



HOTEL ★ ★ ★ ★  
NADMORSKI | BUSINESS  
POSITIVE

**GENESIS**  
INSTYTUT



# BACK TO BEAUTY WEEKEND



**Come to Hotel Nadmorski and begin a new lifestyle under the guidance of the specialists from our Genesis Institute.**

We will choose the best treatments, adapted to your abilities and preferences, to improve your well-being and benefit your body. During your stay, the Genesis Institute team will offer your consultations during which you will receive valuable advice and tips from our expert dietitians and cosmetologists.

Make use of the Genesis Institute facilities, including the hotel gym fitted with state of the art exercise equipment.

Our menu FIT – healthy breakfast and well-balanced, nutritious dinners - combined with the dietitian's advice will change your approach to nutrition and help you build healthy eating habits.

**Rediscover your beauty. Make the most of the Genesis Institute specialist's expertise.**



2 PEOPLE IN A DOUBLE/TWIN BUSINESS ROOM

**1240** PLN

FRI SAT SUN 3 DAYS / 2 NIGHTS



1 PERSON IN A SINGLE BUSINESS ROOM

**860** PLN

FRI SAT SUN 3 DAYS / 2 NIGHTS

### THE PACKAGE INCLUDES:

- Day one (arrival): Diet consultation including an analysis and a report on metabolic age, body hydration level, calorie needs, and advice on what and how to eat to maximise vitamin and mineral intake for your body;
- Day two: Cosmetologist's consultation with an assessment of skin condition and recommendations;
- Collagen treatments for face and body;
- Daily use of the steam room and Nordic sauna;
- Daily use of the gym.

### COMFORTABLE:

- Accommodation in a higher-standard room (BIZNES), single or double/twin;
- FIT menu with BIO products offered at breakfast;
- Dinner in our restaurant or a buffet;
- Wi-Fi;
- Parking near the hotel, underground car park with an extra charge;
- Possible late 6 p.m. checkout on the day of departure.\*

\*after prior determination and confirmation with the Reception:  
+48 58 667 77 77

### ACTIVE:

- Renting of bicycles and Nordic Walking equipment free of charge\*.

\*please make a reservation at the Genesis Institute: +48 512 025 942

### DISCOUNTS:

- 10% on treatments at Genesis Institute;
- 10% on Baltic Collagen® products purchased;
- 20% on the la carte menu in our Restaurant Strefa Nadmorska;
- 20% on space in the underground garage at the hotel.

### PARTNERSHIP PROGRAMS:

- 15% off on pools and saunas in Aquapark Sopot;
- 15% off on Kolibki Adventure Park in Gdynia;
- 15% discount for VR STUDIO - virtual reality;
- 15% off on games in the neighbouring Centrum U7 bowling alley;
- 10% at JUMPCITY trampoline;
- 10% at the MoST Tactical Shooting Range in Gdynia;
- 10% at the Shooting Range Sport TARCZA-GDYNIA;
- Ticket to the Cinema in Gdynia Film Center for the price of a DISCOUNTED TICKET

### COME WITH THE KIDS

Children up to 5 can use accommodation in their parents's room - free of charge\*

Children aged 5-12 – attractive discounts\*,

\* please contact us at: +48 58 667 77 77

**WE ACCOMPLISH POLISH TOURIST VOUCHER**

The **BACK TO BEAUTY WEEKEND\*\*** offer is valid between Friday and Sunday the entire year.\*

For those Guests who decide to stay longer we have special offers, adapted to the dates and length of the stay, taking into account your needs and expectations. **Stay longer and pay less!**

\* the hotel reserves the right to disable the offer on selected dates

\*\* due to the epidemiological situation in the country, the hotel reserves the right to change the offer

Please check availability via the website: [nadmorski.pl](http://nadmorski.pl) or by sending an inquiry by e-mail or contacting by phone.

We are looking forward to seeing you!