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SI VIS PACEM
PARA BELLUM

STRADOM HOUSE MEMBERSHIP CLUB

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Stradom House Membership Club is a unique initiative that creates a community united by love of rich experiences, unique emotions and extraordinary service. The membership allows you to enter an elite group of people who love to put wellness principles into practice. We created the Stradom House Membership Club to bring people together through lifestyle, fashion, food, culture, art, sports, music and extraordinary activities that balance body and mind. Every month we create a special calendar of events to take place at Stradom House. We are sure you will always find something for you. You will meet people who love sharing their enthusiasm, great experiences and emotions.



STRADOM

HOUSE

MEMBERSHIP

CLUB

offers

- Full access to an ultra-modern SÓL FIT gym and sport classes without any additional fees
- Access to 20 metres long swimming pool and sauna zone
- **10%** discount for all the massages and treatments at SÓL SPA
- Access to table bookings at Hedwig's Club – an unique possibility for SHMC members only
- Invitations for special events at Stradom House, including „Members Only” events
- **15%** discount at our hotel restaurants – Gaia and Stradomska12
- **15%** discount for room bookings at Stradom House
- Possibility of inviting your friends for a One Day Pass to SÓL Wellness for a special price 150 PLN
- Access to hotel spaces of Stradom House in order to work or relax



S Ó L F I T

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An ultra-modern 250 m² gym, equipped with TechnoGym Artis and Biostrength intelligent machines, using AI technology to create a personalised workout programme for you. Thanks to the connection with the mobile app, you can record your results and plan your own workouts. Our offer is complemented by group classes which are not subject to additional fees. You will find a wide range of strength, stretching and relaxation workouts to help balance your body and mind.

You also have the opportunity to take advantage of our personal training offer, where our trainers will select a suitable training plan tailored to your needs and abilities.

Enrich your workout with nutritious drinks from the varied range of healthy bowls and shakes from our SÓL Bar, which will replenish your body with essential natural vitamins and nutrients.



S Ó L A Q U A

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A relaxation zone, the centrepiece of which is a 20 metres long swimming pool where you can swim laps comfortably. The ozonated water is pleasant for your skin and eyes, so it will keep you comfortable while you swim or relax.

This space also includes an extensive sauna area. We invite you on a calming journey through our saunas. You can enjoy a steam sauna to cleanse your body, a cryotherapy barrel to naturally stimulate your body, a bio sauna with natural essential oils and an infrared sauna to penetrate deep into your body. End your journey in the relaxation room to catch your balance and deeply relax. You can also chill out on our outdoor patio.

Round off your stay at SÓL Aqua with an aromatic coffee or a refreshing cocktail from the SÓL Bar offer.



S Ó L S P A

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The relaxation zone created in collaboration with Alexandra Soveral, our London-based consultant, invites you to enjoy a moment of serenity and relaxation through the care of your body and soul.

Fall in love with your body and take care of its rest and the well-being of your skin. Our qualified therapists will select a unique treatment just for you. Take advantage of our range of body and facial massages and transition your mind for a moment into positive and calming thoughts. We will help you to do so.

During your consultation, you will have the opportunity to select fragrance oils according to your preferences to make your time in our cabinets even more relaxing.



H E D W I G ' S C L U B

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The most prestigious club in Krakow, where only Stradom House Membership Club members can book a table. Housed in a desacralised chapel built in the 14th century, Hedwig's combines old-world elegance with modern, visionary design. The club's interiors are inviting to be showcased on social media, with a striking cocktail bar, a wine cellar and a menu of signature cocktails, meals and snacks. At night, Hedwig's transforms into an exclusive nightlife scene, with DJ performances and live music. A unique place to relax, meet and have fun!

This is where the best events happen, to which Membership Club members are invited in advance.

Hedwig's Club is the Membership Club's favourite meeting place. This is where the most important thing happens - the creating of the great Stradom House community! Here you will meet people with diverse interests who share a common space for sharing emotions and their own experiences.



R E S T A U R A N T S

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Get discounts at our restaurants that provide a great dining experience for your palate. In addition to exquisite dishes, you'll also get great service to complement a successful meal.

Gaia, a restaurant specialising in Mediterranean cuisine. Open from breakfast until late in the evening, the restaurant in an interior with numerous plants draws inspiration from the richness and multiculturalism of the Mediterranean countries. The cuisine focuses on simplicity, using fresh ingredients and unique flavours prepared using a stone oven or grill.

Stradomska12, a new take on traditional recipes. Our menu focuses on modern Polish cuisine, offering traditional recipes in a refreshed version by the chef. Stradomska12 offers a local selection of Polish wines - white, red and sparkling, as well as strong spirits. The restaurant has 30 seats in a space full of beautiful details and artwork by Itamar Gilboa and Dorota Buczkowska.



S T R A D O M H O U S E

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When looking for a hotel in the centre of Krakow for your loved ones, take advantage of the discount on our hotel rooms. We will be delighted to host your family and friends at Stradom House. We will make sure that their stay provides them with the required relaxation and unforgettable experiences.

You can also invite your friends for a day in our Wellness area. We will give you the opportunity to invite your guests at a special price for a full-day stay at the SÓL Fit & SÓL Aqua. This will certainly be a great opportunity for spending time together.

When planning a small business meeting, ask us about room availability well in advance. We will be happy to help you organise the space for your meeting.

Make an appointment with our Membership Club coordinator and find out more about the offer. We will be happy to show you our spaces and talk you through the details of the offer.

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C O N T A C T

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See you at Stradom House!