



**7 days** are enough to feel positive difference: relax, recharge your body, regain internal balance and – thanks to valuable guidelines from **GENESIS INSTITUTE** specialists – get back to everyday responsibilities knowing what to do in order to maximise energy and strength. This is a unique programme recommended especially for busy people who lead a very active life.

**BALANCE WEEK** is a programme where based on individual consultations, experienced trainers, physiotherapists and cosmetologists choose individually tailored and safe range of cosmetic and physiotherapy treatments, massages and personal training sessions. Based on your body composition analysis and preferences, the dietician determines an optimum, vitality gaining diet according to which Chef Hotel Nadmorski\*\*\*\* will prepare your meals.

Within **7 days**, we offer up to **25 individual visits** at Genesis Institute, with prior consultations on:

- treatments and cosmetic rituals which will leave you relaxed while your skin regains healthy glow
- physical, physiotherapy or rehabilitation treatments to alleviate muscle tension caused by stress and potential pain or discomfort experienced during physical activity
- personal training sessions to improve fitness and wellness

We provide a result summary on the **7<sup>th</sup> day**. You will leave feeling positive difference with the knowledge how to function every day in a more effective and balanced way.

### The price of the programme includes:

- accommodation in business class single or double room
- full board including five meals a day or dinner
- access to wireless or LAN Internet
- access to PREMIUM TV channels and VOD movie premieres in the room
- parking at the hotel for free
- checkout time extended to 6.00 p.m. on your leaving day

FOR 1 PERSON  
BUSINESS CLASS ROOM

diet menu

**3 599 zł**

7 DAYS / 6 NIGHTS

FOR 1 PERSON  
BUSINESS CLASS ROOM

a la carte dinner

**4 199 zł**

7 DAYS / 6 NIGHTS

FOR 2 PERSONS  
BUSINESS CLASS ROOM

diet menu

**5 799 zł**

7 DAYS / 6 NIGHTS

FOR 2 PERSONS  
BUSINESS CLASS ROOM

a la carte dinner

**6 399 zł**

7 DAYS / 6 NIGHTS

The price includes VAT and local charge

You can attend the programme **individually or paired with another person**. We also provide an option for a joint stay at the hotel but individual participation in the Programme. You can also choose from the following meal options: dedicated diet menu or dinner a la carte menu served at the hotel Restaurant.

If you would like to spend time even more actively, we offer free rental of bikes, Nordic walking poles or exercise at our professionally equipped gym. After physical exercise, you can use steam sauna, dry sauna or jacuzzi **free of charge**.

If you would like to stay longer with us, we will prepare an individual and attractive offer for you.