

# Relax At Airport Spas When You Fly

Spas at airports are increasingly being seen as a space that allows travellers to relax and rejuvenate even as they journey from city to city

Words | Bindu Gopal Rao



A spokesperson from BIAL says, “Guests typically spend between 20 to 60 minutes at the spa, with an average duration of 40–45 minutes, indicating strong engagement. The most preferred services include:

- foot reflexology
- head massage
- back massage (neck & shoulder) and
- Swedish massage, catering to both quick relief and deep relaxation needs.

These spas offer a comprehensive range of services, with 18 services available at the Domestic Terminal's **Raya Spa** and 21 services at the International Terminal's **Haveli Spa**. Some additional outlets further enhance accessibility for passengers across the terminal.”

The India spa market size reached USD 2.02 billion in 2024. Looking ahead, IMARC Group expects the market to reach USD 4.63 billion by 2033, exhibiting a growth rate (CAGR) of 9.67% during 2025-2033. “The market is expanding due to rising disposable incomes, increasing wellness awareness, and growing demand for Ayurvedic and therapeutic treatments. Urbanisation and the rise of luxury spa resorts further boost market adoption. “Technological integration, personalised services and corporate wellness programmes are shaping industry growth, making India a key player in the global wellness sector,” says the report.

Once novel concept, spas are increasingly seen in new-age airports, spas are offering travellers an easy option to recharge themselves. Some airport spas in India include the **Encalm Spa** at **Delhi Airport**; **O2 Spa** at **Bangalore Airport**; **Ode Spa** outlets at the **Rajiv Gandhi International Airport** in Hyderabad; and **Sohum Spa** at the **Adani Lounge** in **Mumbai International Airport**, which offer various treatments and therapies for stress relief.

## R&R for Indian Travellers

With passenger traffic at **Kempegowda International Airport Bengaluru** (Bangalore International Airport Ltd.) reaching 41.88 million in FY 2024–25, there has been a noticeable increase in footfall at the airport's spa facilities. This reflects a growing demand for wellness and relaxation services among travellers.



## The Convenience of Quick Services

Airport spas are built on the premise of convenience. As travellers are in transit and often have limited time at their disposal, airport spas offer express or quick treatments like short massages, relaxing pedicures, and travel-friendly pampering. Managing airport spas are however not without challenges. Due to the dynamic nature of airport operations with heightened security protocols and potential flight delays, footfalls at spas can be impacted. Also, space constraints within terminals means that spas are relatively smaller. Due to the diversity of clients and time sensitivity, these spas need careful planning and flexible service offerings. Availability of highly trained therapists and a consistently serene ambience are other challenges that airport spas need to consider overcoming.

A recent report from Collinson International's Priority Pass reports a 56 percent increase in airport spa experience visits by Indian travellers to Asia Pacific markets. Wellness is also a part of luxury and this is why airport spas are growing in numbers.

“In Asia the standards of service are much higher and better than in the UK and Europe while the level of competence may be better in the Western countries. Air travel is quite stressful and most things are automated. From my point of view I feel

that there is a need for nurturing and touch and this niche is being fulfilled by airport spas.”

Even if there is emotional stress a massage makes it so much better - even if there is not much time at the clients' disposal. Airport spas lack the ambience and size of a regular spa. The

service too is usually limited, with small menus and limited treatments which may be more expensive at the airport. “If done correctly, airport spas can be a perfect way to relax as they are destinations within a destination,” explains **Colin Gary Hall, Founder, Spa Wallah**, and Wellness Consultant.

As airport lounges get more premium, they have spas located within the lounge as well. With more travellers with free lounge access, they get access to spas more than ever before making them popular. Their quick de-stressing treatments offer a great way to relieve travel stress.

The rising usage and positive response underline the airport spas' growing relevance as a key passenger service, contributing meaningfully to the overall airport experience. So, the next time you are flying, check out the airport spa; it is a great value add to your travel experience. **SS**