MIRAGE MEDSPA HOTEL ****

Eforie Nord

Situated approximately 50m away from the beach and classified as a 4 star hotel, it offers tourists accommodation and care services at international standards. The hotel has an accommodation capacity of 65 standard double rooms and 12 apartments, all equipped with balconies, showers, cable television, minibars and air conditioning.

Between 26.05.2011 and 25.01.2013, S.C. Briza Marii Negre S.R.L implemented the “Set up and equipment of the ‘Mirage’ Treatment, Rehabilitation and Spa Therapy Center in Eforie Nord” project, financed through the Regional Operational Program 2007-2013. The general objective of the project relates to harnessing the natural resources found in the Eforie Nord spa and climatological resort, in order to increase the flow of tourists and the specific objective of the project is to diversify the tourist services offered by the Briza Mari Negre Company.

With the opening of the new Mirage MedSPA Health Center in April 2013, the accommodation structure of the Mirage MedSPA Hotel complex will be receiving its foreign and Romanian guests in a new ambiance, as the rooms and public areas will be amply renovated.

Covering a surface of 2700sqm divided into 3 levels, 40 modern individual treatment rooms, kinesiotherapy and fitness rooms, Finnish sauna, wet sauna, cyclonic showers, ice fountain and a saltwater pool equipped with a Jacuzzi, waterbeds, cervical waterfalls, air jet massages, Mirage MedSPA differentiates itself in the landscape of health centers on the Romanian Black Sea shoreline through the holistic approach it takes with its guests.

The vast array of medical recovery treatments with that of the wellness therapies. The short distance to the sea (50m), the ambiance, the variety of therapies, the unique services offered by a team of professionals, the affordable prices, these are the elements we are counting on to earn our guests’ loyalty.

The Mirage MedSPA Health Center is distinguished through the medical activity based on complex programs for recovering the body physical and mental capacities and anti-aging treatments. There are recommended following a highly professional medical consult supported by medical investigations (EKG, laboratory tests, analysis of body composition, etc.) and applied by highly qualified recovery therapists (kinesiotherapists, spa and physical therapy assistants, masseurs, etc.).
Contur Travel

Experienced doctors develop complete and complex personalized packages that focus on relieving an array of rheumatic, post-traumatic, neurological, cardio-vascular, dermatological, gynecological, otorhinolaryngological issues, programs for recovery for sports players, as well as weight loss, detoxification, anti-aging and beauty programs. Other tourist attraction points on the S.C. Briza Marii Negre S.R.L property are the Cherhana La Stuf, Terasa Litoral (Beach Terrace), Imperial Restaurants and the Yacht Club, all located in Eforie Nord.

FACILITIES

Mirage MedSPA Hotel is home to the newest health center in the Eforie Nord resort. We would like you to enjoy the spa treatment based on the natural resources of Techirghiol Lake, the saltwater and vegetable slime mud, elements meant to serve your health. Covering a surface of 2700sqm divided into 3 levels, 40 modern individual treatment rooms, kinesiotherapy and fitness rooms, Finnish sauna, humid sauna, cyclonic showers, ice fountain and a saltwater pool equipped with a Jacuzzi, waterbeds, cervical waterfalls, air jet massages, Mirage MedSPA differentiates itself in the landscape of health centers on the Romanian Black Sea shoreline through the holistic approach it takes with its guests. The Mirage Restaurant as well as Cherhana La Stuf, Imperial Restaurant, Terasa Litoral (Beach Terrace) and the Yacht Club, all situated in the Eforie Nord resort, are the available options for satisfying the most diverse culinary and entertainment preferences.

ROOMS AND APARTMENTS

The Mirage MedSPA Hotel offers its guests 75 accommodation spaces. With the opening of the new Mirage MedSPA Health Center in April 2013, the accommodation structure of the Mirage MedSPA Hotel complex will be receiving its foreign and Romanian guests in a new ambiance, as the rooms and public areas will be amply renovated. The welcoming atmosphere, warm tones, quality of the services and modern equipment will accompany you throughout your Mirage experience. The accommodation spaces are equipped with the following: air conditioning, refrigerator, international telephone, cable TV, card based electronic locks, hairdryer.

**DOUBLE TWIN MIRAGE MEDSPA HOTEL ROOM**

2 beds, bathroom with shower, air conditioning, refrigerator, telephone, cable TV, hairdryer, card based electronic lock, bath robe, slippers, balcony.

**MIRAGE MEDSPA HOTEL APARTMENT**

Bedroom, living room with pullout sofa, bathroom with Jacuzzi, air conditioning, refrigerator, telephone, bath robe, slippers, hairdryer, cable TV, card based electronic lock, balcony.
**MEDSPA**

**OUR MISSION**

Mirage MedSPA harmoniously combines the three most desirable elements of any person living in the 3rd millennium: health, relaxation and beauty, in a modern unitary concept. Here you will find the perfect combination of modern and traditional, meant to rebuild the balance between body and spirit, help you regain your state of wellbeing, vitality and inner peace. Mirage MedSPA differentiates itself in the landscape of health centers on the Romanian Black Sea shoreline through the holistic approach it takes with its guests. The medical recovery therapies that use natural therapeutic factors (vegetable slime mud from Techirghiol Lake, the Sun, sea water, therapeutic salt, healing plants from unpolluted alpine areas) and the Gerovital H3 products are combined with relaxation and invigoration therapies, therapies to reduce the effects of stress, traditional massages, face and body therapies, all meant to alleviate an array of afflictions and re-establish the physical, mental and emotional balance of the body as a whole. The short distance to the sea, the ambiance, the unique services offered by a team of experienced professionals, are a few of the factors that we hope will convince you to take a break for your health. Mirage MedSPA is distinguished through the medical activity based on complex programs for recovering the body’s physical and mental capacities and anti-aging treatments, as recommended following a highly professional medical consult, supported by medical investigations (EKG, laboratory tests, analysis of body composition, etc.) and applied by highly qualified recovery therapists (kinesiotherapists, spa and physical therapy assistants, masseurs, etc.). Experienced doctors develop complete and complex personalized packages that focus on relieving an array of rheumatic, post-traumatic, neurological, cardio-vascular, dermatological, gynecological, otorhinolaryngological issues, programs for recovery for sports players, as well as weight loss, detoxification, anti-aging and beauty programs. Whether you want to treat certain afflictions and dysfunctions, lose weight and reshape you figure, if you wish to rebuild muscle tone or just indulge, a Mirage MedSPA sojourn will recharge, revitalize and regenerate you like never before.

**Balneo therapy**

**Mirage MedSPA** offers you complex programs to recover the physical and mental capacities of the body in a calming relaxing atmosphere, as recommended following a highly professional medical consult, supported by complete medical investigations and applied by highly qualified physical therapists. The therapies are inspired combinations of physical, environmental factors and valuable natural resources of the seaside and mountain regions that offer excellent results.

Mirage MedSPA is located 50m away from the beach. The characteristic climate of the area is marine, with warm summers and moderate winters, with little precipitation. The water of the Black Sea, the fine sandy beaches, the marine aerosols and the nearby Techirghiol Lake with its famous mud and salty water have delighted tourists searching to heal their bodies and enchant their souls from time immemorial. The vegetable slime mud from Techirghiol is formed through a millennial biological process, through the degradation of the phytoplankton and zooplankton. It has a complex mix composition, mineral and organic, that makes it a unique type of mud in Europe. Its therapeutic properties have been known and exploited since as far back as the time of the Romans. **The water in Techirghiol Lake** has a salt quantity 4 times as high as the Black Sea and a high degree of mineralization. The high amounts of Sulfur, Calcium, Magnesium and Potassium give the mud distinct healing qualities.
The natural elements offered by the Black Sea, Techirghiol Lake and the marine climate, are harmoniously complemented by mixes of therapeutic plants picked from unpolluted mountainous areas, various aromatized essential oils, and marine algae mixes. All of these factors can be found in an impressive variety of mud therapies (baths, massages, wraps), paraffin wraps, hydrotherapies (underwater showers, hydro-massages, plant baths), various massages (with aromatized essential oils, Vichy massage showers), electrical current therapies using various frequencies, magnetic field therapies, laser therapies. These are joined by exercise therapy, applied in the salty water of the pool or in the physical therapy and fitness gyms.

The medical programs are suitable for all ages and are meant to alleviate a large array of rheumatic, posttraumatic, neurological, dermatological, gynecological and otorhinolaryngological afflictions. To those of you who wish to restore your ideal weight and eliminate the toxins accumulated due to unbalanced nutrition, smoking and daily stress, we offer personalized diets coupled with intense hydrotherapy, mud, complex massages, water and gym exercise programs, with remarkable effects in a short time span.

The “Asinus vulgaris techirghiolensis” (or Techir’s donkey) MUD – this is where the legend began. The story says that a crippled old Turkish man named Techir once accidentally arrived on the lakeshore (lake = GHIOL) with his donkey. They struggled for hours to get out of the smelly mud and when they finally did, the old man was stunned to see his legs had begun to listen to him, and the injuries on his wise donkey’s back had healed and it had become livelier.

The therapeutic qualities of the Techirghiol mud still manage to amaze. People have known about them ever since the time of the Romans, as the site and lake were on the edge of the imperial road that ran from Tomis (Constanta) to Callatis (Mangalia). Roman women made their skin silky smooth by wrapping themselves in the black wonder. Vegetable slime mud is formed through and extremely long biological process (peloid-genesis), through multiple degradations of the phytoplankton and zooplankton (algae, crustaceans and protozoans). The complex composition, mineral and organic, makes this mud unique in Europe.

The main afflictions treated with mud, used also in combination with concentrated salty lake water, are: degenerative rheumatic illnesses (spondylosis, coxarthrosis, gonarthrosis, arthrosis of the arms and legs), lesions of the intervertebral discs, inflammatory rheumatic illnesses (spondylitis, psoriatic arthritis, rheumatoid polyarthritis except flares), affictions of the soft tissue (tendinitis, muscle and tendon inflammation, periarthritis, fibromyalgia, etc.), posttraumatic and post-surgical lesions (sprains, dislocations, fractures, operated lumbar disc hernia), peripheral and central nervous system illnesses (posttraumatic paresis and paralysis, various etiological polyneuropathies, poliomyelitis sequelae, paraparesis, hemiparesis), gynecological affictions (ovarian insufficiency, chronic cervicitis, chronic inflammation of the uterus and Fallopian tubes, secondary sterility, genital TBC sequelae), skin diseases (scaly dermatonosis, keratoderma, ichthyosis, chronic eczema, rash, neurodermatitis), peripheral vascular affictions (Raynaud syndrome, acrocyanosis, erythromelalgia, obliterating arteriopathy, incipient varices), diseases of the glands (benign hypothyroidism, myxedema, pre-pubescent hypoovarianism), respiratory diseases (tracheobronchitis, chronic bronchitis, bronchial asthma), otorhinolaryngological affictions (rhinitis, chronic sinusitis), etc. Mirage MedSPA offers its guests three types of mud treatments: warm baths, wraps and poultice and mud massages.

**Mud bath 20 min** A healing bath in a mix of vegetable slime mud and saltwater from the Techirghiol Lake, at a temperature of around 38°C. The pleasant warmth will envelop your body and you will feel as joint pains, muscle contractures, blood flow problems vanish as if by magic.

**Mud wraps 20 min**
**Contur Travel**

**Mud poultice 20 min** General or partial body wrap with a layer of vegetable slime mud from the Techirghiol Lake heated to a temperature of approximately 50°C. The mud transfers stored heat deep in the tissue, in the muscles and joints, stimulates local and distant blood flow, moisturizes and makes the skin smooth. You will regain freshness, youth, vigor and inner peace. Not recommended for claustrophobia sufferers.

**Mud massage 20 min** Therapeutic massage with the renowned vegetable slime mud from Techirghiol Lake. It is a unique type of mud in Europe, known since the Antiquity, also named “the black velvet” thanks to its distinct characteristics. The mud, heated to a temperature of 50°C, is applied using specific massage maneuvers and it caresses the body with its warmth, moisturizes and soothes the skin, alleviates aches. It is an experience that you will wish to relive.

**HYDROTHERAPY** is based on the external use of water, for therapeutic or prophylactic purposes. It is recommended for those who wish to relieve stress, improve body dynamics, relax and disconnect from their routine. It is suitable for all, young or less young, sedentary or sports players and uses only natural products: warm sea water, salty lake water, medicinal plants, salts and algae gels, essential oils. Water therapies restore the biological balance and improve the condition of the body and mind.

**The hydro-massage** strongly massages globally or locally, using multiple jets on the muscle lines and in the direction of return blood flow. By adding salts or algae gels the transcutaneous absorption of trace elements and mineral salts is improved. Water therapy has been developed based on ancient Roman practices; it is customary in every Spa Center in the world and has over time transformed into a real philosophy of esthetic refinement and authentic wellbeing. The warm water and air jet massage, mixed in various programs, stimulates endorphin (“happy hormone”) secretion.

**Bubble baths** relax the body physically and mentally and improve overall condition.

**Saline baths with plants** that have a sedative effect favor the Oxygenation of the tissues and general relief, alleviate sleep disorders and mental tension. Apart from the calming and resting effect, the active elements of the plants directly act on the integument and have antiseptic, scarring and anti-inflammatory properties. The vegetal aromas will transport you to a corner of nature, conditioner for the soul...

**The underwater shower** is a massage of the muscle mass, performed using a water jet of variable pressure, underwater, in a special tub. The effects are much like those of the classic massage. It is a unique experience that deeply relaxes the muscles, stimulates blood and lymphatic flow, drains edemas, improves digestion and alleviates aches. A single session will never suffice...

**The tonic cyclonic showers** consist of vertical hydro-massage together with lateral jets of variable pressure that transform the experience into a state of wellness and comfort.
THE MASAGGES performed using aromatized oils or applied as a massage shower of medium to high pressure, that stimulates blood flow and the elimination of toxins accumulated in the muscles, along with rebalancing and stimulating positive energy flow. Firm friction, kneading and rolling techniques, combined with short tapping and brushing techniques make up an energizing, but relaxing massage. You will be relieved of the stress build-up without a trace of discomfort.

The Vichy massage shower therapy, very popular in great Spa Centers around the world is a pleasant combination of manual massage techniques and a water jet massage from five shower heads with variable flow, with the purpose of relaxing the muscles, exfoliating and smoothing skin, improving peripheral circulation, reducing mental stress.

The relaxation massage. Escape from the daily stress by choosing a whole or hind side body massage, ample, deep, low to medium pressure, performed using warm essential oils, your choice. Let yourselves be enveloped by the natural aromas, the expert touch of the therapists and you will experience letting go in a state of pure relaxation and inner quiet...

The toning massage. Therapeutic whole body massage, performed with medium to strong pressure, that stimulates blood flow and the elimination of toxins accumulated in the muscles, while rebalancing and stimulating positive energy flow. Firm friction, kneading and rolling techniques, combined with short tapping and brushing techniques make up an energizing, but relaxing massage. You will be relieved of the stress build-up without a trace of discomfort.

The scalp and cervical massage Relaxing massage of the cervical region and scalp that offers a sensation of deep relaxation and wipes away the tormenting marks of daily stress.

Back and shoulder tension relieving massage Ample massage that relaxes muscle tension caused by harmful positions or physical effort and improves mobility of the spinal cord.

Lymphatic drainage massage An efficient natural method of stimulating lymphatic circulation, which will affect the entire body. The gentle rhythmic massage performed skillfully with the palms stimulates the muscles of the lymphatic vessels. The results of this treatment are spectacular: it eliminates cellulite, edemas caused by lymphatic circulation, circulatory disorders, and constipation and immune problems, stimulates the immune system, and significantly improves acute and chronic pain.
**Contur Travel**

**The volcanic stone massage** uses heated volcanic basalt rocks and massage oils, thus combining heating the massaged areas with the traditional massage. The therapy is based on Oriental disciplines that state that there are seven energy point named Chakras located along the central canal of the body – vital energy centers that are connected to certain organs of the body. Energy is distributed from the Chakras to the entire body through numerous energy channels that traverse the body, and so part of the stones are placed in the seven Chakra points. In Oriental culture, it is believed that each of the seven Chakra points corresponds to a vital organ, their stimulation bringing a state of wellbeing throughout the body. The remaining stones are used for a rhythmic massage that offers relaxation, eliminates toxins, improves health and drives away stress.

**ELECTROTHERAPY**

Mainly symptomatic treatment, that uses established galvanic current formulas, low, medium and high frequency currents, ultrasound, low frequency magnetic field, laser bio-stimulation. It is performed only at the recommendation of a doctor, following a detailed consult.

**Therapeutic laser** It is a very successful therapy, superior to the classic physiotherapy (electro-physiotherapy). A bio-stimulating effect is induced at tissue level, and local and systemic regeneration metabolic processes are modulated at cellular level. It is a pain free therapy, completely harmless, with no side effects and it is the only therapy, that induces local cellular regeneration.

**Magnet therapy** It is based on the understanding of the correlation between magnetism – in the traditional sense – and the electromagnetic fields of the human body, combined with the electromagnetic interactions that take place in the environment. This therapy implies applying magnets of certain strength to various areas of the body, affecting the ionic and electromagnetic human fluxes, thus facilitating healing or improving physical condition.

**4-cellular galvanic bath** Combines the action of direct continuous current with the thermal effect of the water, in the 4 cells for the superior and inferior limbs. It is distinguished through the remarkable effects in alleviating pains of neurological and muscle and joint origin and in chronic venous insufficiency.

**AEROSOLS**

We use the therapeutic effects of sea water in the form of aerosols produced by an ultrasound machine to treat various respiratory disorders (chronic bronchitis, bronchial asthma, pulmonary emphysema, etc.) and problems related to otorhinolaryngology (sinusitis, rhinopharyngitis, laryngitis, etc.).
The therapy based on the Romanian medicine Gerovital H3 is still used today as a way to postpone or slow the process of aging, with spectacular effects, as well as to treat illnesses pertaining to aging. Aging is a natural phenomenon, we cannot avoid it, but we can live through it without many serious health issues. Various afflictions await those over 65. It is a special time in our existence, which is why medicine has dedicated a specialty named geriatrics to this age.

We cannot escape old age. There are over 300 theories that have tried over the years to define aging, but all have been left incomplete. In general, it is considered that old age starts around the age of 60-65. During the last decades, the older population has increased to numbers higher than demographic analysts had predicted, making people more interested in gerontology and geriatrics.

Gerontology is defined as the science of aging processes, and geriatrics as a branch of medicine that researches the pathological aspects of aging.

With age come physiological changes: perception abilities are in regression (hearing, sight, taste, smell), painful and thermal sensations are reduced. Often, the elderly will suffer from infarctions, perforating ulcers or even fractures, pain free.

There will also be psychological changes, such as: apathy, depression, fear of hospitalization, confusion.

The most frequent illnesses are: ischemic cardiopathy, arterial hypertension, pernicious anemia, chronic lymphatic leukemia, digestive ischemia, diabetes, myxedema, cerebral atherosclerosis, Parkinson’s disease, dementia, depressions, states of confusion, glaucoma, cataracts, osteoporosis, polyarthrosis, gout, femoral head fracture, cutaneous cancer. Because they come with third age, these illnesses must be treated.

It has been noticed that today’s elderly population excessively consume hypnotics, psychotropics, laxatives and antibiotics. They have the tendency to store medication and not stick to prescriptions. Orally administered medication is less likely to be absorbed and renal elimination drops.

The absence of vitamins and mineral salts worsens the sufferings of the sick. Among the most appreciated geriatric treatments in the world is the wonder medicine Gerovital H3, invented by a Romanian, Prof. Dr. Ana Aslan, together with a group of illustrious and enthusiastic researchers. Great public figures of the world have struggled to benefit from the famous beauty elixir produced in Romania.

The veteran Gerovital H3 has over the years remained as young as the millions of people that have used it. The first medicine acknowledged worldwide, created in the 50s, specifically to slow the aging process, increases physical and intellectual abilities, improves memory and the senses, reduces anxiety and depression, improves the quality of the skin and hair, favors the re-pigmentation of the hair, increases muscle tone and mobility of the joints, levels arterial tension, stimulates the regeneration of the liver, gastric mucus and bone marrow, regenerates striated muscle and peripheral nerves.

The two weeks of Gerovital therapy, combined with mud, hydrotherapy, massage and kinesiotherapy, attract numerous patients, Romanians from all over the world, confident in the method Ana Aslan has discovered.

Therefore, we look forward to your visit, so that together we may “Add life to years and not years to life!”
FACE AND BODY ESTHETICS

ECOVITAL G3 – PROFESSIONAL LINE

After nearly 40 years of research in the field of cosmetic formulations, the ECOVITAL Company has included in the ECOVITAL G3 professional line all of the experience and observations accumulated over this period, respecting the fundamental principles of the cutaneous aging phenomena. Based on clinical and functional tests performed on an impressive number of cases by the reputed Romanian scientist Prof. Dr. Ana Aslan, regarding the general, and especially cutaneous, aging process, the ECOVITAL G3 line with its formulas ecological in nature, favors cellular regeneration and acts in a positive way on the cellular metabolism in order to keep the elasticity, youth and glow of the skin.

The major factors that favor the appearance of illnesses due to aging are related to the absorption of nutritional substances, to the harmful effect of the free radicals and to the increase in the concentration of monoamine oxidase (MAO). The assimilation of nutritional substances necessary for the immune system and biological functions decreases dramatically with age, while the free radicals and MAO increase each year with age.

The first geriatric GEROVITAL H3 products created as vials, tablets and cosmetic products have demonstrated their efficacy by reducing the high concentrations of MAO especially in the brain, by protecting cells from the attack of free radicals, with the regenerating effects visible in treated individuals, even spectacular in many cases. The effects of the cosmetic products were visible in flaccid, dry and withered skin which shortly became smooth, tight and glowing. At the same time, these anti-aging products have the ability to improve Oxygenation in the blood, which leads to the ability to maintain every organ in the human body functioning well far into old age. Demonstrating the efficacy of Gerovital products implicated a large number of researchers in the medical world. The German scientist Dr. Paul Luth discovered that the body converts procaine into two well-known nutritional substances: para-amino-benzoic acid (PABA) and dimethyl-amino-ethanol (DMAE). Some foods naturally contain small quantities of these nutrients.

1. PABA is a member of the B complex family that helps dissociate and use proteins, the virtual basic food source of any enzyme, hormone, cell and tissue in the body. PABA limits and destroys certain categories of free radicals, as it is an important antioxidant, that protects the skin from UV radiation, acting as a real vitamin for the skin and hair.

2. DMAE is an antioxidant compound, non-irritating, that acts as a membrane stabilizer by maintaining them intact. DMAE reduces cellular stress, the production of arachidonic acid and other harmful chemical compounds, protects cells from the attack of free radicals. Applied through cosmetic products, DMAE stimulates cellular regeneration, eliminates the flaccid aspect of the skin caused by age, has a modulating, anti-inflammatory role that in the end leads to a reduction in wrinkles, dark circles, nasal-labial recesses, tones and tightens the skin, and due to its role as neurotransmitter messages are transmitted from the skin to the brain. Applying this substance is a way of producing a facial lift without the plastic surgery, as it is an alternative.

The scientific process of formulating the ECOVITAL G3 products has come about thanks to a continuation of the research initially conducted at the Prof. Dr. Ana Aslan National Gerontology and Geriatrics Institute by a mixed team of specialists that turned to the cutaneous regeneration phenomena from 1977-1987. Later, research extended to beauty salons around the country and abroad and during 1997-2006 their own product line was created under the ECOVITAL brand, products that were extended under the name ECOVITAL G3 PROFESSIONAL generation three, that make use of the experience accumulated over the years.
The full range of ECOVITAL G3 PROFESSIONAL face and body treatments uses in its formulas the latest active principles that allow for visible results in personalized treatments and offer solutions that coincide with the current trends in the fascinating world of beauty.

The complex indulgence of the body with the ecological ECOVITAL G3 PROFESSIONAL products is made up of several steps: cleaning the body with exfoliating sea salts, as a first phase in body esthetics, maintains the hydrolipidic film, favors the elimination of dead cells, leaves skin supple, moisturized, clean, ready for the active principles to penetrate.

Osmotic dynamization of the body. The bio-affinity of the epidermis towards the extremely precious marine components (sea water, algae, mud, salts) leads to the re-balancing of the body, inducing a state of wellbeing and regaining vitality and beauty. The dynamizing treatments are recommended in all courses before the specific treatment. Marine wraps and baths give the body the mineral elements and vitamins that they contain. The skin becomes supple, the body is remodeled and toned. As algae are sources of iodine, they act on the thyroid gland, stimulating lipase which accelerates the elimination of fats.

**Individual treatments**

**WEIGHT LOSS, REMODELING, TONING**
Cellulite, or localized lipo-dystrophy, affects approximately 90% of the female population, but can be found in males as well. It develops with both overweight and underweight people. Regardless of what caused it, cellulite cannot be eliminated only through diet. We need to act directly on this problem to understand its causes and consequently act to remove it. Results are measured by observing the number of centimeters the affected areas dropped.

The weight loss-remodeling treatment: is suitable for people who wish to find a global personalized solution to fight roundness, fat deposits and cutaneous relaxation.

The anti-cellulite weight loss-remodeling treatment: is suitable for people with localized cellulite (supple or tough) in the knee, thigh, hip areas or the diffuse cellulite in inferior limbs, abdomen and arms.

The restructuring treatment: corrects lack of firmness, cutaneous relaxation, stretch marks, dull skin color.

**MOISTURE AND NOURISHMENT**
all skin processes take place in optimal conditions if the skin is hydrated well. Hydration guarantees a delay in the onset of visible signs of cutaneous aging, soft and supple skin, resistance to aggressive environmental factors. Water is the source of life. Sea water especially is the environment in which the body can reconnect with its original source of elements that life on land has lost.

**SPA ESTHETICS**
The term spa esthetics is used for products that contribute in some form or another to the rejuvenation of the body and mind, to muscle relaxation and improve mobility of the joints, stimulate circulation, reduce body weight, eliminate toxins (metabolic waste), increase tissue Oxygenation, complete specific treatments – anti-cellulite, for localized fat deposits.

**Mirage GYM**
The fountain of youth is regular exercise.

Fitness will help you stay young and healthy. It helps the body stay in top shape and maintains the energy and vigor that you need to achieve your goals. It prolongs life by reducing the risk of illnesses and more importantly, improves quality of life.
Physical activity strengthens the immune system and will help you avoid or quickly recover from colds or other minor afflictions. It also helps prevent and improve many pathological states associated with aging: coronary disease, arterial hypertension, diabetes, arthrosis, osteoporosis and depression.

Regular exercise intensify the burning of fats, models muscle mass and rebuild bone strength. Consequently, joint mobility and scope of movement are increased thanks due alleviated back and joint pains.

Fitness rebuilds muscle tone and strength, fatigue melts away and energy levels increase. Exercise intensifies fat burning and helps you keep your body weight under control. It also increases muscle mass thus burning more calories.

Learn which exercises best help you strengthen and shape certain areas of your body. Well trained instructors will compose complete and complex personalized activity and exercise plans for you in order to bring you back to an enviable form, shape your figure and tone your muscles.

AQUA Mirage

AQUA MIRAGE invites Mirage MedSPA guests to the heated sea water pool, for water gymnastics and relaxation, in a welcoming and inspirational decor. The beautiful colorful lights, the inviting lounge chairs, the warm atmosphere, give this area the charm of a story about harmony, regeneration and wellbeing.

The water exercise programs are performed under the permanent guidance of experienced kinesiotherapists and are personalized to suit the particular characteristics of each guest or grouped according to afflictions.

The pool is equipped with relaxation and prophylactic equipment: underwater showers, Jacuzzi, cervical showers, waterbeds, air jet massage mini-waterfall, lumbar massage, floaters and balls for gymnastics exercises and for the guests’ entertainment.

AQUA MIRAGE entices guests with its two saunas and ice fountain.

As a very popular beauty ritual, also known as Finnish sauna, the dry sauna has been practiced for more than 1000 years. Heated to 80-90-100°C and equipped with comfortable Scandinavian wood benches, it helps eliminate toxins, stimulates the immune system, relaxes the muscles, deeply cleanses the skin and stimulates cellular regeneration.

The wet sauna or steam bath, covered in a mosaic of sea colors is heated to a much lower temperature (40-50°C) and the humidity can even get to 100%. The steam bath is beneficial both for the health and for beauty. It is recommended for chronic fatigue, rheumatics, obesity, cellulite, respiratory disorders and circulatory disorders.

Saunas relax the body and eliminate stress, offering a well-deserved break and total detachment from the daily grind. On the other hand, saunas favor the elimination of water from the body, thus shaping your figure and making you restoring the body to an enviable beauty. Between sauna sessions, we invite our guests to cool off at the ice fountain, with an ice flake massage. The body is subjected to a revitalizing and toning thermal shock, beneficial after a heat bath. Alternating hot-cold revitalizes and makes skin firm, as guests can enjoy the ice massage repeatedly.