

Spa menu

LES HAUTES MERS SPA





ON THE WILD SIDE

ON THE *WILD* SIDE

BEAUTY EXPERT

On The Wild Side is a French skincare brand offering certified organic and 100% natural products made from wild plants.
Free from essential oils and synthetic preservatives.

At the heart of OTWS's highly effective formulas lies a unique, patented blend of two remarkable wild plants: birch sap and beech bud extract.

Working in synergy, these ingredients help to:
boost cell regeneration
strengthen the skin's natural barrier
slow down oxidative stress and skin aging

This wild botanical power is the source of the brand's effectiveness, thanks to its patented active ingredients.

On The Wild Side is more than just skincare.
It's a manifesto of kindness and authenticity—where natural ingredients meet indulgence, wild spirit meets sophistication, and simplicity meets performance.

Backed by this expertise, the On The Wild Side treatment menu features innovative rituals that amplify the potency of the formulas to deliver a truly unique experience.

Each treatment is carefully crafted and tailored to your skin's specific needs.

Facial treatments

MIRACLE GLOW BY THE SEA

A complete, nourishing, and hydrating treatment that plumps the skin and restores a radiant complexion. Thanks to active ingredients derived from wild plants hand-harvested in nature, the skin is deeply regenerated, soothed, and visibly more luminous. Ideal for bringing comfort, suppleness, and vitality to all skin types – even the most sensitive.

30 MIN - 70€ | 60 MIN - 120€

SIGNATURE SCULPT & LIFT

Exclusive anti-aging signature treatment to firm, boost radiance, and refine skin texture. It combines several tonic Kobido techniques over the entire face with On The Wild Side's Night Balm enriched with plant-based retinol and hyaluronic acid.

60 MIN - 120€



Facial treatments

RELAX & GLOW

Discover a new holistic experience designed to boost your skin's radiance. We've partnered with Nooānce, the French expert in advanced anti-aging skincare, to introduce you to a revolutionary facial ritual: the LED light therapy mask. From the very first session, the skin appears brighter, more radiant, and visibly refreshed. This treatment is especially recommended if you wish to:

Regenerate and energize your skin by stimulating collagen production

Address specific skin concerns such as acne, scarring, or signs of aging

Reduce imperfections like dark spots and improve overall skin texture

LEDS MASK SESSION 10 MIN - 20€

**LEDS MASK SESSION 10 MIN
& COLLAGEN DRINK BY APNÉE - 35€**

**CURE 5 LEDS MASK SESSIONS 10 MIN
& COLLAGEN DRINK BY APNÉE - 150€**

We recommend this ritual as a complement to another facial treatment.



Body massage

WILD SHELL (NEW)

This unique treatment, inspired by Polynesian traditions, uses a combination of warm and cool shells to release tension, stimulate circulation, and soothe the nervous system. The slow, flowing, and enveloping movements of the shells provide an immediate sense of well-being—perfect for deeply relaxing the body.

60 MIN - 120€ | 90 MIN - 160€

SIGNATURE WILD ENERGY

Exclusive signature treatment combining several techniques of firming drainage using On The Wild Side's organic Body Care Oil with a soothing orange blossom fragrance. This relaxing and energizing treatment provide complete body benefits and stimulates blood flow.

60 MIN - 120€ | 90 MIN - 160€

WILD HARMONY

A gentle, comforting treatment designed to calm both body and mind. Through slow, enveloping, and deep movements, this massage releases built-up tension, relaxes the muscles, and invites you to fully let go.

60 MIN - 120€

Targeted treatments

MOTHER OF THE SEAS

Massage with enveloping and comforting movements for mum-to-be total body relaxation.

60 MIN - 120€

FOOT REFLEXOLOGY

A therapeutic practice of applying pressure to reflex zones on the feet to stimulate blood flow and rebalance the functioning of the body's organs and systems.

30 MIN - 70€



Spa treatments rituals

SEA SALT BODY SCRUB

This invigorating scrub smooths the skin, helps reduce the appearance of cellulite, and stimulates blood circulation for a lasting feeling of lightness and comfort.

30 MIN - 70€

MARINE SERENITY RITUAL

A relaxing treatment for soft, revitalized skin.

Full body scrub - 30 min

Personalized massage - 30 min

60 MIN - 110€

MARINE ESCAPE RITUAL

A complete sensory journey to rejuvenate body and mind.

Full body scrub - 30 min

Personalized body massage - 60 min

Radiance-boosting facial - 30 min

120 MIN - 230€

Les Hautes Mers Stopovers - Day Pass

SWIM & RELAX

Access to the spa and herbal tea lounge

Access to the indoor pool

Valid from 3pm to 6pm

50€ / PERS

MATINÉE IODÉE

Breakfast

Full body massage - 50 min

Access to the spa and herbal tea lounge

Access to the outdoor pool

Valid from 9am to 3pm

130€ / PERS

ÉCHAPPÉE EN HAUTES MERS

Lunch (starter/main or main/dessert, excluding drinks)

Full body massage - 50 min

Access to the spa and herbal tea lounge

Access to the outdoor pool

Valid from 12pm to 6pm

150€ / PERS

On reservation



General information

OPENING HOURS

Our indoor wellness area, open from 10am to 7pm, is a calm and relaxing environment. The heated outdoor swimming pool is open every day from 9am to 9pm, season and weather permitting.

ARRIVAL

Our beauty treatments are by appointment only. For optimal relaxation, please arrive 15 minutes before your appointment. You will be asked to fill out a health questionnaire. Unfortunately, a late arrival will mean less time for your treatment, for which no price reduction will be offered.

CANCELLATION POLICY

Any change or cancellation must be made at least 48 hours before the appointment. Any appointment cancelled within less than 48 hours will be charged in full.

For external guests, Les Hautes Mers can request your credit card information as a guarantee. In the case of any cancellation that fails to meet the conditions outlined above, the treatment may be charged in full.

RULES

Children must be accompanied and supervised by adults when accessing the swimming pool. Please follow the safety instructions.

We kindly ask you to respect this by turning off your phones and following the hygiene and usage rules for the sauna and hammam. Pets are not allowed. We would like to inform our customers that there is video surveillance in all common areas around the wellbeing centre.

The management declines all responsibility for any loss of personal effects.





LES HAUTES MERS

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