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 attentive listening to the body, its rhythms and what it reveals to us in silence. From this understanding emerges a personalized pathway combining treatments, movement, and nutrition, designed to restore balance from within. More than a simple moment of well-being, Rēsonance is an invitation to reconnect with oneself and carry this awareness beyond the island.

CONSULTATIONS

RĒSONANCE CONSULTATION

This initial consultation offers an in-depth exploration of your lifestyle and overall balance. It takes into account different aspects of your daily life, such as eating habits, sleep quality, energy levels, stress, and life rhythm.

This approach is complemented by a Bicom BodyCheck assessment, a gentle, non-invasive technology that allows visualisation of the body's energy levels, in order to establish a personalised assessment and create guidance tailored to your needs.

60 min 170 €

RĒSONANCE FOLLOW-UP CONSULTATION

The follow-up consultation continues the process initiated during the first visit, supporting the evolution of your overall balance over time.

It allows recommendations to be adjusted according to your sensations, progress and lifestyle, while reviewing during each session your energy levels, sleep quality, nutrition and stress management.

It may be complemented by Bicom BodyCheck assessments to observe changes in the body's energetic state and further refine the personalised support provided.

60 min 130 €

SKIN ANALYSIS 3D LIFEVIZ

A 3D skin analysis and the creation of a customized facial care plan, with before-and-after follow-up.

20 min 35 €

VISBODY BODY ANALYSIS

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

45 min 120 €

SIGNATURE TREATMENTS

RĒSONANCE RITUAL

Designed for travellers and active minds facing demanding rhythms, this signature treatment invites deep relaxation and energetic rebalancing of the body. Rooted in the ancient wisdom of energetic practices, this ritual works on the meridian system through a subtle combination of techniques such as manual acupressure, weighted tuning fork stimulation, energetic smoothing and drainage.

The treatment is then enriched through the use of crystals and a personalised olfactory therapy, selected according to your needs in the moment. Because each person is unique, this signature experience is precisely tailored to your individual requirements.

A preliminary consultation allows the ritual to be fully personalised and its benefits enhanced by incorporating, depending on your condition, approaches such as lithotherapy, sound therapy, olfactory therapy or vibrational acupressure.

90 min 260 €

THE ESSENTIALS

Inspired by Mediterranean heritage, our essential massages invite you on a true sensory journey, between land, sea and sun. Each ritual begins with a foot bath infused with Provençal herbs and salts, designed to release tension in the body and calm the mind.

The treatment continues with massage oils based on olive oil and Mediterranean plants, carefully selected for their nourishing, relaxing and revitalising properties.

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

MEDITERRANEAN GETAWAY

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

60 min	160 €
90 min	220 €

PROFOUND VITALITY

A deep, tonifying massage that releases tension, encourages complete relaxation and reawakens the body's natural energy.

60 min	160 €
90 min	220 €

SPORT RECOVERY

A massage designed for active bodies, using targeted manual techniques to deeply relax the muscles, release accumulated tension and optimise physical recovery.

60 min	160 €
90 min	220 €

MOTHER-TO-BE

A gentle and reassuring massage that relieves back tension, eases heavy legs and promotes circulation. It provides comfort and relaxation while supporting the body's transformations throughout pregnancy.

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

60 min	160 €
90 min	220 €

INTENTION IN RĒSONANCE

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 natural 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 moment by privately reserving our duo treatment room, a true sanctuary of serenity. Let yourself be enveloped by the deeply relaxing benefits of a balneotherapy bath, paired with a delicious Ayurvedic-inspired mocktail. An experience of pure relaxation and sensory escape.

30 min 120 €

MĒDITATIF

mēditatif is a holistic wellness brand founded by Alicia Rountree Zannier, raised on the island of Mauritius and inspired by a way of life in which nature, slowness and presence form part of everyday living. The brand was born from a deep conviction: skincare begins with care for the mind. Inspired by mindfulness, mēditatif offers a holistic approach in which beauty is experienced as a state of being – from skin to soul. The treatments combine natural ingredients, sensorial textures and clean efficacy, while the rituals – breathing, sound healing, journaling, intention and gratitude – create a true emotional and energetic reset. mēditatif thus develops experiences that go beyond the product itself: an inner journey, a reconnection to the self, and a harmony between skin, body and mind. This vision is reflected in every creation – multi-purpose, vegan and responsible products, designed to support treatment protocols rooted in gentleness, presence and inner transformation.

BODY TREATMENTS

RENEWAL COCOON

A full-body ritual combining exfoliation and a deeply nourishing treatment from head to toe, enhanced with soothing massages of the scalp, hands and feet. This ritual invites the release of stored tension, encouraging renewal and a return to lightness and inner spaciousness.

60 min	170 €
90 min	255 €

BODY RELEASE RITUAL

A full-body massage combining deep pressure, facial release, assisted stretching and guided breathing. Accompanied by the therapist's gentle voice, this treatment helps to ease tension, lengthen the body and restore a sense of ease and inner serenity.

60 min	170 €
90 min	255 €

FACIAL TREATMENTS

SKIN TO SOUL RITUAL

A grounding facial ritual designed to restore balance from skin to soul. It combines a sculpting facial treatment with soothing foot reflexology. Through precise movements and gentle pressure applied to the feet, the treatment releases physical and emotional tension while renewing the skin's natural radiance. This experience reconnects the senses, fosters inner stability and leaves both body and mind feeling balanced, light and deeply restored.

60 min	180 €
90 min	270 €

SERENITY ESCAPE

A lifting facial ritual designed to restore serenity and inner clarity, with the choice of live sound healing or a subtle recorded sound immersion. Through facial sculpting techniques, gentle releases of the neck and shoulders and intentional touch, the treatment softens tension and revitalises the complexion. This experience leaves body and mind feeling light, soothed and restored, whether the focus is on 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 outer radiance, combining guided journalling with a nourishing facial treatment. The experience begins with a moment of quiet reflection, encouraging 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-seated tension in the face and restore natural expression, incorporating gentle intra-buccal work. Acting both externally and internally along the jaw, this treatment releases held emotions, softens tension and encourages subtle flow, while refining contours and illuminating the complexion.

90 min	215 €

FLOW FACIAL

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

90 min	215 €

APOTICARI

Apoticari is a botanical house born in Auvergne, at the heart of a volcanic land rich in medicinal plants. Its treatments are formulated using local botanicals, harvested with the rhythm of the seasons and transformed close to their place of origin. A contemporary approach to care, where the power of plants meets the precision of touch

BODY TREATMENTS

ALCHYMIA

An enveloping botanical massage born from the alchemy of plant oils and essential oils. Deep, fluid techniques soothe tension, reactivate the body's energy and establish a lasting state of relaxation.

60 min 170 €

TERRA

A mineral body ritual combining massage with a warm green clay wrap. The gentle heat deeply relaxes the tissues, while the clay recentres the body, lightens sensations and restores a clear, grounded sense of physical presence.

90 min 255 €

BASALT

A sensorial ritual using heated volcanic stones, inspired by the Earth's telluric force. Carefully placed on key points of the body, the stones diffuse an enveloping warmth that penetrates deeply. This mineral presence gradually relaxes the muscles, releases accumulated tension and provides an intense sense of physical and mental grounding.

90 min 255 €

FACIAL TREATMENTS

LUMEN

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

60 min	170 €
90 min	255 €

AQUAE

A deep purifying treatment that frees the skin from congestion and excess. Botanical steam combined with a green clay mask purifies the skin, refines the appearance of pores and restores a lasting sense of clarity and comfort.

60 min	170 €
90 min	255 €

FORMA

A facial ritual focused on the structure and volumes of the face. Through precise sculpting techniques and deep massage, facial contours are redefined, tension is released and the skin gains tone, firmness and support.

60 min	170 €
90 min	255 €

MEN'S FACE AND BODY SIGNATURE

A complete face and body ritual conceived as a full immersion in texture and touch. Botanical steam, double cleansing, facial massage and facialist techniques are combined with a deep body massage and a warm green clay wrap, releasing tension, clarifying the skin and restoring overall harmony of body and mind.

120 min	350 €

AUGUSTINUS BADER

Building on more than three decades of unparalleled research and innovation, the award-winning philosophy of Augustinus Bader 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 lies TFC8®, the exclusive cellular technology developed by Augustinus Bader, clinically proven to stimulate the body's natural regenerative processes and reveal the skin's inherent radiance. Each treatment is designed to respond to the specific needs of your skin, allowing it to truly glow.

BODY TREATMENTS

REGENERATING BODY RITUAL

A full-body treatment combining gentle exfoliation, targeted fascial massage and the application of a high-performance regenerating cream. Inspired by the Augustinus Bader methodology, this ritual stimulates cellular renewal, improves firmness and leaves the skin visibly smoother, more supple and radiant. A deeply relaxing experience delivering immediate and long-lasting results.

90 min 320 €

FACIAL TREATMENTS

JET LAG FACIAL

Revitalise the skin and erase visible signs of fatigue. This regenerating facial is specially designed to restore freshness and radiance to tired, stressed skin. A bespoke facialist-inspired massage stimulates tissue metabolism, followed by a hydrating, activating mask that decongests the skin and restores its natural glow.

60 min 210 €

GLOW FACIAL

Experience a truly transformative journey. This highly personalised facial combines Augustinus Bader's exclusive cellular technology with an invigorating, decongesting massage, followed by the application of the Augustinus Bader Hyaluronic Acid Hydrogel Mask. The treatment strengthens the skin barrier and enhances the complexion, delivering visible, long-lasting radiance.

75 min 270 €

LONGEVITY FACIAL

This 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 480 €

INTENTION IN RĒSONANCE

Each treatment may be enhanced with bespoke touches, thoughtfully designed to intensify the benefits of the ritual.

EYE CONTOUR

A high-precision treatment designed to soothe signs of fatigue, soften fine lines and reduce puffiness, while restoring the natural brightness and freshness of the eye contour.

30 min 90 €

HAND LIFT

An expert treatment designed to reveal the youth and beauty of the hands. It combines Global Care technology with LED therapy to smooth the skin, reduce the appearance of pigmentation and firm the back of the hands.

30 min 90 €

BUST & NECK

An expert treatment dedicated to firming, smoothing and enhancing this delicate area often marked by time. Through the combination of advanced aesthetic technologies and targeted manual techniques, the treatment stimulates collagen production, improves skin elasticity and restores tone to the tissues.

30 min 90 €

LED INTEGRAL SYSTEM

The Integral LED System diffuses a soft, enveloping light over the entire body, promoting deep relaxation and visibly improving skin quality.

60 min	100 €
90 min	150 €

LED DOME SYSTEM

An innovative treatment using LED phototherapy to stimulate the skin's natural functions. This technology works in depth to encourage cellular regeneration, soothe inflammation and revive the complexion's radiance.

30 min	90 €

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 Dome is an innovative Japanese technology that envelops the body in gentle, penetrating infrared heat, encouraging natural perspiration while respecting the body's energetic balance.

This deep heat supports overall detoxification, improves skin quality, enhances sleep, helps address skin ageing, supports muscular preparation and recovery, promotes relaxation and stimulates circulation.

A treatment in its own right or ideally combined with a facial or body treatment, Iyashi Dome complements our rituals both as a preparation and as an extension of care. Thanks to the benefits of long-wave infrared rays combined with the active ingredients of applied creams, the effects of each treatment are amplified, offering an even more complete and regenerative wellness experience.

INTENSE SESSION

This session promotes deep detoxification and intense perspiration, helping to stimulate the metabolism, improve skin quality, support sports recovery and contribute to body slimming.

30 min	90 €

GENTLE SESSION

A session designed to encourage profound muscular and nervous relaxation by acting on the sympathetic nervous system. It is particularly effective in reducing stress and improving sleep quality.

30 min	90 €
60 min	110 €

CRYOTHERAPY

Whole-Body Cryotherapy involves briefly exposing the body to extreme cold temperatures at –85°C in a secure, controlled cabin. This intense stimulation triggers the body's natural physiological responses, creating an immediate sensation of regeneration, lightness and renewed vitality.

Performance & Optimised Recovery
Cryotherapy accelerates muscular recovery, reduces muscle soreness and supports natural anti-inflammatory processes. It helps optimise physical performance and enables more consistent training under optimal conditions.

Balance & Overall Well-Being
By acting on the nervous system, cryotherapy contributes to improved sleep quality, reduced stress and anxiety, and an enhanced sense of overall well-being. An immediate tonifying effect – a true boost for both body and mind.

SESSION

A brief, guided and controlled immersion in intense cold, designed as a ritual of immediate revitalisation. The body awakens, tension is released and energy flows freely once again.

30 min	90 €

PACKAGE — 5 SESSIONS

A repeated experience designed to anchor long-term benefits, support recovery and reveal essential vitality. Each session is part of a personalised approach, refined according to your sensations and progress, for lasting overall balance.

Five 30-minute sessions	360 €

AQUAE RĒSONANCE

FLOATING RITUAL

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

A true sanctuary of well-being, this ritual enhances our body wraps by accompanying each stage of the treatment through the subtle union of an air mattress and delicately temperature-controlled water. Carried by this enveloping sensation, the body relaxes deeply, allowing the energetic signature of our clays to fully unfold.

Each ritual is adapted to your needs in the present moment, offering a personalised experience in perfect harmony with your expectations and current state. A rare sensorial journey – both deeply soothing and profoundly restorative.

60 min 190 €

MOVEMENT

Extend the spa experience through exceptional movement practices, thoughtfully designed to elevate the body and calm the mind. Yoga, Pilates, stretching and gentle strengthening are approached with elegance, where each movement becomes a source of balance and vitality.

In a refined and soothing environment, our experts accompany you with discretion, guiding you towards harmonious physical conditioning in perfect resonance with your overall well-being.

PERSONALISED SPORTS COACHING

A private, tailored session designed to strengthen the body, improve posture and encourage mindful movement..

	50 min	120 €

REFORMER PILATES

A focused private session using the Reformer machine. The exercises work deeply to build muscular tone, improve joint mobility and correct postural alignment. Movements are fluid and controlled, combining spring resistance, breath and body awareness to develop strength, balance and coordination.

	50 min	120 €

YOGA

A bespoke practice designed to restore balance, flexibility and inner calm, in connection with the body and the breath. Choose between Hatha, Vinyasa or Yin yoga.

	50 min	120 €

ACCOMPANYING PERSON

Additional person	50 min	100 €

SPA ETIQUETTE

Welcome to Spa Rēsonance, 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.

RĒSONANCE SPA ACCESS

The relaxation and wellness areas are accessible every day from 10:00 am to 20:00 pm. The fitness areas are accessible 24 hours a day. Treatments are carried out every day, by appointment, between 10:00 am and 20:00 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 Île de Bendor, as well as to those enjoying a spa day.

CHILDREN'S ACCESS

Access to the Rēsonance 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 Rēsonance, 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 Rēsonance area.

LOCKERS

Rēsonance 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.

Rēsonance