



**BODY**

**WEEK**

**BODY WEEK** is a programme which based on individual consultations with a dietician, body composition analysis and your preference will determine an optimum, metabolism -boosting and detox diet based on which Chef Hotel Nadmorski\*\*\*\* will prepare your meals. Experienced trainers, physiotherapists and cosmetologists will choose a range of massages, physiotherapy and cosmetic treatments and safe personal trainings adjusted to your needs.

We provide a result summary on **the 7<sup>th</sup> day**. You will leave feeling positive difference, enriched in knowledge to allow you not only maintain, but also improve effects achieved under the supervision of specialists.

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.


**7 days** is just enough time to feel positive difference and start true body transition resulting in weight loss, slim silhouette, improvement of general fitness as well as cleansed and better functioning body.

Specialists from **GENESIS INSTITUTE** will take care of you and your body during the stay at our Hotel. They will share knowledge to help you continue with your transition when you get back home.

**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 firmness and a healthy glow
- physical, physiotherapeutic or rehabilitation treatments to alleviate muscle tension and potential pain or discomfort felt during physical activity
- personal training sessions to slim your body, increase your fitness and improve your shape

FOR 1 PERSON  
BUSINESS CLASS ROOM



diet menu

**3 899 zł**

7 DAYS / 6 NIGHTS

FOR 2 PERSONS  
BUSINESS CLASS ROOM



diet menu

**5 999 zł**

7 DAYS / 6 NIGHTS

The price includes VAT and local charge

**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 Internet
- free parking spaces in the hotel car park - roundabout (limited number of spaces), possibility of using the hotel's underground garage or large city\* car park at the hotel for a fee (\*fees according to the price list: <https://www.zdiz.gdynia.pl/>)
- checkout time extended to 6.00 p.m. on your leaving day\*

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

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.