



LES HAUTES MERS

Summer glow

Nouveau Départ by Natasha Andrews

FROM JULY 8TH TO AUGUST 12TH, 2025

EVERY TUESDAY

Each participant will receive an exclusive selection of flagship products from Natasha Andrews and the Fontenille Collection team, designed to enhance your daily wellness rituals, sensory experiences, and holistic practices.

HALF - DAY PROGRAM

9:00 AM : Welcome & detox drink

9:00 - 11:00 AM : Yoga, Strength, and Pranayama session with Natasha Andrews

11:00 AM - 12:30 PM : Free time on the terrace, pool, relaxation, beach access
or Access to the Spa des Hautes Mers, indoor pool, sauna, hammam – Group 1

12:30 PM : Energizing superfood lunch created by Natasha Andrews and Chef Christophe Vauthier

2:00 PM : Free time on the terrace or Access to the Spa des Hautes Mers – Group 2

PRICING CONDITIONS

- Half-day retreat: €170 per person, full payment required at the time of booking, non-refundable, non-cancellable.

This offer includes the yoga class, access to the Spa (sauna, hammam, indoor pool), and lunch (excluding alcoholic drinks or soft beverages).

- Detoxifying facial or body treatment of your choice, according to the protocols of the natural brand On The Wild Side, available for an additional fee with a 10% discount for retreat participants.

By reservation via email at least 72 hours before the event : reservations@leshautesmers.com

HOTEL ACCESS

- 27 rue Pierre Henry, 85350 Île d'Yeu, France, +33 (0) 2 51 37 01 12

- Boat crossing with the Vendée Company

- Helicopter crossing with OYA Hélico Company



LES HAUTES MERS & ON THE WILD SIDE