

Press Information

Relax in a dreamlike location by the Polish Baltic sea

Breathe in healthy sea air in Dzwirzyno

Frankfurt, 31st August, 2015. The latest offer from SpaDreams whisks those seeking rest and relaxation away to the unique dune landscape of the Polish Baltic sea. Surrounded by pine forests and in close proximity to the heavenly beach, the five star **Havet Hotel Resort & Spa******* offers its guests a warm welcome.

Just 500 metres from Dzwirzyno - one of the most popular spa baths in Poland - this wellness hotel promises pure relaxation. With SpaDreams, holiday makers can enjoy an 8 day long programme "Relaxation by the sea" from £148 per person in a double room, including half board (www.spadreams.com/havet-hotel).



Thanks to the fresh, iodine-rich sea air and the aromatic oils from the surrounding coniferous forests, this Polish oasis of wellbeing is ideal for trouble with respiratory passages and for regeneration in general. The **Havet Hotel Resort & Spa******* provides deck-chairs and bath robes as well as shade from the sun just 100 metres from the sandy beach.

SpaDreams guests can relax in the hotel's Aqua and Thermal park with saunas, swimming pool, whirl pool and a recreation room. Treatments such as massages, mud packs, electrotherapy, magnotherapy, laser therapy, light therapy, sonotherapy and face and body treatments are bookable for a fee.

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Mediterranean delicacies with international elements await food connoisseurs in the À-la-carte section of the in-house restaurant, where panoramic windows offer a breathtaking view of the dunes. Morning and evening the guests can feast on the rich buffet on offer at the hotel. Additionally, a café bar is available at the resort, as well as a beach café and sun terrace in the summer.



Leisure time is also taken care of. As well as walks along the beach, guests can fish in the surrounding rivers and seas. Bikes, excursions to Kolberg and boat trips can all be booked for a fee. Dancing evenings at the hotel are included in the "Relaxation by the sea" programme.

Additional information about the **Havet Hotel Resort & Spa******* can be found here:

www.spadreams.com/havet-hotel

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About SpaDreams

SpaDreams is the international brand of FIT Reisen, the largest tour operator specialising in health and wellness travel, with corporate headquarters in Frankfurt am Main. With its high quality, diverse range of offers, excellent value for money and highly individualised service, FIT Reisen has not only established itself as the market leader in this sector, but was also voted the most innovative health tourism organiser in 2014. For 40 years, FIT Reisen has been known for combining healthy holidays with attractive beauty, fitness and leisure offers. Today, FIT Reisen and SpaDreams offer 2200 different spa, health, beauty, Ayurveda, Yoga and spa trips, with more than 500 hotels in over 220 destinations in more than 40 countries.

All of our **press releases**, as well as **additional information and images** can be found here: www.spadreams.com/press-area/press-releases/

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