



Welcome to Nelumbo MED-SPA, an exclusive sanctuary within the prestigious Lotus Therm Spa & Luxury Resort. A place where medical science meets refined luxury, Nelumbo redefines wellness with precision therapies, tailored recovery, and restorative experiences of the highest standard.

By combining pioneering medical expertise with the tranquility of a luxury spa, we offer individualized treatment journeys that nurture the body, restore vitality, and elevate your sense of well-being. Each protocol is crafted under expert medical guidance to address your unique health goals.

## Specialized Medical Focus

Nelumbo MED-SPA specializes in advanced rehabilitation and integrative therapies for a wide range of health conditions, with a strong emphasis on:

**Degenerative Rheumatic Conditions:** Including spondylosis, coxarthrosis, gonarthrosis, polyarthritis, and other joint pathologies

**Inflammatory Rheumatism:** Such as ankylosing spondylitis and rheumatoid arthritis

**Periarticular Disorders:** Scapulohumeral periarthritis, tendinitis, bursitis

**Post-Traumatic Recovery:** Rehabilitation after sprains, dislocations, and fractures

**Neurological Rehabilitation:** Disc herniations, neuropathies, paresis, and paralysis

# Contraindications for Balneotherapy

Treatments are not recommended for individuals with fever, acute infections, contagious dermatoses, decompensated cardiac failure, epilepsy, oncological conditions, advanced hepatic or renal disease, pregnancy, active tuberculosis, or children under 3 years of age.

#### Note:

All therapies commence following a mandatory consultation with our board-certified specialist in recovery and balneology.

Appointments are scheduled after hotel check-in.

# Clinical & Diagnostic Services

#### **Medical Consultation**

**Initial Assessment:** A complete clinical evaluation, including a health history review and a personalized treatment protocol.

**Follow-up Review:** Mid-course or end-of-program evaluation with a comprehensive treatment summary sent to your attending physician.

## **ELECTROTHERAPY SUITE**

#### **Shockwave Therapy**

State-of-the-art acoustic wave technology designed for chronic musculoskeletal pain—especially effective in tendinitis, calcifications, heel spurs, and soft tissue disorders. Promotes tissue regeneration and mobility restoration.

#### **TECAR Therapy**

Deep cellular stimulation that accelerates healing, reduces inflammation, and restores muscular function. Ideal for chronic pain, sports injuries, and post-surgical recovery.

#### **Diadynamic Currents**

Low-frequency currents are administered locally to alleviate pain, enhance blood flow, and stimulate musculoskeletal recovery.

#### **Interferential Currents**

Mid-frequency stimulation with deep tissue penetration for pain modulation, muscle relaxation, and improved vascularization.

#### **Träbert Currents**

Precision-targeted electrical impulses are used to increase metabolic function, ease tension, and enhance local tissue oxygenation.

#### **TENS Therapy**

A non-invasive analgesic modality employing low-frequency current to block pain signals and improve local circulation—particularly suitable for neuralgia and musculoskeletal pain.

#### Magnetotherapy

Pulsed electromagnetic fields support cellular healing, bone regeneration, and tissue repair. Contraindicated in pregnancy, pacemaker use, or active cancer.

#### **Ultrasound Therapy**

Therapeutic ultrasound provides a deep micromassage effect (2–6 cm), reducing inflammation and enhancing healing at the cellular level.

#### **Microwave Therapy**

Penetrative thermal treatment promoting circulation and tissue regeneration via focused electromagnetic energy.

#### **Shortwave Therapy**

High-frequency energy therapy offering analgesic and anti-inflammatory effects, especially in joint and soft tissue conditions.

#### **Laser Therapy**

Targeted light therapy to accelerate tissue repair, reduce inflammation, and relieve pain. A go-to solution for chronic pain, myalgia, and contractures.

# HYDROTHERAPEUTIC EXPERIENCES

#### **Galvanic Baths**

Thermal immersion with integrated galvanic stimulation for improved blood flow, detoxification, and neuromuscular relaxation

#### **Stanger Bath**

A full-body electro-hydrotherapy that calms the nervous system, reduces muscular tension, and promotes circulatory balance.

#### Caracalla Bath

An indulgent blend of hydro-massage and oxygenation through targeted water and air jets—promoting lymphatic flow and total relaxation.

#### **Vichy Shower**

A cascading rain-like shower performed over the body while lying on a warm bed—ideal for calming the nervous system and reenergizing circulation.

## THERMAL & MUD THERAPIES

#### **Paraffin Therapy**

Warm wax cocoon wraps are applied to joints and muscles to relieve stiffness, increase joint mobility, and deliver deep heat therapy.

#### **Therapeutic Mud Wraps**

Mineral-rich peloids(mud) are warmed to 38–40°C and applied either locally or body-wide to enhance circulation, reduce inflammation, and purify the skin.

### KINETIC THERAPIES

#### Private | Group | Pediatric Postural Correction | Functional Motor Recovery

Our physiotherapy sessions are guided by skilled therapists and aim to optimize movement, restore postural alignment, and rebuild strength and coordination through both passive and active techniques.

## **HYDROKINETIC THERAPY**

#### **Private | Group**

Gentle yet powerful rehabilitation performed in 36°C thermal water. Reduces musculoskeletal strain, enhances joint mobility, and supports neurological rehabilitation with minimal impact.

### RESPIRATORY THERAPIES

#### **Aerosol Inhalation Therapy**

Healing mists infused with thermal water and medication provide relief from upper and lower respiratory tract conditions—ideal for chronic sinusitis, bronchitis, laryngitis, and allergic rhinitis.

Contraindications include severe pulmonary insufficiency, tuberculosis, and neoplastic lung conditions.

## LYMPHATIC DRAINAGE THERAPY

A premium compression therapy to stimulate lymphatic circulation and alleviate edema. This restorative treatment combats the sensation of heavy legs, facilitates detoxification, and enhances overall vitality and body tone.



TREATMENT	DURATION	PRICE
Medical Consultation  Comprehensive initial evaluation & personalized therapeutic protocol		
Electrotherapy		
TECAR Therapy TECAR Therapy (2 regions) Diadynamic Current Interferential Current Trabert Current TENS Therapy Magnetodiffusion Therapeutic Ultrasound Microwave Therapy Shortwave Therapy Laser Therapy Infrared Therapy	20 min 30 min 15 min 15 min 15 min 15 min 6-10 min 15 min 2-10 min 15 min	90 Lei 120 Lei 50 Lei 50 Lei 50 Lei 50 Lei 50 Lei 50 Lei 45 Lei 50 Lei
Hidrotherapy Galvanic Bath Stanger Bath Caracalla Bath Subaquatic Shower Vichy Shower	15 min 20 min 20 min 15 min 20 min	50 Lei 80 Lei 80 Lei 80 Lei 60 Lei

TREATMENT	DURATION	PRICE
Thermotherapy		
Paraffin Therapy	20 min	90 Lei
Partial Mud Wrap Full Body Mud Wrap	20 min 20 min	100 Lei 150 Lei
Full body Mud Wiap	20 111111	ISO Lei
Kinetic Therapy		
Private Session	20 min	120 Lei
Group Session	20 min	60 Lei
Postural Correction for Childr	ren 20 min	90 Lei
Hidrokinetic Therapy		
Private Session	20 min	100 Lei
Group Session	20 min	60 Lei
Ozone Therapy		
Ozone Infiltrations 1 Area	10-15 min	80 Lei
Ozone Infiltrations 2 Area	15-20 min	100 Lei
Rectal Insufflation	10-15 min	80 Lei
Aerosol Inhalation Therapy	15 min	50 Lei
Lymphatic Drainage Therapy	/ 20 min	80 Lei

# Guidelines for medical services

At **Nelumbo Med-Spa**, we offer transformative medical and recovery procedures meticulously designed to provide each guest with a personalized, serene, and effective experience—anchored in our unwavering commitment to excellence and sophistication.

To ensure the optimal delivery of our treatments, we kindly request that you adhere to the following guiding principles:

#### **Medical Consultation**

All medical and recovery treatments are exclusively available after a comprehensive consultation with our esteemed medical team. A bespoke therapeutic protocol is crafted based on your unique health profile, current evaluation, and expert recommendations.

It is imperative that you provide full disclosure of your health history, ongoing treatments, allergies, chronic conditions, and any prior interventions.

Nelumbo Med-Spa reserves the right to decline a treatment if a thorough medical assessment has not been completed or if the procedure is deemed unsafe for the patient.

#### **Scheduling and Timeliness**

For the highest quality experience, all medical treatments are conducted strictly by appointment, subject to availability.

We recommend arriving at least 15 minutes prior to your scheduled time to complete any necessary formalities and to settle into our tranquil, luxurious environment.

Any modifications to your appointment must be made at least 24 hours in advance. Cancellations within 24 hours will incur a 50% charge. For cancellations made within 6 hours of the appointment, the full service fee will apply.

#### **Safety and Courtesy**

Please follow all guidelines and instructions provided by our professional staff before, during, and after your treatments. Should you experience any discomfort or have any concerns, kindly inform our team immediately.

We ensure that all procedures are carried out in the utmost privacy, adhering to the highest standards of hygiene and care. Our spaces are specifically designed to provide a secure and serene environment, ensuring your utmost comfort and safety.

#### **Access for Minors**

Medical services are available to individuals aged 18 and older.

Minors may access treatments specifically designed for their age, based on medical recommendation and under the supervision of a parent or legal guardian.

#### **Payment Methods**

Treatment costs may be included in exclusive packages, settled directly at the Spa Reception by cash or card, or charged to the guest's hotel room account.

All prices are set based on the complexity of the services provided and may be subject to change in accordance with our internal policies without prior notice.

