About Techirghiol there is evidence dating back to the Neolithic period. Later, we learn that Roman soldiers were treated with mud from the lake located at the road leading from Tomis Callatis. Apparently they knew the therapeutic qualities of the Techirghiol mud, which is why their wounds mostly from fighting were cured.

The settlement is mentioned in 1560 in two of the sultan Suleiman the Magnificent’s firmans addressed to the Ruler of Moldavia. Other written information related to the therapeutic effects of the lake, dates from 1854, when the Ottoman commander, Said Pasha, who was in the military camp in Techirghiol, took several mud baths and was amazed at the miraculous effects that it has on the body.

There is a legend that says that the lake became famous after a Turk had been miraculously healed. Techir, an old and blind lame, came with his donkey at Lake Techirghiol, deepened into the smelly mud with his animal, which remained stalled. The old man struggled for a while to take off his ass, and after several hours in the water, he realized that he received his sight, and his feet were not crippled. Moreover, even the donkey wounds healed. The news of the miracle spread very quickly, and people everywhere began to come and bathe in "Techir's lake" - Lake Techirghiol today.

Favored by a temperate continental climate, of steppe, with marine influences, and sheltered from strong sea breezes and winds from the north - east due to the distance to the sea and the landscape surrounding the spa - Techirghiol benefits from the existence of special natural conditions, resulting in the presence of natural sanogenic factors namely: stimulant climate, mud and chloruro - sodium - iodine water of the lake.

The average annual temperature is around 11 degrees Celsius, humidity is about 80%, there is an almost permanent wind with a velocity of 4-5 m / s (especially between 11 to 17 hours) and the average is 900 ionization ion + and - / cm³ with positive predominance. The lake water is chlorinated, sulphate, bromine, sodium, magnesium and, hypertonic. Mud, with alkaline pH is extracted using boats from the lake bottom.

Techirghiol Spa and Rehabilitation Sanatorium

Techirghiol Spa and Rehabilitation Sanatorium provides curative and rehabilitative medical care mainly for musculoskeletal disorders, conditions that constitute a public health problem not only in Romania but in all countries with a pattern of morbidity typical to the developed countries in terms of economic terms.

Techirghiol Spa and Rehabilitation Sanatorium is located on the lake Techirghiol, 16 km. from the city of Constanta, 3 km. from the Black Sea. Access to the resort is easy, the sanatorium
being located 40 km from Constanța and Mihail Kogalniceanu International Airport and 250 km from Henri Coanda International Airport, with multiple ways to access the A2 motorway, DN 38 road and county road that connects Eforie Nord to Techirghiol.

Given the special conditions available and the latest medical equipment, Techirghiol Spa and Rehabilitation Sanatorium received the THE BEST SPA award at the 63rd International Scientific Congress of the World Federation of Hydrotherapy and Climatology, held in Tunis, Hammamet, between 1 and 2 November 2010.

The institution is accredited ISO and CoNAS under the law conditions.
ACCOMODATION

Techirghiol Spa and Rehabilitation Sanatorium is a unit classified in the category of 2-star hotel with a capacity of 2 beds, bathroom, tiles, parquet. Also, newly renovated rooms are equipped with LCDs, refrigerator, cable TV, wireless internet. The institution is equipped with a guarded parking, with a capacity of 150 seats.
MEALS

Meals will be prepared in the own food bloc, by specialized personnel. It will provide three meals a day, in its restaurant, located in the same premises with the accommodation and treatment. The menu consists of three meals a day at the main meal being provided three dishes. Given the diversity disease patients the daily menu will be individualized for each patient. After medical examination, patients will be setup the menu appropriate for their health (diets as - common, diabetes, low sodium - cortisone, lacto - vegetarian, vegan, digestive). The menu contains all basic products (meat, vegetables, fruit, milk, etc.), providing daily caloric requirement. The served menus will not be repeated more than twice the entire duration of a stay.

TREATMENT

Along with special conditions, Techirghiol resort benefits from the existence of one of the most modern physiotherapeutic treatment centers in our country, located inside the sanatorium. It ensures balneary-physical treatment of hospitalized patients in all wards of the sanatorium. Being arranged on two levels, in the treatment base up to 1,000 patients can be treated daily and over 6,000 daily medical care services can be carried out.

On the first day, patients are consulted by sanatorium doctors who establish the therapeutic plan, which contains a major procedure daily (usually hydro), electrotherapy (3-4 procedures / day), massage and physiotherapy. During the treatment, which will last 12 to 18 days, minimum 4 re-examinations are necessary both to establish an optimal treatment and to assess the state of health, adverse reactions and to measure the progress made in recovering.
A. Major procedures (hydrothermotherapy)

- Salt baths in tub
- Mud baths in tub
- General wraps with mud
• Salt water baths in pool accompanied by group or individual hydrokinetotherapy

• Cold mud baths (only in summer)
• Underwater shower
• Plant baths in tub

• Vaginal swabs with mud and saline water irrigation
• Shower massage (Vichy type)
• Paraffin or mud poultice
- Ultrasound
- Laser
- Short waves
• Magnet

• Low-frequency currents in reliever formulas (TENS, TRABERT, DIADINAMIC)

• Galvanic current or ionogalvanising

• Medium frequency currents and interference current

• Infrared
- Ultraviolet
- Sauna
- Hivamat

- Massage

- Physical therapy, individual or in group
INDICATIONS OF THE BALNEARY CURE AT TECHIRGHIOL

- degenerative chronic rheumatic diseases (arthrosis fibromyalgia, spondylosis) and inflammatory diseases (rheumatoid arthritis, ankylosing spondylitis, gout, psoriatic arthritis);
- posttraumatic states and / or post orthopedic surgery, including spinal cord injuries and brain injuries (fractures, pre- and post-prosthetic preparation);
- diseases of the central nervous system (paresis, paralysis in cardiorespiratory compensation phase, lumbar disc herniation and operated / non-operated cervical herniation);
- dermatological diseases - psoriasis (natural therapeutic factors similar to those of the Dead Sea);
- sterility and infertility at the young couples, chronic gynecological deseases (anexite, chronic metroanexite), unpleasant symptoms of menopause (sweating, dizziness, palpitations, etc.);
- respiratory related diseases (bronchial asthma, angina repeated).
## Financial offer

<table>
<thead>
<tr>
<th>Duration of stay</th>
<th>Package cost</th>
<th>Package content</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 days</td>
<td>690 $/pers.</td>
<td>5 nights of accommodation + meals (full board); 2 medical examinations at the beginning and at the end of the treatment session; 5 major balneary applications (mud bath / mud packaging / salt bath in the pool / underwater shower / jacuzzi); 5 local / regional massage procedures; 5 sessions of physiotherapy; 10 applications of electrotherapy; Gerovital H3 Ana Aslan therapy</td>
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<tr>
<td>(accommodation – 5 nights, meal – 6 days, treatment – 5 procedures/day)</td>
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<tr>
<td></td>
<td>Accommodation 60 $ x 5 nights/person = 300 $/person</td>
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<tr>
<td></td>
<td>Meal 25 $ x 6 days/person = 150 $/person</td>
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</tr>
<tr>
<td></td>
<td>Treatment 40 $ x 6 zile/person = 240 $/person</td>
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