



HOTEL ★ ★ ★ ★
NADMORSKI | BUSINESS
POSITIVE

GENESIS
INSTITUT



DOUBLE POWER WEEKEND



An active weekend for two will energise you and inspire for lifestyle changes.

Immerse in the unique picturesque location, perfect for all kinds of activities – a biking trip around Tricity, Nordic walking, a walk along the seaside and jogging across the Tricity Landscape Park. Reach for the latest knowledge while consulting our specialists – a dietician, a physiotherapist, a personal trainer and a cosmetologist.

Training supervised by a physio-coach will help you take on an activity together, provide practical knowledge about physical exercise and help get rid of stress.

Thanks to delicious, healthy diet menu – nutritious breakfasts and well-balanced dinners, you will receive plenty of energy. Consultations with the dietician will help you introduce healthy eating habits. Come to Hotel Nadmorski and change your lifestyle with a double power.

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The **DOUBLE POWER WEEKEND**** offer is valid between Friday and Sunday.*

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 or by sending an inquiry by e-mail or contacting by phone.

THE PACKAGE INCLUDES:

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:

- Steam room and Nordic sauna;
 - Professionally fitted gym;
 - Bike or 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 Strefa Nadmorska Restaurant;
- 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

INSPIRATIONS FOR TWO:

COSMETIC:

- Consultations with a cosmetologist and selection of a collagen therapy based on a unique Baltic Collagen product available only at Hotel Nadmorski;
- Collagen therapy based on **Baltic Collagen®**.

PHYSIOTHERAPEUTIC:

- Physio-training diagnostics for couples;
- A full report on the functional diagnostics together with recommended exercises and physiotherapy treatment programmes or massages;
- Physiotherapy treatment or massage in line with diagnostic recommendations.

TRAINING:

- Personalised training for couples with the physio-coach in the training room, gym or outdoors.

RELAXATION:

- Relaxing massage for couples.

DIETARY:

- Dietician consultations for couples which include knowledge of the secrets to healthy nutrition together with valuable guidance on what to eat and how to provide your organism with more vitamins and minerals;
- Analysis report with metabolic age, hydration level and caloric intake needed.

We are looking forward to seeing you!