balneo-diets, anti stress, slimming and detox) as well as holistic treatments for eliminating the daily stress, restore the energetic balance, remis-en-forme and rejuvenation by offering the 5 worlds of the Wellness: water, heat, beauty, motion and relaxation.

The Spa offers a unique combination of treatments with natural products based on cromotherapy, aromatherapy, different types of massage traditional or oriental, fitness, kinetotherapy and nutrition support. Through the provided procedures massages are found in a variety of styles starting with a Swedish traditional massage, hot stone massage, chocolate massage, mud and honey as well as water therapies: underwater shower, hydrotherapy, colonhydrotherapy, Vichy shower-massage, herbal and mud bath. Medical spa focuses on therapy for ameliorating the rheumatism, arthritis, eliminating the stress, unhealthy nutrition and excess weight



Calendar of events in Constanta County

January

6*

Days of the city of Baneasa

Baneasa City

7*

Days of de Commune of Vultur

Vultur
Commune

April

variable date

The Mission 2013 -
Electronic Music Festival

North Mamaia

9*

Oltina Commune
Celebration

Oltina
Commune

variable date

Sunwaves 13 -
Electronic Festival

North Mamaia

23*

Pecineaga Commune
Celebration

Pecineaga
Commune

27*

Black Sea Kite Festival
Kite Festival

Mamaia

May

variable date

Festival of Folk Music
"Dor de cânt românesc"

Cumpăna

1

1 May at the Sea

on the Seaside

6*

The sons of the
village

Negru Vodă

9*

Days of the Communes
Cogealac , Lumina,
Mihail Kogălniceanu

Cogealac , Lumina,
Mihail Kogălniceanu

9*

Kures - Tatar fightig

Murfatlar

12*

Sending the sheep to
pasture

Valul lui Traian

19

"Museum Night":
Art Museum,
Folk Art Museum,
National History and Archeology Museum,
Romanian Navy Museum

Constanța

13*

Meeting the sons
of the village

Castelu

21*

Ziua comunei
Mircea Vodă

Mircea Vodă

21

"St. Emperors Constantine
and Helen"
- Days of the City
of Constanta

Constanta

26*

Days of
the acacias

Corbu

27*

Days of the
Commune of
Fântânele

Fântânele

June

1-4

Traditional Dance and Folk Music Festival for Children

Eforie

3*

Days of the city of Negru Vodă

Negru Vodă

10*

Agigea Commune Celebration

Agigea

29*

Techirghiol - Orchestral Pop Festival "The voice of hope" and Humorous Festival "The stage of Tănase"

Techirghiol

July

variable date

National Romanian Film Festival

Constanța/Mamaia

variable date

Stufstock Festival

Vama Veche

variable date

Liberty Parade

Saturn/Venus

variable date

The Night of Advertising Lovers

Eforie

3rd - 8th

International Orchestral Pop and Folklore Festival for Youth „Dobroge, mândră grădină”

Mamaia, Mangalia, Costinești, Eforie

20th *

The Celebration of Commune of Istria

Istria

19th - 21th

Freedom Jazz at Vama Veche

Vama Veche

27th - 29th

Music Parties - Celebration of the city of Navodari

Navodari

August

variable date

National Music Festival of Mamaia

Constanța

variable date

National Romanian Folk Singing and Dancing Festival

Constanța

variable date

Callatis Music Festival

Touristic Harbour Mangalia

variable date

The Mission Dance Week - end

Năvodari

variable date

International Festival for Folk Music The Festival of Youth - Folclore

Jupiter

variable date

The Celebration of the city of Murfatlar

Murfatlar

variable date

Sculpture Camp

Eforie

2nd *

Celebration of the Comune

Ghindaresti

10th - 15th

Celebration of the city of Eforie

Eforie

15th

Marine Celebration

Constanța to Mangalia

15th - 19th

Romanian National Film Festival

Constanța

15th - 19th

Celebration of the city of Cernavodă

Cernavodă

15th - 23rd **

Celebration of the Commune of 23 August

23 August

16th - 18th

Antique Festival

Constanța, The area of the Roman Edifice

17-19*

Celebration of the village of Silistea

Silistea

25th - 26th *

Celebration of the city of Techirghiol

Techirghiol

September

variable date
Tourism Seaside
- Danube Delta Fair

Constanța

variable date
Tatar fights
- Kureș

Cumpăna

2nd*
Celebrations of the
city of Medgidia

Medgidia

2nd*
Harvest Days

Hârșova

28th-30th*
Harvest Days

Cumpăna

28th-30th*
Harvest Days

Năvodari

28th-30th*
Harvest Days

Mangalia

29th*
Harvest Days

Chirnogeni

30th*
Harvest Days

Medgidia

October

variable date
International
Music and Dance
festival - Constanța

Constanța

1st-14th*
Celebrations of
Harvest and
Dobrogean Wine
Constanța,
Exhibition Pavilion

variable date
Harvest Days

Murfatlar

1st-15th*
Autumn Days

Cernavodă

1st*
Harvest Days

Mihail Kogălniceanu

6th-7th*
Harvest Days

Castelu

20th-21st*
Harvest Days

Mangalia, Negru Vodă

7th*
Harvest Days

Valul lui Traian, Techirghiol

26th*
Harvest Days

Comana

31
International
Day of the Black Sea

Constanța

November

variable date
Orchestral Pop County
Festival "The Sea Dolphin"

Cumpăna

1st*
Elderly People
Celebration

Eforie

December

1st*
National Day
of Romania

variable date
Winter Habits and
Customs Festival
"By ancient custom"

Cumpăna

* approximate date

SUSTAINABLE DEVELOPMENT AND ENERGY EFFICIENCY

The tourism, more than any other domain of activity, is dependant on the environment, representing "its raw material", its performance object and domain, being a constant support and carrier of its resources.

Tourism is performed in the environment and through the environment, its quality favoring or denying the tourist activities.

No type of tourism activity can be approached in a development process unless it is in direct relation with the environment.

The relief, forests, rivers, lakes, sea, natural or art and architectural monuments, air or mineral waters, components of the environment, are also constituted as tourist resources favoring the performance of the rest and recreation tourism, balneary treatment, seaside or cultural, hiking. The more varied and complex these resources are, and especially unaltered,

with properties closest to the primary ones, the higher is their tourist interest, and the activity they generate more valuable and attractive, answering to very varied tourist motivations. The greater the degradations produced on the environment, the more affected the tourist services are. From an economic point of view, the shortcomings reported as a consequence of the existence of degraded tourist resources are firstly reflected in the impossibility to capitalize them as income sources, thus constituting a final loss for the economy. The tourist products including degraded resources reduce their values, the consequences being direct, materialized in the reduction of tourist demands and implicitly, the more reduced use of the tourist material base and of the collections from their trading.

As a factor of a vital importance for our society, it is necessary that every human being becomes an aware, practical and energetic participant in the prevention work of environmental degradation, of improving the quality of his life.

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“UNIQUE ITINERARIES AND EVENTS IN DOBROGEA”

Constanta County Administrative Unit

July 2020

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Translated by Intelligent Learning S.R.L.