



BY MARY HUGHES

# One of the most **unique** spas

One of the thrills of my career was an adventure to Vancouver Island, not only did I get to fly in a private Cessna over the mountains, I also discovered a spa that most of you don't even know about. The Kingfisher Oceanside Resort & Spa is the first Canadian full-service oceanfront spa resort, located on tranquil Gartley Bay in the Comox Valley.

Upon my arrival I was mesmerized, I felt I had landed in the Carribean. I could hear the water lapping on the shore as I walked onto my private deck from my room. Guests select either a lodge-style ocean view room or one of the six different layouts of beachfront suites, all having a spectacular view of the ocean.

Every resort room, located in a two floor lodge opening onto the shores of the ocean, overlook the water with spectacular views of mountains, ocean, nearby islands, sunrises and marine wildlife.

The full service spa specializes in the natural healing and restorative elements of the sea and is equipped with 22 treatment rooms for a broad spectrum of spa treatments including massage, facials, aromatherapy, body wraps, sauna, etc. I had the Pacific Mermaid treatment?. This is something that offers total indulgence, just what I was looking for! I had a full body thalassotherapy wrap and as I started to drift off I was also treated to hydrating marine facial mask. My body and face were coming back to life and I must have drifted off as I remember being woken up

because the rest of the treatment needed to be completed, a rich moisturizer massaged all over, as they say 'head to fin'. All this for \$150, a steal I should have ordered two! I must admit my stay got even better as this spa has the most unique amenity you will ever find, the Pacific Mist Hydropath. It is like an indoor cave with 7 different water therapies to experience. You're your bathing suit as you will experience the Massage Rinse, Mineral Massage Pool, Waterfall Massage, Steam Cave & Glacial Waterfall, River Walk, Tidal Baths. This is like a fun house for spa goers. This path takes about an hour to experience, the therapeutic properties being hydro-massage which promotes circulation, detoxification and imparts a deep sense of relaxation. Not only fun but good for you. Kingfisher is popular for conferences and especially women's groups going for a weekend getaway. I can see why this spa is a best-kept secret; if the rest of the world finds out I'll never get in!

Upon my arrival I was mesmerized, I felt I had landed in the Carribean.

