



BEAUTY

WEEK

BEAUTY WEEK is a programme where based on individual consultations, experienced trainers, physiotherapists and cosmetologists choose an individually tailored, safe and effective range of cosmetic treatments, massages and personal training sessions. Based on your body composition analysis and preferences, the dietician determines an optimum, vitality regaining diet according to which our chef will prepare your meals.

We provide result summaries on the **7th day** of the week. You will leave home, feeling positive difference with deeper knowledge of more effective everyday skin care routine.

7 days are enough to feel positive difference: get back that radiant look, improve your skin, relax and rejuvenate your body. You can achieve all this thanks to carefully selected and professionally conducted treatments and rituals at **GENESIS INSTITUTE**. This is a unique programme recommended particularly for people who feel discomfort caused by "tired" skin which makes it difficult to enjoy their looks.

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

- treatments, collagen therapies and cosmetic rituals which bring back firmness, appropriate level of hydration and a healthy glow, and slow down the aging process
- physical and physiotherapy treatments to firm and improve skin elasticity, alleviate muscle tension caused by stress and potential pain or discomfort experienced during physical activity
- personal training sessions to improve fitness and wellness

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

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

FOR 1 PERSON
BUSINESS CLASS ROOM

diet menu

3 899 ZŁ

7 DAYS / 6 NIGHTS

FOR 1 PERSON
BUSINESS CLASS ROOM

a'la carte dinner

4 499 ZŁ

7 DAYS / 6 NIGHTS

FOR 2 PERSONS
BUSINESS CLASS ROOM

diet menu

5 999 ZŁ

7 DAYS / 6 NIGHTS

FOR 2 PERSONS
BUSINESS CLASS ROOM

a'la carte dinner

6 699 ZŁ

7 DAYS / 6 NIGHTS

The price includes VAT and local charge

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**.