



## **A slimming treatment week**

For people who take care of their health and like active live or are interested in changing the way of nutrition we recommend a slimming week at Dwór Oliwski Hotel, situated in the hearth of Tri-City.

The stay form Monday to Sunday

Price – 5627 PLN for two in a double room

The price of a seven-day stay includes:

- special nutrition consultation with our expert – Monika Stołyhwo-Gofron MD on Tuesday

### **The visit covers:**

- physical examination (circulation and respiration evaluation)
  - measurements of the body weight, fatty tissue and arterial blood pressure
  - BMI
  - designing an individual diet (correcting eating habits, dietary education)
  - programme implementation
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- 6 nights in a double room
  - breakfast buffet
  - 2 slimming body treatments – Slim & Sculpt and Micronized Marine Alge Body Wrap
  - facial treatment – cavitation peeling and Thalgo Traditional
  - modelling massage
  - whole body hot stones massage
  - Nordic walking on Saturday
  - use of the hotel's SPA facilities – swimming-pool, dry heat sauna, steam bath, sunarium, jacuzzi, fitness room and an artificial sun



- aqua aerobic classes on Monday and Wednesday
- 6 dinners – menu prepared by Chef de Cuisine according to the Monika Stołyhwo-Gofron MD suggestions
- car park.

The offer is valid till 31<sup>st</sup> March 2011.

To book a room, call +48 58 554 70 00 or write to [hotel@dworoliwski.pl](mailto:hotel@dworoliwski.pl)

We look forward to meeting you!