



Slim Figure

For people who take care of their health, value attractive look and want to spend active time we prepared a special Slim Figure stay in the unique Dwór Oliwski Hotel in Gdańsk

1st proposal – Slim Figure One

Price – 3040 PLN for two in a double room

The stay from Monday to Thursday

The price of a four-day stay includes:

- 3 nights in a double room
- breakfast buffet
- 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
- 2 slimming body treatments – Thalgomince LC 24
- modelling massage
- 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
- 3 dinners - menu prepared by Chef de Cuisine according to the Monika Stołyhwo-Gofron MD suggestions
- car park.



2nd proposal

Slim Figure II - Weekend

Price – 1808 PLN for two in a double room

The stay from Friday to Sunday

The price of a three-day stay includes:

- 3 nights in a double room
- breakfast buffet
- 1 slimming body treatment – Thalgomince LC 24
- modelling massage
- use of the hotel's SPA facilities – swimming-pool, dry heat sauna, steam bath, sunarium, jacuzzi, fitness room and an artificial sun
- Nordic walking on Saturday
- 2 dinners - prepared by Chef de Cuisine according to the Monika Stołyhwo-Gofron MD suggestions
- car park.

The offer is valid till 31st March 2011.

To book a room, call +48 58 554 70 00 or write to hotel@dworoliwski.pl

We look forward to meeting you!