

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, R sonance is an invitation to reconnect with oneself and carry this awareness beyond the island.

CONSULTATIONS

## RĒSONANCE CONSULTATION

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This initial consultation offers an in-depth exploration of your lifestyle and overall balance. It takes into account various aspects of your daily routine, such as dietary habits, sleep quality, energy levels, physical activity, stress, and pace of life.

This approach is complemented by a Bicom BodyCheck assessment, a gentle and non-invasive technology that allows the body's energy levels to be assessed. This combination supports the creation of a personalised evaluation and the development of guidance tailored to your needs.

90 min      170 €

## RĒSONANCE FOLLOW-UP CONSULTATION

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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

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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

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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

## RÉSONANCE RITUAL

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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

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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

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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

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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

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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 €
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## INTENTION IN RÉSONANCE

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

### BODY SCRUB

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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

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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

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A full-body ritual combining exfoliation and a nourishing treatment from head to toe, enriched with a soothing scalp and foot massage, inviting the release of tension, renewal, and the restoration of lightness and inner spaciousness.

60 min      170 €

### BODY RELEASE RITUAL

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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

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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

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A lifting facial ritual designed to restore serenity and inner clarity, enhanced by a subtle sound immersion. Through facial sculpting techniques, gentle release work on the neck and shoulders, and an intentional touch, the treatment softens tension and revives the skin's radiance. This experience leaves the body and mind feeling light, soothed, and restored, whether the focus is on inner harmony or outer radiance.

Live Sound Healing      90 min      490 €

## GRATITUDE GLOW

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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

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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

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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

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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

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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

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A sensory ritual using heated volcanic stones, combined with a massage inspired by the Earth's natural forces. Gently placed on key points of the body, the stones release a deep, enveloping warmth that penetrates gradually. This mineral presence works slowly into the muscles, releasing accumulated tension and providing a powerful sense of physical and mental grounding.

90 min      255 €

## FACIAL TREATMENTS

### LUMEN

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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 €

### AEQUA

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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

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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 €

### FACE AND BODY SIGNATURE

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An integral face and body ritual, conceived as a complete immersion in texture and touch. It begins with a warm green clay wrap to release tension, purify the skin and restore the body and mind's overall harmony, followed by a deep body massage and concluding with a facial treatment.

120 min	350 €
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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

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

90 min      320 €

## FACIAL TREATMENTS

### JET LAG FACIAL

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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

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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

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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 380 €

### EYE CONTOUR

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A high-precision treatment that soothes signs of fatigue, reduces fine lines and puffiness, while awakening the natural radiance and freshness of the eye contour.

45 min 110 €

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

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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

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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 €

#### EYE & SERENITY RITUAL

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A deeply relaxing experience combining the Iyashi Dôme with gentle infrared heat and the Augustinus Bader eye treatment. This session promotes intense muscular and nervous relaxation through a soothing action on the sympathetic nervous system. It helps to reduce stress, release tension and improve sleep quality, while providing an immediate sense of letting go. The high-precision eye treatment completes this ritual by reducing signs of fatigue, fine lines and puffiness, while revealing the natural radiance and freshness of the eye contour. An ideal ritual to restore inner calm, lightness and a well-rested gaze.

60 min            150 €

## INTENTION IN RÉSONANCE - IYASHI DOME

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Complete your treatment with a gentle Iyashi Dome session designed to subtly prolong the benefits of your wellness moment.

Intense session	30 min	50 €
Gentle session	30 min	50 €
	60 min	70 €
	90 min	90 €

CRYOTHERAPY

Whole-Body Cryotherapy involves briefly exposing the body to extreme cold temperatures at  $-85^{\circ}\text{C}$  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**

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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**

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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

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During our Floatation Ritual, the body gently surrenders to a sensation of absolute weightlessness, inviting a deep sense of letting go and soft regeneration.

A true cocoon of wellbeing, this ritual enhances our body wraps by supporting each stage of the treatment through the subtle combination of an air mattress and finely tempered water. Carried by this enveloping sensation, the body relaxes deeply, revealing the energetic signature of our clay.

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

### PERSONALISED SPORTS COACHING

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

50 min 120 €

### YOGA

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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.

### REBALANCE COACHING

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A session dedicated to resetting the nervous system and deeply releasing tension, combining gentle mobility, stretching, Pilates and slow yoga, along with breathing and relaxation techniques. This approach helps to calm the mind, restore energy balance, and return to a state of calm, lightness and grounding.

### VITALITY COACHING

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A session designed to gently strengthen and tone the body, improve posture and mobility, through a fluid sequence blending dynamic Pilates, muscle strengthening and active mobility, to sculpt the silhouette and energise the whole body.

### ENERGY COACHING

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A session designed to gently strengthen and tone the body, improve posture and mobility, through a fluid sequence blending dynamic Pilates, muscle strengthening and active mobility, to sculpt the silhouette and energise the whole body.

50 min Solo 120 €  
Duo 160 €  
3 à 5 personnes 200 €

### REFORMER PILATES

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A private and targeted session. Using the machine, the exercises strengthen deep muscle tone, improve joint mobility, and correct postural alignment. The work is fluid and controlled, combining spring resistance, breathing, and body awareness, while developing strength, balance, and coordination.

50 min Solo 150 €  
Duo 220 €

SPA ETIQUETTE

Welcome to Spa R sonance, 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.

## R SONANCE SPA ACCESS

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The relaxation and wellness areas are accessible every day from 10:00 am to 19:30 pm. The fitness areas are accessible 24 hours a day. Treatments are carried out every day, by appointment, between 10:00 am and 19:30 pm. Please arrive 30 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

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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  le de Bendor, as well as to those enjoying a spa day.

## CHILDREN'S ACCESS

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Access to the R sonance Spa is not allowed for children under 16 years old.

## RESERVATIONS

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

## HEALTH AND PREGNANCY

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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 R sonance, 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

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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

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

## DRESS CODE

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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

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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 R sonance area.

## LOCKERS

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R sonance 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

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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

