



SEASIDE IODINE

TAKE CARE OF YOURSELF!



Excessive work, daily fatigue, discouragement, energy drops, and various ailments make us feel unwell. One of the factors negatively affecting our body, especially in urban areas, is iodine deficiency.

Iodine is essential for the proper functioning of the body, and its deficiency can cause serious ailments.

The Nadmorski Iodine offer is a stay aimed at intensive iodine supply to the body, overall well-being improvement, and boosting immunity.

We invite you to Maris Beauty Institute treatments at the Genesis Institute, which will leave you feeling relaxed.

As part of the Iodine offer, we have prepared a specially dedicated menu based on fish.

The hotel's immediate surroundings are ideal for enjoying clean, healthy, and iodine-rich air:

- **close to the sea and the beach, which is a short walk from Sopot and Gdańsk.**
- **next to the two-kilometer Seaside Boulevard with paths for cyclists, rollerbladers, and runners, and a walking area**
- **surrounded by topographically diverse forest areas, the Tricity Landscape Park with picturesque cliffs, and beautiful trekking trails.**

The combination of all these elements ensures that, despite a short stay, the amount of iodine supplied will satisfy the body's essential needs for a long time.

OFFER PRICE IN SEASON - (April 1 - September 30):

FOR 2 PERSONS
IN A DOUBLE ROOM

1194 zł
PER DAY

FOR 1 PERSON IN A SINGLE
STANDARD ROOM

822 zł
PER DAY

OFFER PRICE OUT OF SEASON - (October 1 - March 31):

FOR 2 PERSONS
IN A DOUBLE ROOM

1044 zł
PER DAY

FOR 1 PERSON IN A SINGLE
STANDARD ROOM

672 zł
PER DAY

IN THE OFFER PRICE

TREATMENTS AT MARIS BEAUTY INSTITUTE*:

- ▶ **COLLAGEN FACE OR BODY TREATMENT**
- ▶ **SAUNA**

* Appointments require prior booking:
+48 535 853 519 | +48 58 66 75 153

COMFORTABLE:

- ▶ Accommodation in a **STANDARD** single or double room;
- ▶ **Breakfast enriched** with organic products;
- ▶ **IOD-rich dinner** served à la carte at the Strefa Nadmorska Restaurant or buffet style;
- ▶ **PLN 50 voucher** for organic cosmetics (one per room);
- ▶ **Free Wi-Fi access;**
- ▶ **Free parking in the hotel parking lot - Rondo** (limited number of spaces), possibility of using the hotel's underground garage or the large city* parking lot next to the hotel for a fee (*fees according to the price list: <https://www.zdiz.gdynia.pl/>);
- ▶ **Possibility of extending the check-in time until 6:00 PM** on the day of departure.*

*po wcześniejszym ustaleniu i potwierdzeniu z działem Receptcji:
tel.: +48 58 667 77 77

ACTIVE:

- ▶ **Free use of a professionally equipped gym;**
- ▶ **Free rental of bicycles and Nordic Walking poles***

* please book in advance: +48 58 667 77 77

TAKE ADVANTAGE OF DISCOUNTS:

- ▶ **10% off steam bath and jacuzzi*;**
- ▶ **10% off at the Maris Beauty Institute at the Genesis Institute;**
- ▶ **10% off bio-cosmetics;**
- ▶ **10% off additional meals served from the menu at the hotel's Strefa Nadmorska Restaurant (excluding beverages);**
- ▶ **20% off a parking space in the hotel's underground garage.**
- ▶ **Discounts on services provided by our Partners** throughout the Tricity area (e.g.: Laser paintball at the ZOLTAR ZONE; MAJALAND GDAŃSK amusement park; AQUAPARK REDA; PREMIUM YACHTING; Kolibki Adventure Park; Bowling at the U7 Center; JUMPCITY Trampoline World; TARCZA-GDYNIA Sports Shooting Range; Cinema Tickets at the Gdynia Film Center)**

* please book in advance: +48 58 667 77 77

** detailed information at reception

COME WITH CHILDREN:

- ▶ **Children up to 5 years of age: free accommodation in the parents' room*;**
- ▶ **Children 5-12 years old: attractive discounts*.**

* for details, please contact the Reception, t: +48 58 667 77 77

The **SEASIDE IODINE** offer** is valid year-round*.

For those who decide to extend their stay, we will offer a very attractive offer that takes into account your expectations and needs.

* The hotel reserves the right to cancel the offer on selected dates

** The hotel reserves the right to change the offer

Please check the availability of the offer via the website: nadmorski.pl or by sending an inquiry by e-mail or by contacting us by phone: **t: +48 58 667 77 77 / rezerwacja@nadmorski.pl**