

ROMANIA
Trending, Vibrant & Authentic

Healing by Nature,Perfected by Science

Wellness Resorts

Natural Resources

Medical & Therapeutic Expertise

EXPLORE NOW

Presented by :
The Embassy of Romania in the UK
In partnership with **RoBoost & APT**

Romania’s Balneary Highlights



Romania holds 30% of Europe’s balneary resources – over 2,500 mineral and thermal springs Centuries-old spa traditions meet modern medical expertise (Herculane ~ Therme Herculi - Ad Aquas Herculi Sacras, dated 153 BC)

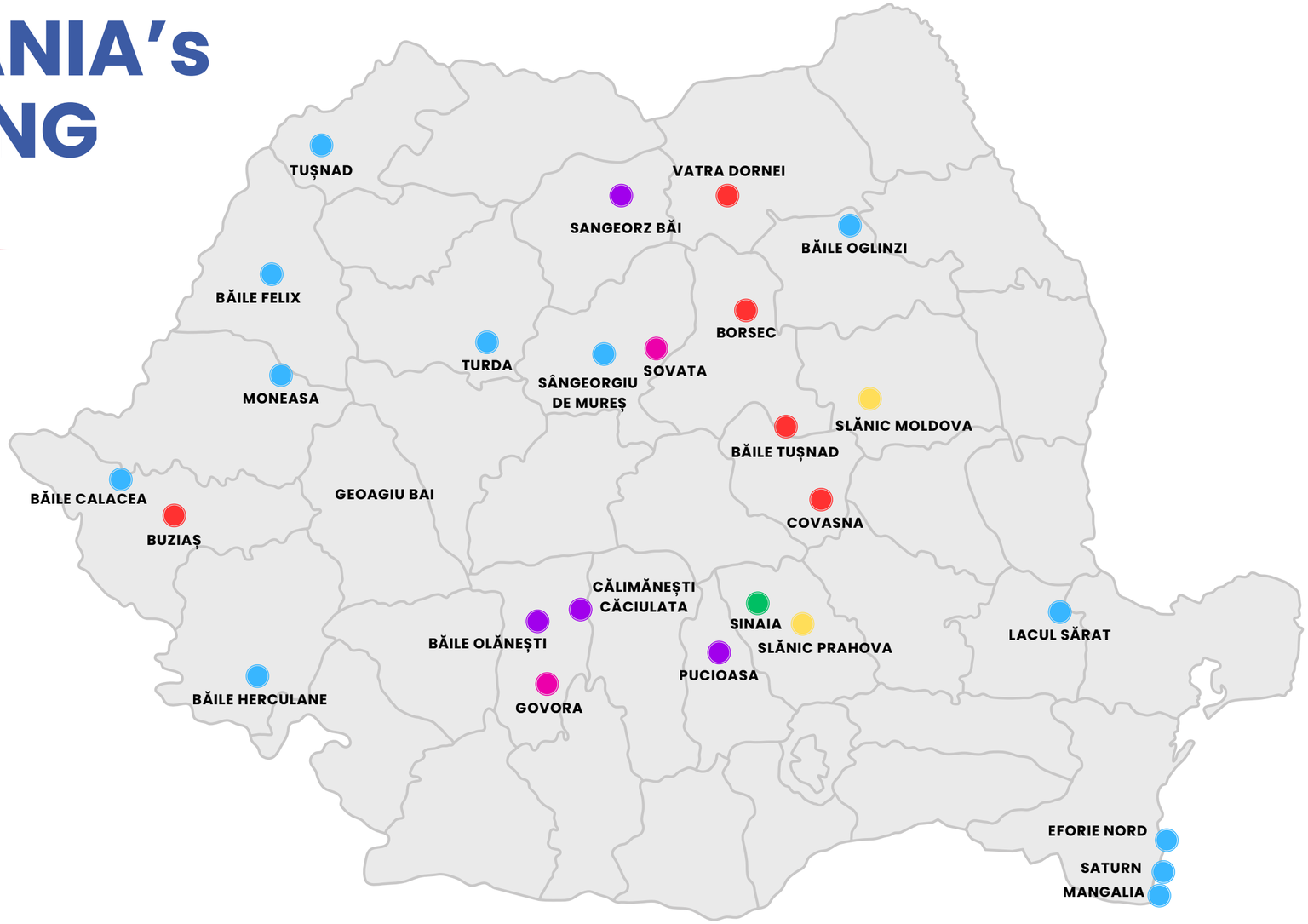
What is your choice?

- Black Sea & Mud Therapy: **Techirghiol, Eforie Nord, Mangalia, Lacu Sărat, Amara.**
- Mountain & Lake Spas with Mineral Springs & Mofetas: **Sovata, Borsec, Tușnad, Covasna, Slănic Moldova**.
- Thermal Resorts: **Băile Felix, Geoagiu-Băi, Moneasa, Tășnad, Therme Bucharest**
- Heritage Spa Towns & Mineral Springs: **Băile Herculane, Călimănești-Căciulata, Govora, Olănești**



From detox to deep relaxation – authentic wellness shaped by nature

ROMANIA’s HEALING MAP



LEGEND

- Cardiovascular diseases
- Rheumatic diseases
- Respiratory diseases
- Digestive and internal diseases
- Gynecological disorders
- Nervous systems disorders

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Black Sea & Mud
Golden Health Timeless Secret

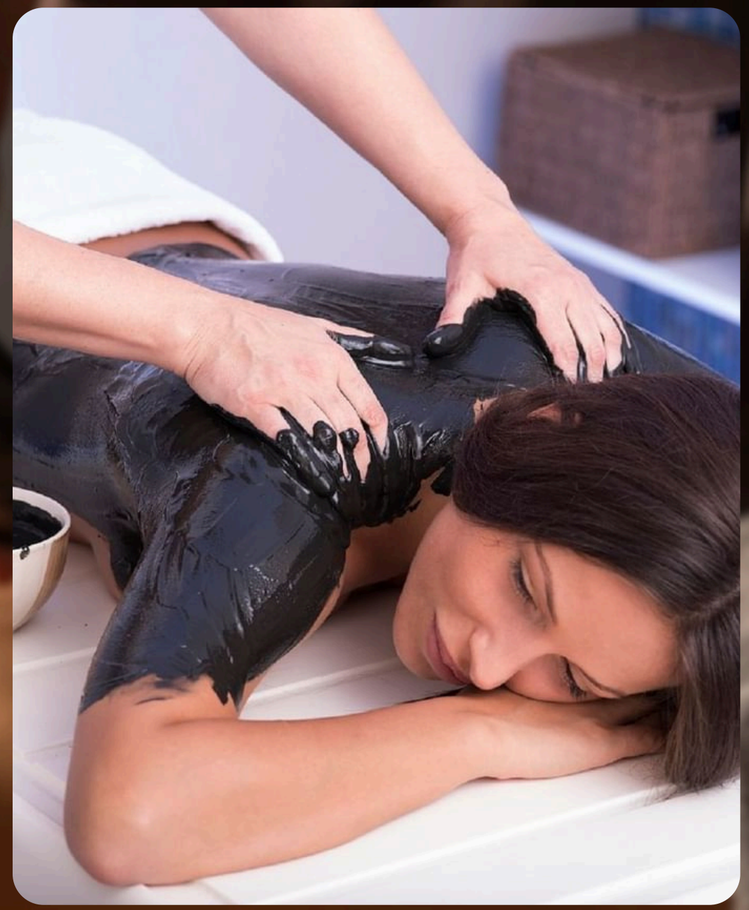
The famous 'Black Dress Code' ritual: sun, mud, and saltwater therapy
Locations: **Techirghiol –Eforie Nord, Lacu Sărat, Amara, Sovata**





Benefits: **useful in therapies for rheumatism, dermatology, endocrinebalance, rejuvenation**

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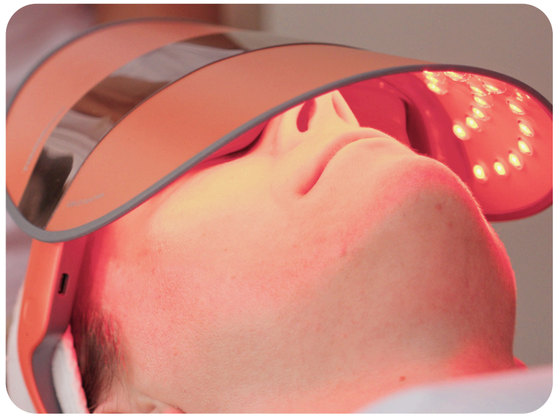
Mountain & Lake Spas & Mineral Springs & Mofettas Touch of Tradition



Sovata’s Lake Ursu **– Europe’s only heliothermal lake**









Resorts: **Sovata, Borsec, Tușnad, Covasna, Slănic Moldova**

Benefits: **Ideal blend of therapies for health: Cardiovascular, Dermatological conditions, Diseases of the digestive tract, Metabolic and endocrine diseases, Gynecological diseases, Musculoskeletal therapies, Antiaging therapies**

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Heritage Spa Towns & Mineral Springs

Heritage Spa Towns: dated centuries ago, they benefit of historical architecture and sites to visit, adding on top of their richness in natural springs:
Băile Herculane, Călimănești-Căciulata, Govora (one of the richest pure organic Iodized and Brominated waters in Europe), **Olănești**

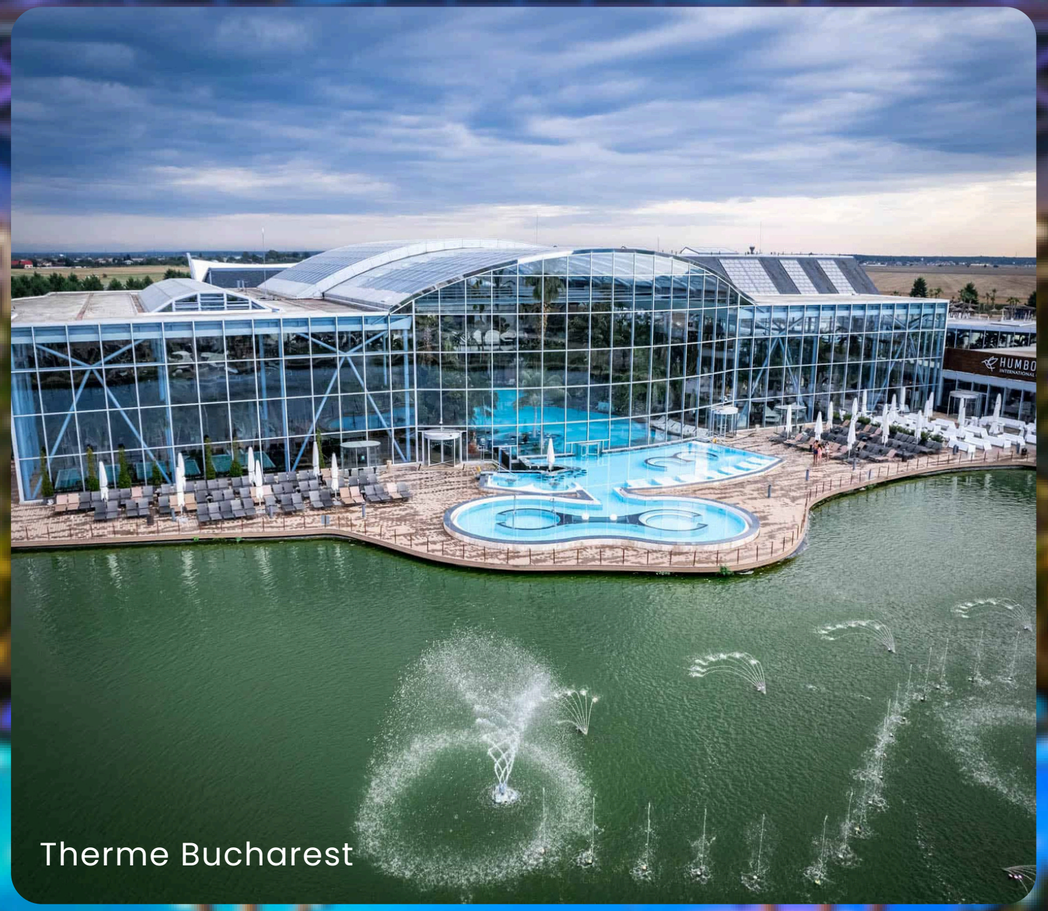
Benefits: **respiratory & rheumatological ailments, recommended for renal/urinary, digestive–hepatobiliary, metabolic, dermatologic conditions – medical recommendations on site**











Therme Bucharest

Nature’s Medical Spa – thermal waters

Thermal Resorts with geothermal and thermomineral waters: **Herculane, Băile Felix, Geoagiu-Băi, Moneasa, Tășnad, Therme Bucharest**





Benefits: **Postural & post-traumatic conditions, Osteo-articular rheumatic conditions, Central and peripheral neurological disorders, Stress, Skin conditions.**

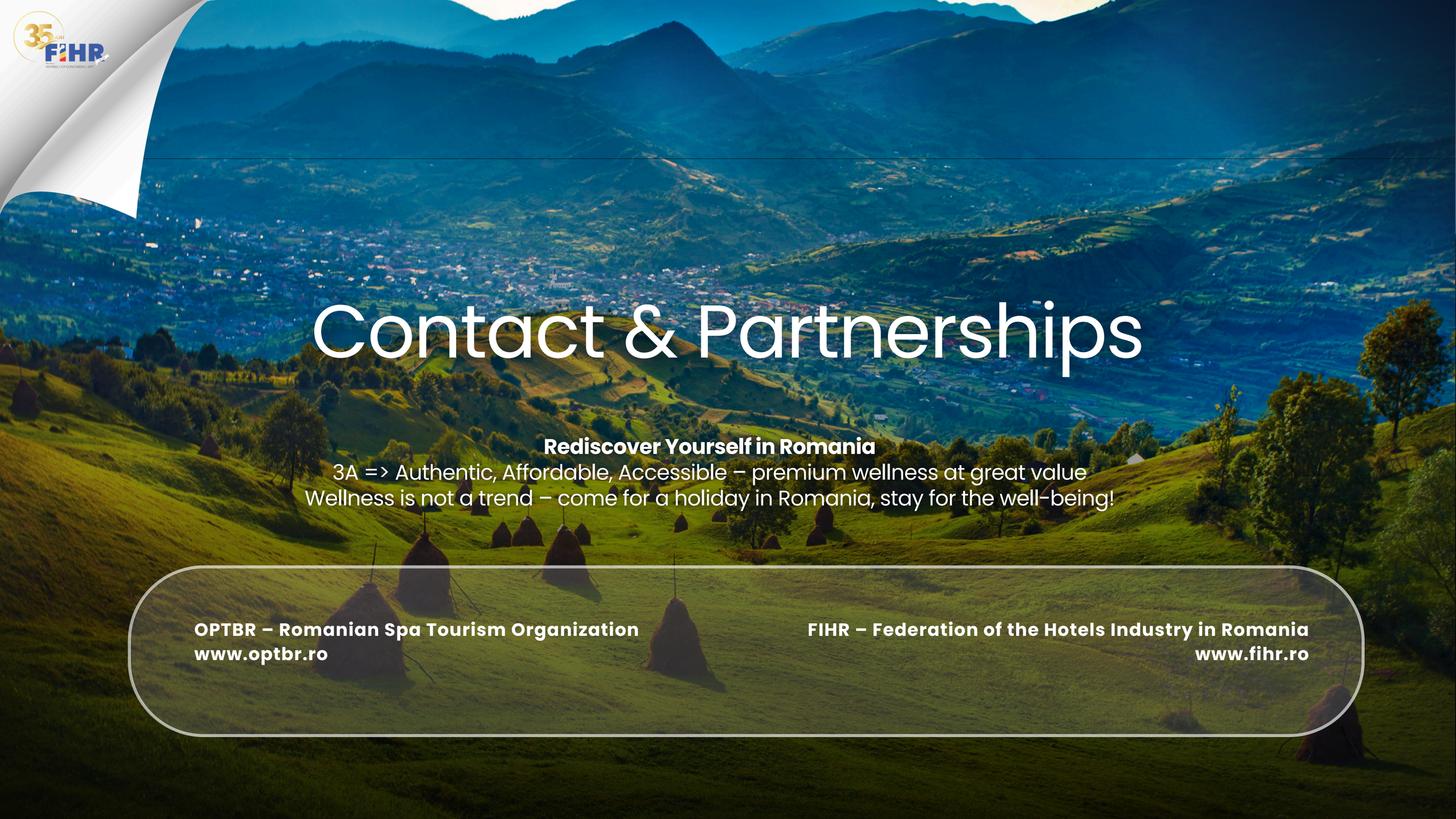
Some waters are to be used as treatment only by medical recommendation (sulfurous water) and some are to be enjoyed with the whole family!

Sustainable Wellness in Motion



Eco-friendly spa resorts powered by geothermal energy
Locally sourced spa cuisine and community-based tourism
Romania tourism is embracing sustainable and inclusive wellness

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Contact & Partnerships

Rediscover Yourself in Romania

3A => Authentic, Affordable, Accessible – premium wellness at great value

Wellness is not a trend – come for a holiday in Romania, stay for the well-being!

OPTBR – Romanian Spa Tourism Organization
www.optbr.ro

FIHR – Federation of the Hotels Industry in Romania
www.fihr.ro