

Disconnect from the noise.
Reconnect with your own resonance.



rēsonance

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THE CONCEPT

Disconnect from the noise.
Reconnect with your own resonance.

Each journey begins with a deeper listening to the body, its rhythms, and what it quietly reveals. From this understanding unfolds a personalised path of treatments, movement and nourishment, designed to restore balance from within.

More than a moment of wellbeing, Rēsonance is an invitation to realign, and to carry this awareness beyond the island.

CONSULTATIONS

RESONANCE CONSULTATION

This initial consultation provides an in-depth exploration of your lifestyle and general wellbeing. It takes into account various aspects of your daily life, such as eating habits, sleep quality, energy levels, stress and your pace of life.

This approach is complemented by a bioresonance test, a gentle, non-invasive technology designed to support the harmonisation of the body's energy frequencies and promote overall balance.

60 min 170 €

RESONANCE FOLLOW-UP CONSULTATION

Follow-up is part of the continuity of the initial consultation and accompanies the evolution of your overall balance over time.

It allows recommendations to be adjusted according to your feelings, progress, and lifestyle, while reviewing your energy, sleep, diet and stress management at each session.

It can be complemented by Bicom BodyCheck assessments to observe the body's energy evolution and refine the support provided.

60 min 130 €

SKIN ANALYSIS 3D LIFEVIZ

A 3D analysis of the skin and development of a customised facial care plan with follow-up before and after.

20 min 35 €

VISBODY BODY ANALYSIS

A 3D assessment and exploration of the body through precise analysis of morphology, body composition and posture, followed by the creation of a personalised mindful fitness programme.

45 min 120 €

SIGNATURE TREATMENTS

RÉSONANCE RITUAL

Designed for travellers and minds constantly on the move, faced with demanding rhythms, this signature treatment invites deep relaxation and an energetic rebalancing of the body. Fueled by ancestral knowledge of energy practices, this ritual works on the meridian system through a subtle combination of techniques such as manual acupuncture, weighted tuning fork stimulation, and energy smoothing and drainage.

The treatment is then enhanced through the use of crystals and a personalised olfactotherapy, chosen according to your current needs. With every person and every journey being unique, this signature treatment is precisely tailored to your needs.

A prior consultation allows the ritual to be personalised and its benefits maximised, incorporating approaches such as lithotherapy, sound therapy, olfactotherapy or vibrational acupuncture, according to your state of being.

90 min

260 €

THE ESSENTIALS

Inspired by Mediterranean heritage, our essential massages offer a true journey of the senses, between land, sea and sun.

Each ritual begins with a foot bath with Provençal herbs and salts, to relax the body and soothe the mind. The treatments continue with massage oils made from olive and Mediterranean plants, chosen for their nourishing, relaxing and revitalising properties.

An authentic and enveloping experience, designed to reconnect body and mind, and reveal a deep sense of well-being.

MEDITERRANEAN GETAWAY

Massage with slow, enveloping movements inspired by Mediterranean rituals, to soothe the mind and harmonise the emotions.

60 min	160 €
90 min	220 €

PROFOUND VITALITY

A deep, enveloping massage that releases tension and boosts energy, encourages letting go and revitalises the body's energy.

60 min	160 €
90 min	220 €

SPORT RECOVERY

Sports massage, based on manual techniques aimed at relaxing muscles deeply, releasing accumulated tension and optimising physical recovery.

60 min	160 €
90 min	220 €

MOTHER-TO-BE

Gentle and reassuring massage that relieves back tension, eases the legs and promotes circulation. It provides relaxation and comfort and helps support the body's changes throughout pregnancy.

This massage can be performed from the third month of pregnancy.

60 min	160 €
90 min	220 €

SOUND MASSAGE

An immersive experience where the vibrations of the instruments envelop the body and mind. Through the natural phenomenon of resonance, the sounds promote deep relaxation, soothe the mind and invite a state of inner harmony.

60 min	160 €
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INTENTION IN RESONANCE

Each treatment can be enhanced with personalised touches, designed to intensify the benefits of the ritual.

BODY SCRUB

Perfect as a complement to a body treatment or simply to revive the skin's radiance. It instantly restores energy and freshness, leaving the skin luminous, smooth and incredibly soft.

30 min 90 €

PRIVATE RELAXATION

Treat yourself to an exceptional break by booking our private duo cabin, a haven of serenity. Let yourself be enveloped by the benefits of a balneotherapy bath with deeply relaxing properties and a delightful Ayurvedic-inspired mocktail. An experience of relaxation and sensory escape.

30 min 120 €

MĒDITATIF

Mēditatif is a holistic wellness brand founded by Alicia Rountree Zannier, who grew up in Mauritius and is inspired by this lifestyle where nature, slowness, and presence are part of everyday life. The brand was born from a deep conviction: skincare begins with mindcare. Inspired by mindfulness, the brand offers a holistic approach where beauty is experienced as a state of being, from Skin to Soul.

The skincare products blend natural ingredients, sensorial textures, and clean efficacy, while the rituals—breathing, sound healing, journaling, intention, gratitude—create a true emotional and energetic reset. Mēditatif thus develops experiences that go beyond the product: an inner journey, a reconnection to oneself, a harmony between skin, body, and mind.

This vision is reflected in every creation: multi-use, vegan, and responsible products designed to complement care protocols rooted in gentleness, presence, and inner transformation.

BODY TREATMENTS

RENEWAL COCOON

A body ritual combining exfoliation and nourishing care from head to toe, enriched with soothing massages of the scalp, hands and feet, inviting the release of old tensions, renewal, and the return of lightness and inner space.

60 min 170 €

90 min 255 €

BODY RELEASE RITUAL

A full-body massage combining deep pressure, fascia release, assisted stretching and guided breathing, accompanied by the therapist's gentle voice, to relieve tension, stretch the body and restore ease and inner serenity.

60 min 170 €

90 min 255 €

FACIAL TREATMENTS

SKIN TO SOUL RITUAL

A grounding facial ritual designed to restore balance to the skin and soul. It combines a sculpting facial treatment with soothing foot reflexology. Through precise movements and gentle pressure on the feet, the treatment releases physical and emotional tension while renewing the radiance of the complexion. This experience reconnects the senses, promotes inner stability, and leaves the body and mind balanced, light, and deeply rejuvenated.

60 min 180 €

90 min 270 €

SERENITY ESCAPE

A lifting facial ritual designed to restore serenity and inner clarity, with the option to choose between live sound therapy or subtle recorded sound immersion. Through facial sculpting techniques, gentle releases of the neck and shoulders, and intentional touch, the treatment eases tension and revives the complexion's glow. This experience leaves the body and mind feeling light, calm, and refreshed, whether emphasising inner harmony or outer radiance.

Audio Sound Healing	60 min	180 €
Live Sound Healing	90 min	490 €

GRATITUDE GLOW

A facial ritual designed to cultivate inner gratitude and outward radiance, combining a guided journal and a nourishing facial treatment. The experience begins with a moment of silent reflection, promoting positivity and emotional clarity, before continuing with a restorative facial that enhances the skin's natural glow.

90 min 215 €

NATURAL LIFT

A facial ritual designed to release deep facial tensions and restore natural expression, incorporating gentle intra-oral work. Working both outside and inside the jaw, this treatment releases held-back emotions, softens tensions, promotes a subtle flow, while refining contours and brightening the complexion.

90 min 215 €

FLOW FACIAL

A Yin-inspired facial ritual designed to restore flow and inner space, combining sculpting facial care with gentle assisted body stretches. Through slow and mindful movements, the treatment releases stagnant tension, stimulates circulation and releases accumulated energy.

90 min 215 €

APOTICARI

Apoticari is a botanical house born in Auvergne, in the heart of a volcanic region rich in medicinal plants. Its skincare products are formulated using local plants, harvested according to the seasons and processed nearby.

A contemporary approach to skincare, where the power of plants meets the precision of the application.

BODY TREATMENTS

ALCHYMIA

A cocooning botanical massage born from the alchemy of plant oils and essential oils. Deep, fluid strokes melt away tension, revive the body's energy, and create a long-lasting state of relaxation.

60 min 170 €

TERRA

A mineral body ritual combining massage and a warm green clay wrap. The diffused heat deeply relaxes the tissues while the clay centres, lightens and restores a feeling of a clear and settled body.

90 min 255 €

LAPIS

A deep massage with heated volcanic stones, inspired by telluric energy. The mineral heat slowly penetrates the muscles, releases accumulated tension, and provides intense physical and mental grounding.

90 min 255 €

FACIAL TREATMENTS

LUMEN

A full facial ritual designed to awaken the skin's radiance and clarity. Botanical steam, double cleansing and targeted massage boost micro-circulation and leave the complexion fresh, luminous and visibly rested.

60 min 170 €

90 min 255 €

PURUS

A deep treatment that frees the skin from congestion and excess. The botanical steam and green clay mask purify, tighten the appearance of pores and restore a sensation of clarity and lasting comfort.

60 min 170 €

90 min 255 €

FORMA

A facial ritual focused on the structure and volumes of the face. Through precise sculpting movements and a deep massage, the features are reshaped, tensions released and the skin gains firmness and resilience.

60 min 170 €

90 min 255 €

MEN'S FACE AND BODY SIGNATURE

A complete face and body ritual, designed as a full immersion in texture and movement. Botanical steam, double cleansing, facial massage and facialist techniques intertwine with a deep body massage and a warm green clay wrap, to release tension, clarify the skin and restore the overall harmony of body and mind.

120 min 350 €

AUGUSTINUS
BADER

Building on over three decades of unparalleled research and innovation, Augustinus Bader's award-winning philosophy is rooted in pioneering advances in stem cell research, earning the trust of the world's most discerning skincare experts.

At the heart of this experience is TFC8®, Augustinus Bader's proprietary cellular technology, clinically proven to stimulate the body's natural regeneration processes, revealing the skin's natural radiance. Each product is designed to meet your skin's specific needs and allow it to glow.

BODY TREATMENTS

REGENERATING BODY RITUAL

A full-body treatment combining gentle exfoliation, targeted fascia massage and the application of a high-performance regenerating cream. Inspired by the Augustinus Bader method, this ritual stimulates cell regeneration, improves firmness and leaves the skin visibly smoother, supple and radiant. A deeply relaxing experience with immediate and lasting results.

90 min 320 €

FACIAL TREATMENTS

JET LAG FACIAL

Revitalise your skin and eliminate signs of fatigue. This regenerating treatment is specially designed to restore freshness and radiance to tired skin. A customised massage inspired by facialism, stimulating tissue metabolism, is followed by a hydrating and activating mask that decongests the skin and restores its natural radiance.

60 min 210 €

GLOW FACIAL

Experience a truly transformative journey. A highly personalised treatment combining Augustinus Bader's exclusive cell technology with a stimulating and decongesting massage, followed by the application of the Augustinus Bader Hydrogel hyaluronic acid mask. This treatment aims to strengthen the skin barrier and enhance your complexion, giving it a lasting and visible glow.

60 min 210 €

LONGEVITY FACIAL

This exceptional facial treatment begins with a triple deep cleanse, preparing the skin to optimally absorb the active ingredients. It continues with an intensive, stimulating massage designed to activate circulation, firm the tissues and sculpt the features, providing an immediate lifting effect. The ritual concludes with a professional mask enriched with powerful marine actives, with detoxifying and nourishing properties. These seaweed extracts stimulate cellular regeneration, rebalance the skin and restore its radiance. This sensory and scientific experience, the result of Augustinus Bader's advanced technology, delivers smooth, luminous and visibly rejuvenated skin.

90 min 290 €

INTENTION IN RESONANCE

Each treatment can be enhanced with personalised touches, designed to intensify the benefits of the ritual.

EYE CONTOUR

A high-precision treatment that soothes signs of fatigue, reduces fine lines and puffiness, while restoring the natural brightness and freshness around the eye.

30 min 90 €

HAND LIFT

The Hand Lift Treatment is a specialist treatment designed to reveal the youthfulness and beauty of the hands. It combines Global Care technology with LED therapy to smooth the skin, reduce dark spots and firm the backs of the hands.

30 min 90 €

BUST & NECK

The Bust and Neck Treatment is a specialist treatment designed to firm, smooth and enhance this delicate area, which is often marked by the passage of time. Combining aesthetic technologies with targeted manual techniques, it stimulates collagen production, improves skin elasticity and restores firmness to the tissues.

30 min 90 €

LED INTEGRAL SYSTEM

Led Integral System emits a soft and enveloping light over the whole body, providing a feeling of deep relaxation and visually improving the quality of the skin.

60 min	90 €
90 min	150 €

LED DOME SYSTEM

Led System Dome is an innovative treatment using LED phototherapy to stimulate the skin's natural functions. This technology works deeply to promote cell regeneration, soothe inflammation and revive the complexion's radiance.

30 min	90 €
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IYASHI DOME - GENTLE SESSION

Enhance your treatment with a gentle Iyashi Dome session designed to subtly extend the benefits of your wellness experience.

60 min	70 €
90 min	90 €

IYASHI DOME

Iyashi Dôme is an innovative Japanese technology that envelops the body in a gentle, penetrating infrared heat, promoting natural sweating while respecting the body's energy balance.

This deep heat works on deep detoxification, skin quality, sleep, skin ageing, muscle preparation and recovery, as well as relaxation and stimulating circulation.

A full treatment in itself or ideally combined with a treatment, Iyashi Dôme supports our treatments in preparation or as a complement, as the benefits of the IRL combined with the active ingredients in creams are multiplied for an even more complete and restorative wellness experience.

INTENSE SESSION

This session promotes deep detoxification and intense sweating, helping to stimulate metabolism, improve skin quality, and aid sports recovery.

30 min

90 €

GENTLE SESSION

This session promotes deep muscular and nervous relaxation through work on the sympathetic nerves and effectively helps with stress and sleep.

60 min

160 €

CRYOTHERAPY

Whole-body cryotherapy is an advanced technology that briefly exposes the body to extremely intense cold, reaching up to -110°C , in a cabin specially designed for a safe and revitalising experience.

This cold stimulation activates the body's natural adaptation mechanisms and promotes a deep sense of regeneration. It is particularly recognised for supporting muscle recovery, boosting circulation, reducing physical tension and providing a real energy boost.

Appreciated by both athletes and those seeking overall support for their vitality, cryotherapy fits perfectly into a programme of performance, recovery and longevity, offering the body an immediate feeling of freshness, lightness and revitalisation.

SESSION

A brief and controlled immersion in intense cold, designed as a ritual of immediate revitalisation. The body awakens, tensions are released, energy flows again.

30 min 90 €

PACKAGE - 5 SESSIONS

A repeated experience to deeply embed the benefits, sustainably support recovery, refine bodily sensations and restore essential vitality

Five 30-minute sessions 360 €

AQUAE
RĒSONANCE

FLOATING RITUAL

During our Flotation Ritual, the body gently surrenders to a sensation of absolute weightlessness, inviting deep release and gentle regeneration.

A true haven of well-being, this ritual enhances our wraps by accompanying each step of the treatment thanks to the subtle combination of an air mattress and finely tempered water. Carried by this enveloping sensation, the body relaxes deeply, highlighting the energetic signature of our clays.

Each ritual is tailored to your current needs, offering a personalised experience in perfect harmony with your expectations and present state. A rare sensory experience, both soothing and profoundly revitalising.

60 min 190 €

MOVEMENT

Extend the spa experience through exceptional sporting activities designed to enhance the body and soothe the mind. Yoga, Pilates, stretching or gentle strengthening are part of an elegant approach to movement, where every gesture becomes a source of balance and vitality.

In a refined and calming environment, our experts discreetly support you for harmonious fitness, perfectly in tune with your well-being.

PERSONALISED SPORTS COACHING

Personalised, private sessions to strengthen the body, improve posture and move mindfully.

50 min 120 €

REFORMER PILATES

A private session focusing on muscle tone, flexibility and alignment, combining movement with body awareness.

50 min 120 €

YOGA

A bespoke practice to restore balance, flexibility and inner calm, whilst connecting with your body and your breath.

Hatha, Vinyasa, Yin, Aerial Yoga. Individual private session 50 min 120 €

ACCOMPANYING PERSON

Additional 50 min 100 €

SPA ETIQUETTE

Welcome to Spa Resonance, designed as a haven of serenity and elegance. To maintain the exclusive and calming atmosphere of our spa, we kindly ask you to follow the recommendations below.

RESONANCE SPA ACCESS

The relaxation and wellness areas are accessible every day from 10:00 am to 19:00 pm.

The fitness areas are accessible 24 hours a day.

Treatments are carried out every day, by appointment, between 10:00 am and 19:00 pm.

Please arrive 15 minutes before the start of your treatment. Any delay will result in a reduction of the treatment duration and does not entitle a price reduction.

TREATMENTS

Care is accessible to everyone, including external clients. The fitness and relaxation areas (pools, gyms, hammam) are freely accessible to members and guests staying at Zannier Ile de Bendor, as well as to those enjoying a Spa day.

CHILDREN'S ACCESS

Access to the Resonance Spa is not allowed for children under 16 years old.

RESERVATIONS

To reach us from your room, please dial 5200. From outside, you can contact us directly by email at spa.bendor@zannier.com

HEALTH AND PREGNANCY

When making your booking, we invite you to inform us of your health condition or any allergies, so that we can offer the treatments best suited to your needs. Upon your arrival at Spa Resonance, a health questionnaire will be provided to you.

Please note that the heat of the hammam is not recommended for individuals with circulation problems, hypertension, or respiratory difficulties. Our treatments in no way replace a medical diagnosis or any treatment prescribed by a healthcare professional. Treatments for pregnant women are available from the second trimester of pregnancy. We encourage you to inform our reception staff of your pregnancy so that they can guide you to the most suitable treatments.

CANCELLATION POLICY

If you wish to cancel or change your appointment, please inform us as soon as possible to avoid being charged the full cost of the treatment.

- If the cancellation occurs less than twenty-four (24) hours before the date of the treatment, the full amount (100%) of the service is due.
- If the cancellation occurs between twenty-four (24) and forty-eight (48) hours before the date of the treatment, fifty percent (50%) of the service amount is due.
- If the cancellation occurs more than forty-eight (48) hours before the scheduled date of the treatment, the amounts paid will be fully refunded.

IN-ROOM TREATMENT

A 20% surcharge on treatments carried out in the room is applied

DRESS CODE

Bathrobes, slippers and disposable underwear are available for your use. Sports shoes are mandatory in the gym. Flip-flops and slippers are not allowed.

MOBILE PHONES

For the well-being and tranquility of all, we kindly ask you to turn off your mobile phones and other electronic devices upon entering the Spa Resonance area.

LOCKERS

Resonance Spa provides clients with a locker as well as linens during their stay. The Management accepts no responsibility for personal belongings placed in the lockers or left within the spa. Management reserves the right to open any lockers that remain closed at the end of the day and remove any items inside, as lockers are not assigned to individuals for exclusive use.

LOSS OR DAMAGE OF PERSONAL BELONGINGS

We disclaim all liability in the event of loss or damage to personal belongings. We recommend that you deposit your valuables in the safe in your room if you are staying at the hotel, or in your locker at the Spa, secured by a code.