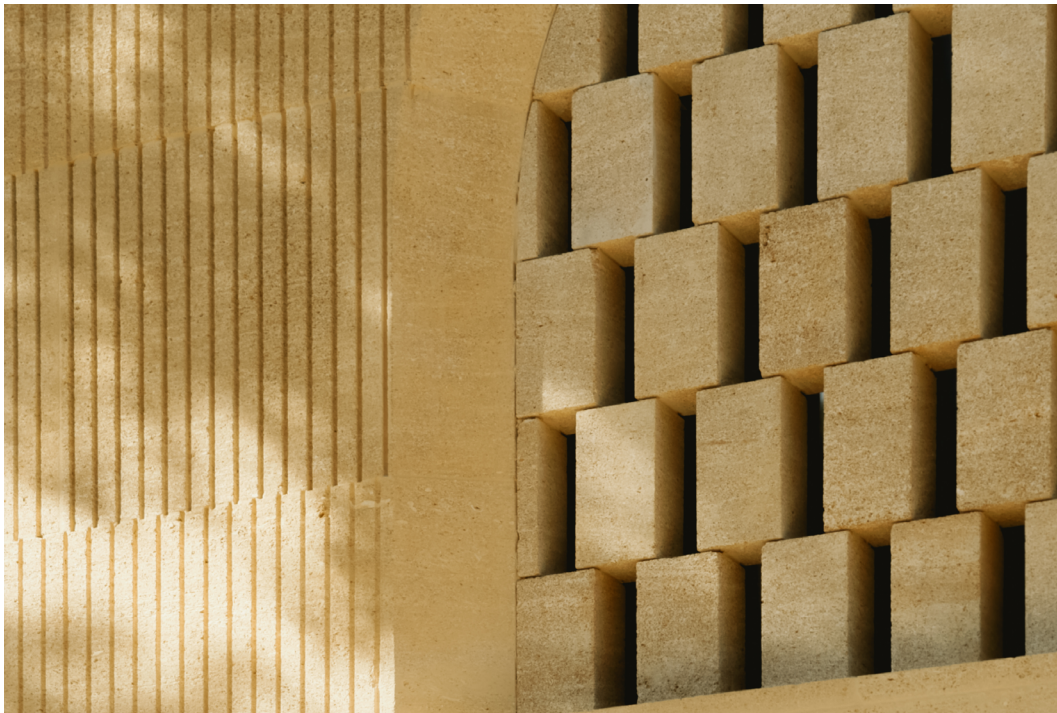




Attuned to Life: Zannier Hotels Unveils R sonance at  le de Bendor



Zannier  le de Bendor, France – *Opening May 1st, 2026, the reimagined 93-room hotel on the island of Bendor, in the South of France, introduces five transformative programmes and a pioneering bioresonance approach to personalised wellbeing.*

On May 1, 2026, Zannier Hotels opens the doors to its newly transformed Mediterranean island retreat,  le de Bendor, alongside the launch of R sonance, a distinctive and deeply human approach to holistic wellbeing.

Emerging after a five-year transformation, the 93-key private island retreat is home to a 1,200 sqm wellness centre offering five signature programmes spanning digestive balance, emotional balance, conscious movement, feminine and masculine vitality, and radiant beauty. At its core lies a simple belief: lasting wellbeing begins with a deeper understanding of oneself.

Central to this vision is the integration of bioresonance, an advanced wellbeing assessment technology that maps the body's energetic and physiological state. This foundation allows practitioners to shape each stay with precision and intention, aligning treatments, movement and nutrition into a coherent and meaningful whole.

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Résonance has been quietly taking shape since Arnaud Zannier opened his first hotel in 2011, not as a response to trend, but as the distillation of fourteen years of observation and personal conviction. What emerges is an intimate vision of wellbeing, offered with the sincerity that defines the Zannier approach.

A spirit of sharing runs through Résonance: the quiet transmission of knowledge, awareness, and a renewed connection to self. In a wellness landscape that often promises much, it offers something more grounded: a philosophy rooted in how we feel, and what the body truly needs.

“Our vision with Résonance is to empower guests to connect deeply with their own body and energy”, says Arnaud Zannier. “It is a journey of self-awareness and subtle transformation, providing tools and guidance so individuals can understand and restore balance, wherever they are in life.”



PERSONALISED WELLBEING THROUGH INTELLIGENT READING

At Zannier Île de Bendor, each stay begins with a bioresonance session, offering a structured reading of the body’s current state.

This initial consultation highlights patterns related to stress, energy and overall balance, providing a clear starting point for the programme. The results are translated into practical guidance, helping define a path before any treatment begins. From there, treatments, movement practices and nutrition are selected in collaboration with the naturopath and the retreat’s wellbeing chef, ensuring a consistent and relevant approach throughout the stay.

This process is supported by additional tools, including a 3D skin analysis for a body composition assessment and personalised cryotherapy profile. Together, they provide a detailed understanding of each guest’s condition, allowing practitioners to adapt treatments with clarity and consistency.

“Each guest is unique and must learn to tap into the body’s own resources. The bioresonance scan provides a mirror for the body’s energy, guiding each personalised path. This is why we named our wellness philosophy Résonance. It reflects the layers of insight, balance, and awareness.” explains Élise Rimbaud, Naturopath & Wellness Director at Zannier Île de Bendor.



FIVE SIGNATURE WELLNESS PROGRAMMES

Rather than a fixed protocol, each journey begins with a personalised consultation, guiding guests through a tailored experience across different dimensions of wellbeing.

- **Florea – Digestive Harmony**

Supporting the microbiome from the inside out, this programme combines abdominal massage, reflexology and naturopathy consultations with workshops in castor oil therapy and abdominal breathing. Guests may also explore the *Terra* ritual, a mineral treatment with warm green clay wrap and massage that purifies and recentres. Fermented beverage workshops and digestive nutrition guidance complete the journey.

- **Serena – The Art of Letting Go**

A programme dedicated to stress release and emotional restoration. At its core is *Aqua Résonance*, an immersive aquatic experience inspired by *Watsu* and *Atma Janzu*, encouraging deep release and fluidity. Complemented by botanical massage, the *Epicure Ritual*, sound healing and the *Serenity Escape* facial, the journey is further enriched by breathwork, yoga Nidra, Qi Gong and aerial yoga.

- **Harmonia – Hormonal Vitality & Balance**

Addressing vitality and inner harmony through *Kundalini* yoga, somatic practices and specialist therapies, Harmonia offers an inclusive approach to wellbeing. Signature experiences include the *Genesis Meridian* ritual, the *Womb Méditatif* massage, and the *Gratitude Glow* facial with journaling, while the *Renaissance* rite of passage supports moments of transition through profoundly restorative ritual.

- **Maestria – Energetic Awakening**

Designed for the performance-minded traveller, this programme combines sports massage, deep tissue therapy, osteopathy, cryotherapy and targeted training with athlete nutrition guidance. The *Maestria Deep Recovery* treatment and *Lapis* volcanic stone massage support muscle release and grounding, while *Visbody* analysis and personalised coaching bring structure to the physical journey.

- **Lumea – Skin Within**

A luminous approach to radiant skin from within. This programme combines Augustinus Bader facials with Apoticari treatments to enhance radiance, clarity and structure. The *Natural Lift* intra-oral facial, LED Therapy, Iyashi Dome and full-body rituals complete a holistic approach to beauty, with personalised follow-up ensuring lasting results.

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A SANCTUARY IN MOTION

Treatments unfold across a light-filled environment encompassing hammam, mud baths, far-infrared Iyashi dome, cryotherapy, acupuncture, osteopathy and dry needling, supported by yoga, meditation and reformer Pilates. The thermal journey through *Aquae R sonance* alternates heat and cold in a natural rhythm, creating a seamless flow between restoration and renewal.

The island rewards those who move through it. A racket sports complex, fitness centre and yoga deck above the Neptune Garden place guests between the ocean horizon and a botanical landscape. Private sessions in Pilates, yoga, sports coaching and sound baths are available for those who wish to move with intention.



THREE DISTINCT SKINCARE JOURNEYS

The *R sonance* spa experience brings together three complementary skincare philosophies: emotional ritual, botanical intelligence and regenerative science, offering a holistic and personalised approach to skin vitality and inner balance.

- **m ditatif – Skincare as Emotional Ritual**
m ditatif transforms skincare into a mindful ritual that restores awareness and emotional clarity, offering sensorial treatments designed to anchor presence and harmonise body, mind and skin.
- **Apoticari – Botanical Heritage, Mindfully Crafted**
Rooted in apothecary traditions, Apoticari reconnects guests to nature through bespoke, plant-based rituals that unite body, breath and botany in a grounding and personalised experience.
- **Augustinus Bader – Science Meets Sensoriality**
Augustinus Bader brings a scientific dimension to *R sonance*, combining advanced formulations with refined techniques to support the skin's natural intelligence and reveal visible renewal.

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NOURISHMENT, CONVIVIALITY & PLACE

The Résonance philosophy extends naturally to the table, where culinary offerings reflect the same balance of nourishment and mindfulness, with nutrition integrated into each programme. At Soukana, the island's wellness restaurant, healthy cuisine with a subtle Asian twist offers a delicate and balanced culinary experience, including a traditional pho valued for its digestive and remineralising qualities.

Terraces and shared spaces foster a sense of conviviality, reminding guests that wellbeing is as much collective as it is personal. Open to non-hotel guests, the wellness centre is fully integrated into the island's rhythm and community.

At Zannier Île de Bendor, wellbeing is not something to be consumed, but something to be understood and carried forward. In a place shaped by light, rhythm and quiet transmission, each guest leaves not only restored, but attuned with a deeper awareness of self and a renewed way of moving through life.

ABOUT ÎLE DE BENDOR

Facing the bay of Bandol, 45km East from Marseille and 15km West from Toulon, Zannier Île de Bendor was purchased in 1950 by Paul Ricard, who conceptualized his ideal of Mediterranean life on the shores of this stony island. Led by the desire to instill happiness in others, the French entrepreneur meticulously curated this island to bring his vision alive. In no time at all, Île de Bendor was the place to be, a social and cultural hub where locals, families and celebrities could gather, enjoy themselves, and be completely immersed in the beauty of the Mediterranean Sea. With its harbor, leisure facilities and beaches, its quintessential architecture and its "Provençal art de vivre", the island is known for its laid-back and genuine approach to hospitality, an inspiring place valuing conviviality, nature and craftsmanship. Today, more than 75 years after Paul Ricard first set foot on its shores, the island is poised for a bold revival. Société Paul Ricard and Zannier Hotels have undertaken to modernize the island in order to continue the legacy of its founder. Their shared commitment to restoring, preserving and passing on this art of living marks the rebirth of Île de Bendor. Reopening its doors in May 2026, Zannier Île de Bendor is set to re-emerge as an iconic Mediterranean destination.

For reservations, please visit www.zannierhotels.com/bendor

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