

Sopot — Hotel OPERA***

Location: among wooded moraine hills of the Tri-City Scenic Park, 500m from the sea, 200m from the centre of Sopot, near "Opera Leśna".

Description: a cosy, historical hotel after a thorough modernisation, 23 rooms available. It offers a wide range of biological regeneration and spa facilities.



Accommodation: single and double rooms at high and regular standards and suites, with bathroom (bath or shower), TV, radio, telephone, Internet access, minibar.

Guests may use: restaurant, café, spa: hydromassage, saunas, manual massage, aromatherapy baths, mudpack and algae procedures, cleansing procedures, slimming and anti-cellulite procedures, cosmetic procedures, monitored car park.

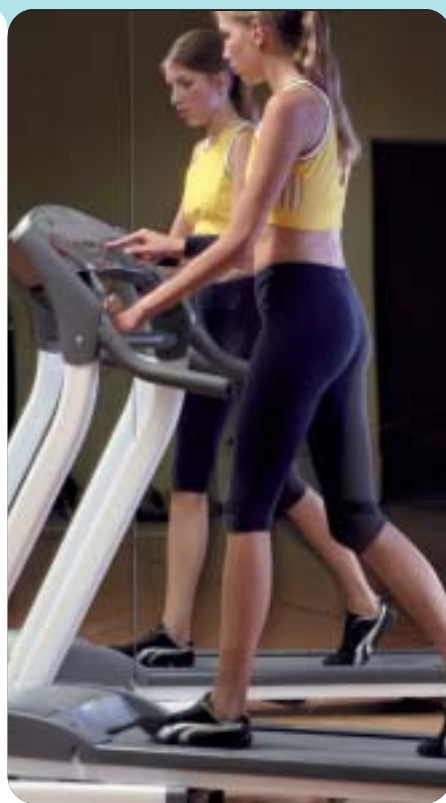
Jastrzębia Góra — Hotel ASTOR***

Location: near the forest, 100m from the sea, with a beautiful beach and unique cliff shoreline. Distance from the railway station – 8km, coach station – 1km.

Description: a modern, spacious European hotel with 118 rooms. It offers conference rooms of different styles and sizes.

Accommodation: single and small double rooms (2 separate beds or a double bed); large double rooms (a double bed + extra bed); double studio rooms; double-room suites. Rooms have bathrooms with a shower/bath, and hairdryer plus hotel utensils, TV, telephone, fridge, balcony.

Guests may use: swimming pool, dry and steam saunas, beauty parlour: face, body procedures, biological regeneration, massage, solarium, gym, tennis court, billiards, two-track bowling alley, grill area at the hotel deck, playground, playroom.



Łeba — Hotel WODNIK



Location: in a charming, recreational part of Łeba, surrounded by forest, 150m from the sea, with a beautiful sandy beach. Near Łebsko and Sarboko Lakes. Favourable conditions for water sports. A great staging area for visiting Łeba and the Słowiński National Park with unique shifting sand dunes.

Description: 3-storey hotel, with 350 places in two separate parts.

Accommodation: double, 3-person and 4-person rooms, and double suites. All the rooms have telephones, satellite TV, radios and fridges.

Guests may use: Beauty and Health Centre – sauna with a pool, massage parlour, solarium, beach equipment rental facility, playground, restaurant, café, billiards club with a drink bar, hair salon, beauty parlour, banqueting room and conference rooms with audio-video equipment, attended car park, garages.



Mrągowo – MERCURE MRONGOVIA Resort&Spa***



Location: on the slope of Jaszczurca Góra (Saurian Mountain) close to Czos Lake, in the Masurian lakes area.

Description: the hotel is made up of several buildings connected with passageways, it offers 10 detached bungalows, each having 2 bedrooms, a living room, a kitchen and a bathroom with a sauna facility.

Accommodation: 215 double rooms with bathrooms (+ hairdryers), an extra bed, satellite TV, a radio, a phone, an Internet access and a balcony. In addition, some rooms feature minibars.

Guests may use: two restaurants, café, aperitif bar, night club. In the area, there are a snack bar, a fish-and-chips shop, a newsagent's and an art gallery. The newly built Resort&Spa centre of

regeneration, beauty and relax with a wide range of cosmetic procedures, hydro massages and saline baths plus a recreation pool make your time attractive regardless of the season. The hotel offers a leisure pool with a slide, Jacuzzi with coun-ter-currents and a neck and back massaging water cannon, wading pool for children, all-year outdoor Jacuzzi, sauna, solarium, gym with weight-training equipment.



Mikołajki – Hotel AMAX****

Location: in Mikołajki, on Mikołajskie Lake, within the Masurian Scenic Park, bordering Puszcza Piska (Pisz Forest).

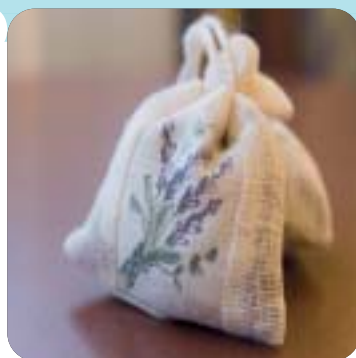
Description: the complex is composed of a hotel building and neighbouring bungalows.

Accommodation: 6 4-person bungalows, each with a kitchen annex, fire-place, garden and grill; 6 suites with Internet access; 12 double rooms. All the rooms with bathrooms, and satellite TV, radio, telephone.

Guests may use: restaurant, café with a deck, bar, "Beauty Institute", sauna, fitness club, indoor swimming pool, bonfire area, parking spaces near suite houses (with lockable gate), in the summer – own beach with a pier available, watering place, water sports equipment rental.



Rawa Mazowiecka – OSSA**** Congress&Spa



Location: OSSA**** Congress & SPA is located in the very heart of the Mazovian pine forests, only 60 km from the Warsaw city centre. Surrounding the hotel is an archetypal countryside of fells, forests with a crystal clear pond close to the hotel.

Description: an ideal choice for both business and leisure travellers, seeking high-quality accommodation, comfort and exceptional service.

Accommodation: All 161 rooms, including suites, are modernly equipped with satellite TV, fridge, telephone with international line, bathroom with a bath, comfortable furniture.

Guests may use: restaurant, swimming pool, sauna, thermal, wellness & spa centre. Sports facilities include a fitness centre and courts for squash, tennis, basketball volleyball, billiards and bowling alley.



Krakow — Hotel FARMONA***

Location: it is a peaceful oasis near the heart of Krakow with convenient access to the city centre.

Description: A cosy modern hotel for 60 guests. Farmona Wellness & Spa is a perfect place for those who like stylish but simple interiors and individual service of our staff.

Accommodation: Individually arranged, comfortable single and double rooms, and studios. All the rooms have TVs, Internet access, safes, telephones, hairdryers.

Guests may use: restaurant, Jacuzzi, Farmona Wellness & Spa centre.



Zakopane — Hotel GRAND STAMARY****



Location: in the town centre (approx. 0.1km from the railway and coach stations) with a great view of the Tatra panorama. A perfect place to visit and enjoy the beauty of Zakopane.

Description: 3-storey brick building with an elevator, built in the Zakopane folk style, fully renovated 1906 historical architecture. It has 130 places in rooms with or without balconies. Rooms for people with disabilities and non-smokers. Attended car park.

Accommodation: single, double rooms and suites. Standard room equipment: minibar, satellite TV, Internet access, telephone, bathroom (shower, hairdryer).

Guests may use: restaurant, drink bar, fireplace room, conference rooms, billiards room, checkroom, services: laundry, ironing, wake-up, local events.

Wellness and Spa Centre: swimming pool, Finnish sauna, Turkish bath, infrared sauna, solarium, Jacuzzi, procedure rooms, hair salon.

Krynica-Zdrój — Health, Beauty and Recreation Centre GEOVITA

Location: in the resort part of Krynica-Zdrój, bordering a forest, 15-minutes' walk from the pump room and the promenade in the resort centre. Distance to coach station: ca. 25-minutes' walk. Especially recommended for hikers and those who love peaceful places.

Description: The centre has one 4-storey building. A total of 63 rooms for 125 guests.

Accommodation: single, double and 3-person rooms, comfortable suites with bathrooms, and radio, satellite TV, own video channel, fridge. Additionally in suites: two rooms (a double bedroom and a living room), large bathroom, iron, hairdryer, ironing board.

Guests may use: dining room, café, fireplace room, disco, monitored two-storey car park (paid; free parking spaces in front of the building), 3 conference rooms (80, 40 and 15 places), indoor swimming pool, sauna, solarium, large gym with fitness equipment, billiards, table tennis. Procedures available: physiotherapy, hydrotherapy, inhalations, paraffin packs, therapeutic massage.





Warsaw — ALCHEMY Day Spa

Alchemy Day Spa – Beauty and Aromatherapy Studio is a place where the power of nature is used for comprehensive beautifying programmes. The studio is located in a historical tenement house, near the city centre.

Alchemy Day Spa Beauty Salon specialises in aromatherapy procedures, spa face and body procedures based on old traditional formulas from various parts of the world. They provide our customers with real relaxation and a bit of luxury.

Every visitor to Day Spa will find peace, harmony, beauty, physical and mental wellness.

Procedures are performed exclusively with natural high-quality ingredients: water, algae, kaolin, mudpacks, plant oils, herbs, semi-precious stones, aromatherapy oils.

The studio works with the products of a number of recognised suppliers: including Alchemy Workshop, Green Paradise, Primavera Life.

Our experienced and professional staff will select a therapy that is adjusted to the individual needs of every customer.



Krakow — AMBRA Day Spa

Ambra Day Spa was established for people who wish to have a moment of relaxation. Our aim is to help them to forget about all the hustle and bustle. Stress and everyday problems affect our body and mind. Our solution is to visit Ambra Day Spa! In our beauty parlour, you may try unique face and body procedures that will bring youthful look and provide you with harmony.

All our procedures are based on the spa philosophy and are recommended to both men and women. The procedures are performed with high-quality French cosmetics. All that by candlelight and relaxing music. You'll feel secure and exceptional under the care of our Ambra Day Spa staff.



Sopot — Spa & Salon Institute in HAFFNER Hotel

The Spa & Salon Institute is located in the luxury 4-star Haffner Hotel.

The mission of the Institute is to care for beauty and harmony. It is the place where you can relax and regain energy with water, sauna and a series of face and body procedures. The unique atmosphere of the Institute will help you get rid of stress and enhance your physical and mental condition. Our guests may use the swimming pool, Jacuzzi, Finnish and steam saunas, gym, massage and beautifying procedures. The procedures are tailored to our guests' needs and include aqua aerobic, massage, hand, face and body care plus packages for expectant mothers, slimming, revitalising packages, packages for two and many more.

Procedures are performed with professional cosmetics of Babor, Comfort Zone and La Colline. Our staff will help you select the appropriate therapy.

