Welcome to the Pacific Mist Spa at the Kingfisher Oceanside Resort. Located on the beautiful eastern shores of Vancouver Island, our resort rests among a coastal forest, on a gentle slope with stunning views across the Strait of Georgia to the Sunshine Coast.

Here at the Pacific Mist Spa, you’ll find proven spa therapies focusing on rich ingredients of the sea and interpreted to reflect our unique West Coast environment. Calm your senses in the fresh ocean air, experience wellness in our Pacific Mist Hydropath® and enjoy a signature service to enhance your overall wellbeing. Visit our outdoor heated pool, hot tub, infrared sauna, and steam cave complimentary with any spa service.

“It’s all about you” at the Kingfisher Oceanside Resort & Spa!
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Pacific Mist Spa signature service may not be suitable for guests with thyroid conditions, iodine or seaweed allergies.

not recommended for guests with heart conditions or high blood pressure.

not suitable for pregnant guests.

not suitable for guests with mobility issues.
A truly unique experience, the Pacific Mist Hydropath offers the many benefits of hydrotherapy in a setting that evokes the Island’s natural seaside elements. Enjoy this guided experience on your own or with friends. Follow a re-created west coast shoreline path featuring sandstone sculpted caves and pools.

Appointments are required for this guided experience through the Hydropath elements. The total time to complete the Hydropath is one hour. We require you to arrive 15 - 20 minutes prior to your scheduled appointment in order to prepare for your experience and to enjoy a few moments of calm. Please keep in mind that if you arrive late, we may not be able to accommodate your booking in consideration of other guests in the Hydropath.

This detoxifying experience is not appropriate for guests under the age of 18, those who are pregnant, or experience circulatory conditions. Guests with mobility issues should check with the Pacific Mist Spa staff prior to booking this service. Guests who are under the influence of drugs and alcohol will be exempt from this experience. A swimsuit is required to complete this experience.

Complete the Pacific Mist Hydropath® with a 10 - 15 minute rest in the lounge taking in the serene views of the Pacific Ocean and nearby Gulf Islands.
SWISS SHOWER
Swiss shower jets carved into the sandstone send water pulsating, rinsing and warming the body.

MINERAL MASSAGE POOL
Proceed around the pool where jets progress from the lumbar region of the back up to the shoulders, gently relaxing tense muscles.

WATERFALL MASSAGE
Sit amongst a series of waterfalls to experience streaming water of various volumes and intensities. This water element is designed to relax stressed muscles in the head, neck and shoulders.

STEAM CAVE
Inhale aromatic steam, soothing to the lungs and encouraging the release of toxins from the body.

GLACIAL WATERFALL
Allow the glacial waterfall to invigorate your body and senses.

RIVER WALK
With jetted sections of both warm and cold water, the river walk produces the “Kneipp” effect for the legs, a traditional therapy that stimulates blood circulation.

SEA MINERAL SOAK
The sea mineral pool is the perfect spot for a relaxing float, while 104 trace elements and minerals are absorbed by the body.

TIDAL BATHS
Relax in a single person bath carved out of rock, with wild hand harvested West Coast seaweeds in a sea salt body polish. Your skin will feel refreshed and nourished.
FACIALS

The Pacific Mist Spa offers a range of professional skin care services to meet the needs of all our guests, using the product lines Phytomer Skincare and Vie Collection.

LUMINOUS FACIAL  Allow 1¾ hours
Using products from the prestige Vie Collection, this facial is designed for guests who desire maximum anti-aging benefits. After enjoying a signature back massage with gentle rhythm and soothing techniques, you will receive the detoxifying benefit of a warming marine mud along the spine. The Vie exfoliation process is scientifically designed to achieve the results of micro-dermabrasion without the use of mechanical equipment. Two highly concentrated masks complete the anti-aging process, leaving the skin truly luminous.

RADIANCE FACIAL  Allow 1½ hours
Replenish your skin’s natural glow with this anti-aging facial. After enjoying a signature back massage with gentle rhythm and soothing techniques, you will receive the detoxifying benefit of a warming marine mud along the spine. A thorough exfoliation and uplifting facial massage with anti-aging massage oil concentrate prepares the skin for the warmth of a paraffin like anti-aging wax mask.

BALANCING FACIAL  Allow 1 ¼ hours
Relax your mind while your skin receives the care it deserves. After enjoying a signature back massage with gentle rhythm and soothing techniques, you will receive the detoxifying benefit of a warming marine mud along the spine. A thorough exfoliation and customized mask allows this facial to address individual concerns and re-balance the complexion.
MEN’S BALANCING FACIAL
Allow 1¼ hours
This facial for all skin types utilizes Phytomer’s products specifically designed for men. After enjoying a signature back massage with gentle rhythm and soothing techniques, you will receive the detoxifying benefit of a warming marine mud along the spine. From a thorough exfoliation, relaxing facial massage and customized mask, this facial is designed to address individual concerns and re-balance the complexion. Please shave prior to service.

MEN’S REVITALIZING FACIAL
Allow 1 hour
Utilizing Phytomer’s products specifically designed for men, your skin receives the care it needs. A thorough exfoliation, relaxing facial massage and customized mask address specific concerns and leaves your skin soothed and nourished. Please shave prior to service.

REFRESHING FACIAL
Allow 1 hour
For all skin types, this Phytomer facial is customized for your skin to receive the care it needs. A thorough exfoliation, relaxing facial massage and customized mask address specific concerns and leaves your skin refreshed and restored.

CYFOLIA ORGANIC FACIAL
Allow 1 hour
A truly organic spa wellness experience. Fresh and oil-rich textured products pamper the face to provide hydration and a healthy glow. Eco-certified organic Cyfolia algae revives the natural radiance of the skin.
MASSAGE

Relieve your tension, recapture a feeling of deep relaxation, and benefit from a detoxification.

*The Pacific Mist Spa has qualified Registered Massage Therapists of British Columbia on staff – please specify when booking if you require an RMT.*

CUSTOM REGISTERED MASSAGE
Allow 1 or 1½ hour(s)
This customized full body massage is our only service performed by a Registered Massage Therapist. Using a variety of techniques to promote a deep sense of wellbeing, this therapy is particularly effective for stimulating circulation, increasing lymphatic drainage, helping maintain and increase range of motion and easing muscle pain. Upon consultation you are able to address specific areas of tension and acquire personal care remedies to help further relieve stress and muscle tension.

RELAXATION MASSAGE Allow 1 or 1½ hour(s)
With its gentle rhythm and soothing techniques, this massage provides both physical and mental relaxation. It releases tension caused by daily routines, freeing the body from discomfort and tension. This treatment can improve quality of sleep and allows for deep relaxation.

FIRM PRESSURE MASSAGE Allow 1 or 1½ hour(s)
This full body massage helps relieve tight muscles, chronic muscle pain, and induce relaxation. Your provider will use slow strokes and firm pressure to relieve tension from the deeper layers of your muscles and connective tissue. Swedish and deep tissue massage techniques are used to enhance tissue health, promote drainage and decrease tension.

EXPECTANT MOTHER MASSAGE Allow 1 hour
With pillow support and positioning, the accumulated tension caused by your growing body will melt away. Its gentle rhythm and soothing techniques provide both physical and mental relaxation. This treatment can improve quality of sleep, ability to relax and the capacity to decrease tension from postural changes. You will be left feeling refreshed and at ease. Tailored to any trimester.
SEA STONE MASSAGE .Allow 1¼ hours
This hot stone massage is a deep massage that uses soothing oils, warm stones and the weight of the stones to relax your muscles. Stones will rest on areas of your body, bringing nourishing warmth to tired muscles. You will be left feeling calm, soothed and pampered after this very relaxing massage.

*service not available in July & August

REFLEXOLOGY Allow 1 hour
A gentle healing art based on the principle that reflexes in the feet correspond to systems and organs in the body. Applying pressure to these reflexes creates benefits for personal health and a natural balance. A soothing soak prepares your feet to receive this relaxing treatment, leaving you with the feeling you are walking on clouds.

WAVE  Allow 1¾ hours
Float in a peaceful state of calm with this unique treatment. Combining a relaxation massage and a reflexology session, you will be left feeling completely cared for and balanced – mind and body.

REIKI Allow 1 hour
A Japanese healing art, Reiki translates to spiritual or sacred energy. Through placement of hands in a systemized method, energy is directed to the muscular system, nervous system and major organs, evoking a state of deep relaxation and promoting harmony of body, mind, and spirit.

SANCTUARY Allow 1¼ hours
A relaxation massage combined with the ancient tradition of Reiki offers true sanctuary from the outside world.

DELUXE MARINE MUD MASSAGE Allow 1 hour
Lay back and embrace the warmth and bubbly sensation of a detoxifying marine mud along the spine. While you rest, enjoy a relaxational massage targeting the feet, back, neck, shoulders and head.
HEALING WATERS  Allow 1 ¼ hours
BODY REJUVENATION
Treat your skin to our signature rosemary mint salt body exfoliation. Your skin will be ready to accept the antioxidant rich green tea soak in our jetted hydrotherapy tub. Rest peacefully as you receive a full body relaxation massage. Freshly prepared, hand blended ingredients provide complete nourishment and make this one of our most unique services.

HYDROTHERAPY SOAK  Allow 1 hour
Let the 144 jets in our therapeutic tub massage away muscular tension and activate sluggish circulation. Enjoy a full body exfoliation to prepare for the hydrotherapy soak. An application of moisturizer seals in the benefits and leaves the skin completely nourished.

COASTAL LAVENDER  Allow 1 ¼ hours
TREATMENT
Beginning with a full body exfoliation to refresh tired skin, you will drift into a state of full relaxation with the aroma of sea lavender. With a combination of effleurage strokes and body compressions, a unique massage using salt crystals and sea lavender provides balance to the body and mind.

OCEAN MIST TREATMENT  Allow 1½ hours
Encompassing the remineralizing power of the ocean, this treatment begins with a full body sea salt exfoliation. Flowing into a relaxation massage with oil infused with sea minerals, you feel relaxed and replenished.

PACIFIC MERMAID*  Allow 1½ hours
Enter a sea of deep relaxation while wrapped in a cocoon of rich marine ingredients. A full body exfoliation prepares your skin for a Detoxifying, Remineralizing, or Firming body wrap. While you relax, your face is refreshed with a mini facial including exfoliation, massage, and mask. An application of nourishing body lotion leaves you replenished and nourished from head to fin.

BALANCING BODY WRAP*  Allow 1 hour
Experience true comfort and warmth while your skin receives the attention it’s earned. Exfoliation prepares the skin to absorb a full body mask that is Detoxifying, Remineralizing or Firming. Wrapped in warm blankets, you will enjoy a facial cleanse and relaxing eye and scalp massage. An application of moisturizer seals in the benefits of your wrap and leaves skin completely nourished.
UNDER THE SEA BLISS ☼ Allow 75 min
Float into a world of relaxation with this popular treatment using pacific sea salts combined with nourishing essential oils. Skin is polished then nourished by our blend of massage oil and Seabuckthorne for a softness that lasts for days. While you relax in a warm cocoon of blankets, your face is refreshed with a mini facial including exfoliation, massage and mask.

SEA BODY POLISH ☼ Allow 45 min
Pacific sea salts provide a gentle but thorough exfoliation. Finishing with a blend of nourishing oils leaves skin feeling soft for days.

ESSENTIAL BACK ☼ Allow 45 min
TREATMENT
Relax while the skin on your back receives the attention it deserves. A thorough cleansing, exfoliation, relaxing massage and warming marine mud mask will refine and purify this skin that is hard to reach.

*APPLIES TO PACIFIC MERMAID & BALANCING BODY WRAP ONLY

REMINERALIZING
This seawater based wrap contains 104 trace minerals and elements which restore and revitalize the body and boost the immune system.

DETOXIFYING 🌿
Specifically harvested seaweed regulates metabolism and helps the body eliminate toxins.

FIRMING & RESTORING
Active marine ingredients protect and restructures the collagen & elastin fibers of the skin, restoring elasticity.
HANDS & FEET

Please note that at the Pacific Mist Spa we do not offer gel/shellac or acrylic nail services, including removal.

GRAND PACIFIC PEDICURE
Allow 1 ¼ hours
Lie back and relax with this luxurious pedicure. A warm softening soak prepares your feet for expert grooming, thorough exfoliation, nourishing foot mask and soothing stone massage. A nail polish color will be applied and is your gift to take home.

SEASCAPE PEDICURE
Allow 1 hour
Lie back and relax while your nails, cuticles and calluses are expertly groomed and your feet enjoy a thorough exfoliation and nourishing massage. An application of nail polish completes this essential pedicure.

SEASCAPE MANICURE
Allow 1 hour
This relaxational manicure includes nail care, exfoliation and nourishing massage. Hands will be smoothed and an application of nail polish completes this essential treatment.

ENHANCE YOUR TREATMENT WITH A FRENCH POLISH APPLICATION
Allow 15 minutes
HANDS & FEET

POLISH - FREE PEDICURE  Allow 45 minutes
Maintain healthy feet with this refreshing treatment. Feet are soaked in our herbal bath to prepare for callus removal, exfoliation, nail grooming and nourishing massage. Your nails will be buffed to show off their natural beauty.

POLISH - FREE MANICURE  Allow 45 minutes
This relaxational manicure includes nail care, exfoliation and nourishing massage. Your nails will be buffed to show off their natural beauty.

RECHARGING MEN’S PEDICURE  Allow 45 minutes
This relaxing foot care treatment begins with a softening foot soak followed by callus removal, cuticle care, nail trimming and buffing. A nourishing and relaxing foot and lower leg massage completes this essential treatment.

MAN - ICURE  Allow 45 minutes
Relax while your hands are cared for. Nails are buffed and trimmed and a thorough exfoliation and massage leave hands smooth and revitalized. This treatment is a must for every man.
JUST FOR EXPECTANT MOMS

MOMMY TO BE BELLY  Allow 30 minutes
TREATMENT
Take a time out for you. This pampering belly facial helps our mommy-to-be guard against stretch marks. A gentle exfoliation will prepare the skin for a nourishing mask. Float into total relaxation while a hydrating body milk is lightly applied onto your belly, and finish this treatment with a foot massage. You’ve earned it!

EXPECTANT MOTHER  Allow 1 hour
MASSAGE
With pillow support and positioning, the accumulated tension caused by your growing body will melt away. Its gentle rhythm and soothing techniques provide both physical and mental relaxation. This treatment can improve quality of sleep, ability to relax and the capacity to decrease tension from postural changes. You will be left feeling refreshed and at ease. Tailored to any trimester.

REFRESHING FACIAL  Allow 1 hour
For all skin types, this Phytomer facial is customized for your skin to receive the care it needs. A thorough exfoliation, relaxing facial massage and customized mask address specific concerns and leaves your skin refreshed and restored.

SEASCAPE PEDICURE  Allow 1 hour
Lie back and relax while your nails, cuticles and calluses are expertly groomed and feet enjoy a thorough exfoliation and nourishing massage. Application of nail polish completes this essential pedicure.

SEASCAPE MANICURE  Allow 1 hour
This relaxation spa manicure includes nail care, exfoliation, and nourishing massage. Hands will be smoothed and an application of nail polish completes this essential manicure.
RECOVERY MASSAGE  Allow 1¼ hours
This is a full body massage workout wind down! Your provider will combine an array of massage techniques including Swedish massage, deep tissue, and rhythmic compressions. This service is enhanced with hot towels, Cryoderm, extra time on those areas of tension that may require more work. This treatment will decrease pain associated with muscle, joint, and neurological conditions, as well as promoting tissue health and recovery.

MEN’S BALANCING FACIAL  Allow 1¼ hours
This facial for all skin types utilizes Phytomer’s products specifically designed for men. Begin with a back massage to encourage relaxation, followed by a warming marine mud applied along the spine. From a thorough exfoliation, relaxing facial massage and customized mask, this facial is designed to address individual concerns and re-balance the complexion. Please shave prior to service.

MEN’S REVITALIZING FACIAL  Allow 1 hour
Utilizing Phytomer’s products specifically designed for men, this facial provides a thorough exfoliation, relaxing facial massage, and customized mask to address specific concerns. Please shave prior to service.

RECHARGING MEN’S PEDICURE  Allow 45 minutes
This relaxing foot care treatment begins with a softening foot soak followed by callus removal, cuticle care, nail trimming and buffing. A nourishing relaxing foot and leg massage completes this essential treatment.

MAN - ICURE  Allow 45 minutes
Relax while your hands are cared for. Nails are buffed and trimmed and a thorough exfoliation and massage leave hands smoother and revitalized. This treatment is a must for every man.
TWILIGHT SPA RITUALS

Our Twilight Spa Rituals are the perfect way to relax and unwind at the end of your day. All of our evening rituals are created specifically for relaxation, to calm the mind & remove stress. These specially designed pampering treatments are available for appointment times starting at 5pm until closing time, with pre-bookings required.

BLISSFUL SLEEP MASSAGE & REFLEXOLOGY RITUAL
Allow 1 ¾ hours

The secret to a good night’s sleep is to be able to achieve a peaceful and calm state of mind. What better way than to take a relaxation journey of a full body massage utilizing light to medium pressure soothing the body and mind while stimulating circulation, easing tension and stress. The massage transcends into a focus on your feet, receiving gentle pressure on the reflexes in the feet. The journey concludes with a satisfying scalp massage that clears the mind and puts your body in a truly rested state.

SPA RITUAL RECOVERY MASSAGE
Allow 1 ½ hours

Float into a dreamy state of relaxation after an active day. Your provider will combine an array of massage techniques including Swedish massage, deep tissue, and rhythmic compressions -spending a little extra time on those areas of tension that may require more work. Utilizing the power of aromatherapy to allow you to fully unwind and finishing with a foot massage.

WELLBEING NIGHT SPA RITUAL
Allow 1 ½ hours

Float away for two hours of blissful repose. Enter a sea of deep relaxation while wrapped in a cocoon of rich marine ingredients. This begins with a full body exfoliation that prepares your skin for a Detoxifying, Remineralizing or Firming body wrap. While you relax and unwind, your face is refreshed with a mini facial including exfoliation, massage and mask. A silky body lotion is applied afterwards leaving your body replenished and nourished. The ritual is concluded with a scalp massage to promote the deepest relaxation.
LAVENDER DREAMS SPA RITUAL

Allow 1 ¼ hours

Catch up on your zzzs, comforted with the wonderful aroma of sea lavender. Beginning with a full body exfoliation to refresh tired skin, you will drift into a state of full relaxation. With a combination of effleurage strokes, and body compressions, a unique massage using salt crystals and sea lavender provides balance to the body and mind. Complete this blissful dream with a peaceful scalp massage.

OCEAN MIST SPA RITUAL

Allow 1 ½ hours

Rest your mind and body, while enjoying the healing benefit of the ocean. This Spa Ritual begins with a full body sea salt exfoliation, flowing into a relaxation massage with oil infused with sea minerals. The sweet aroma of scented oil surrounds you in a dreamy bliss.

RELEASE NIGHT SPA RITUAL

Allow 1 ¼ hours

Enjoy a metamorphosis as you receive a full body exfoliation that prepares and softens your body before you submerge in our therapeutic hydrotherapy tub where 144 jets work to release muscular tension and promote better circulation. After treating your inner being, you will experience a scalp massage that will have you floating in a dreamy state ready for bedtime.
DAY SPA & DINE PACKAGES

Our midweek escapes are a wonderful treat for any occasion. Indulge in one these signature spa services and complete your day-cation by enjoying a gourmet meal in our Ocean7 Restaurant and AQUA Bistro & Wine Bar. This package includes a food & beverage credit valid towards breakfast or lunch, either before or after your spa service. Valid Mondays through Fridays only – excluding statutory holidays and high occupancy dates. Reservations are recommended at time of booking.

PACIFIC MIST HYDROPATH ESCAPE
Enjoy our Pacific Mist Hydropath® and a food & beverage credit valid towards breakfast or lunch, either before or after your spa service.

REFRESHING FACIAL ESCAPE
Enjoy a Refreshing Facial and food & beverage credit valid towards breakfast or lunch, either before or after your spa service.

RELAXATION MASSAGE ESCAPE
Enjoy a one hour full body Relaxation Massage and a food & beverage credit valid towards breakfast or lunch, either before or after your spa service.

EXPECTANT MOM MASSAGE ESCAPE
Treat yourself to a one hour full body Expectant Mother Massage and food & beverage credit valid towards breakfast or lunch, either before or after your spa service.
SPAC PACKAGES

SEA TO SKY 🌊.Allow at least 2 hours
Experience the eight unique elements of the Pacific Mist Hydropath® and a one hour full body Relaxation Massage. This is our most popular combination. Come enjoy with a friend or loved one.
- One Hour Relaxation Massage
- Pacific Mist Hydropath®

SEA ESCAPE 🌊.Allow at least 2 ¼ hours
Plan your escape with this popular spa package! Feel relaxed and renewed while addressing the most deserving parts of your body.
- One Hour Relaxation Massage
- Balancing Facial

SERENITY PACKAGE. Allow at least 2 ½ hours
Relax and enjoy a day at the Spa with this deluxe version of our Sea Escape Package. Signature essential oil blend rotates seasonally.
- One Hour Scented Oil Relaxation Massage
- Deluxe Balancing Facial with Foot Treatment
SPA CULTURE

FACILITIES
Access to the spa facilities, including the outdoor heated pool, hot tub, and infrared sauna, is complimentary with your Pacific Mist Spa treatments one hour before or after your treatment. Placing extra time around your appointment is recommended and will extend the benefits of your service.

BOOKING AN APPOINTMENT
To ensure the greatest selection of time and service, we recommend booking your spa appointments well in advance of your arrival. A valid credit card is required to book your spa appointment. We highly recommend arriving 20 minutes prior to your scheduled appointment in order to take advantage of the facilities and enjoy a few moments of calm before your service. Please keep in mind that if you arrive late, we will still need to complete the service at the originally scheduled time in consideration of the next guests and may not be able to accommodate the booking.

MINIMUM AGE
Guests must be 13 years to enjoy select spa services and the pool facilities. The Kingfisher Oceanside Resort has children’s pool hours for guests under the age of 13 years old to enjoy the pool between the hours of 9 – 10am and 6 – 8pm. Any guest under the age of 13 years old must be accompanied by an adult. Guests must be 18 years of age to enjoy the Pacific Mist Hydropath.

GRATUITIES
Gratuities are not included in the service prices. Gratuities may be added at your discretion at time of payment or can be charged to your resort room.
SPA CULTURE

SPA ETIQUETTE
To respect the spa environment of our guests please speak softly in the spa. Cellular phones, recording devices, and outside food and beverages are not permitted at any time. Guests staying at the resort are welcome to wear the robe from their room. Our therapists use professional draping techniques to ensure your comfort and privacy at all times. Please wear a swimsuit to enjoy the spa facilities and Pacific Mist Hydropath.

CANCELLATION POLICY
We have reserved this time especially for you. In the event you are unable to keep your appointment time please notify us 48 hours prior to your scheduled booking to avoid charges. 50% of your service charge is due within 48 hours and 100% of your service charge is due with same day cancellations.

HEALTH CONDITIONS
At the Pacific Mist Spa, we want you to enjoy a safe, nurturing and relaxing experience. The Pacific Mist Hydropath® may not be appropriate for guests with mobility issues. Guests must be able to climb stairs and raise & lower self into a tub. Some of our services are not recommended for guests with certain health conditions including allergies, high blood pressure, thyroid conditions and pregnancy. More serious health conditions require a doctor’s permission. Please inquire before booking your spa experience.

LAVENDER DREAMS SPA RITUAL
Allow 1 ¼ hours
Catch up on your zzzs, comforted with the wonderful aroma of sea lavender. Beginning with a full body exfoliation to refresh tired skin, you will drift into a state of full relaxation. With a combination of effleurage strokes, and body compressions, a unique massage using salt crystals and sea lavender provides balance to the body and mind. Complete this blissful dream with a peaceful scalp massage.

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Allow 1 ½ hours
Rest your mind and body, while enjoying the healing benefit of the ocean. This Spa Ritual begins with a full body sea salt exfoliation, flowing into a relaxation massage with oil infused with sea minerals. The sweet aroma of scented oil surrounds you in a dreamy bliss.

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Enjoy our Pacific Mist Hydropath® and a food & beverage credit valid towards breakfast or lunch, either before or after your spa service.

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Treat yourself to a one hour full body Expectant Mother Massage and food & beverage credit valid towards breakfast or lunch, either before or after your spa service.