



HOTEL ★ ★ ★ ★  
NADMORSKI

BUSINESS  
POSITIVE

**GENESIS**  
INSTYTUT



# BACK TO BALANCE WEEKEND



**A weekend package of relaxation and regeneration, to rise your energy levels and inspire changes. You will have a chance to get assessment and advice from the specialists at our Genesis Institute. Our unique location fosters various forms of relaxation and regeneration.**

You will gain knowledge during consultations with our specialists: dietitians, physiotherapists, cosmetologists.

Treatments will aid relaxation and help you get rid of stress.

Our delicious and healthy diet menu – nutritious breakfast and well-balanced dinners will give you loads of energy, while the dietitian’s advice will help to build healthy eating habits.

The specialists from Genesis Institute will choose the best treatments, adapted to your abilities and preferences, to improve your well-being and benefit your body.

**Fine tune your inner balance and take a full advantage of the charms of the sea-side location.**



2 PEOPLE IN A DOUBLE/TWIN BUSINESS ROOM

**996 PLN**

FRI SAT SUN 3 DAYS / 2 NIGHTS



1 PERSON IN A SINGLE BUSINESS ROOM

**750 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: Physiotherapy consultation, assessment of skin condition, individual cosmetologist’s advice;
- Wellness SPA treatments – including pearl bath and manual therapy – full body regenerative massage;
- 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;
  - 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/>);
  - 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:

- Bike hire\*;
  - Nordic Walking poles hire\*.
- \*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;
- 20% for laser paintball in the STREFIE ZOLTAR;
- 15% off on Kolibki Adventure Park in Gdynia;
- 15% off on games in the Centrum U7 bowling alley;
- 15% on virtual reality in CYBER STREFA;
- 15% at JUMPCITY trampoline;
- 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 ACCEPT POLISH TOURIST VOUCHER**

**The BACK TO BALANCE 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!