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WELLNESS REDEFINED

Wellness now goes beyond just a fancy spa, it is now integrated into our daily lives and spaces.

By Bindu Gopal Rao

The modern spa today needs to deliver something that is beyond relaxation.

Today's wellness environments can offer users greater control over temperature, humidity, water pressure, lighting, and even the overall ambience.

SPA ESCAPE

The modern spa today needs to deliver something that is beyond relaxation, even while it contributes to reducing stress and creating a feeling of calm from the moment a person enters. This involves carefully considering lighting, acoustics, temperature, materials, colours, textures, air quality, privacy and spatial flow. "Wellness products and equipment are also becoming more sophisticated, supporting recovery, sleep, skin health and stress management. Our approach at Elvis Wellness Spa & Salon was based on creating an immediate transition from the hectic outside environment to a calmer interior. Soft lighting, pastel tones, plush seating, tropical elements and carefully controlled visual details were used to make the experience feel soothing even before a treatment begins," says Sandeep Sahani, co-founder, Qbana Designs Pvt. Ltd.

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Wellness products and equipment are also becoming more sophisticated.



Sandeep Sahani, co-founder, Qbana Designs Pvt. Ltd.

SOPHISTICATION RULES

Today steam rooms, saunas and Jacuzzi systems are becoming more sophisticated, and their evolution is moving towards greater personalisation and sensory control. From an architectural perspective, however, technology should remain integrated rather than visually dominating the space. The equipment needs to support the experience without making the environment feel overly mechanical. “We see the future of spa design as a balance between advanced technology and natural sensory experiences, warm materials, soft lighting, tactile surfaces, water, and carefully controlled temperature working together,” says Sahani.



PHOTO COURTESY HANS GROHE.

Consumers are paying greater attention to how a bathroom looks, feels and performs, with greater interest in materials, lighting, ergonomics, water experiences and technology.



PHOTO COURTESY HANS GROHE.



Abdulkader Bengali, MD, Hansgrohe India.

Water plays a particularly important role because it is inherently sensory. Courtesy Hansgrohe.



Manoj Nair, Country Head – India, Middle East & Africa, HTL Group Ltd.



PHOTO COURTESY HOUSE OF HTL INTERNATIONAL.

Zero Gravity Recliners—an advanced evolution of traditional recliner seating designed to deliver a deeply restorative and wellness-oriented experience.



PHOTO COURTESY HOUSE OF HTL INTERNATIONAL.

Designed for intuitive everyday use, Domicil's Zero Gravity recliners feature seamless touch-button motion controls that allow users to effortlessly adjust seating positions for personalised comfort.

SPA AT HOME

The bathroom is increasingly being designed as a space for pause and personal wellbeing, rather than simply a room for functional routines. As homes become more experience-led, consumers are paying greater attention to how a bathroom looks, feels and performs, with greater interest in materials, lighting, ergonomics, water experiences and technology. Water plays a particularly important role because it is inherently sensory. The way water falls, the texture of the droplets, the temperature and the degree of control can influence how a person experiences the space. "At Hansgrohe, our approach has always been to understand water at an engineering level and use that understanding to create more refined experiences. Technologies such as AirPower, which enriches water with air to create fuller droplets, and PowderRain, which creates ultra-fine droplets, demonstrate how engineering can directly influence the sensory experience of a shower. Technology, therefore, does not have to make the bathroom feel more complicated. When thoughtfully integrated, it can make the space more intuitive, comfortable and personalised. The evolution we are seeing is essentially from a bathroom that performs a



PHOTO COURTESY HOUSE OF HTL INTERNATIONAL.

As wellness-led living continues to influence the way modern homes are designed across India, comfort is increasingly becoming central to furniture choices—particularly within living spaces where people spend the most time unwinding, entertaining, and relaxing.



Lighting is one of the most important elements in a wellness environment because it directly influences how a space feels.

PHOTO COURTESY OBANA DESIGNS PVT. LTD.

function to one that contributes to the overall experience of living at home,” says Abdulkader Bengali, MD, Hansgrohe India.

SLEEP WELL.

Domicil Sleep takes a more comprehensive approach to the category. The brand provides solutions tailored to individual comfort preferences, body support needs and lifestyle requirements, helping consumers make more thoughtful decisions about their bedrooms and sleep routines. “Domicil Sleep aims to go beyond the question of ‘Which mattress should I buy?’ and encourage consumers to think about how they can enhance their lifestyle and live better. At Domicil Sleep, we are not just offering mattresses; we are creating a holistic sense of well-being and approaching it in a complete and integrated way with bedroom concepts,” said Manoj Nair, Country Head – India, Middle East & Africa, HTL Group Ltd. The brand offers high-quality German-engineered mattresses, upholstered beds, ergonomic pillows, bedroom recliners and lounge chairs. By bringing these elements together, the brand allows consumers to view the bedroom as a unified environment where various aspects of comfort work together to promote better rest. The brand’s collections are made using carefully chosen materials and comfort technologies designed to improve the sleep experience. These include Australian wool, naturally breathable comfort layers, eco-friendly fabrics and safe, toxin-free materials suitable for sensitive sleepers. Some products also include antibacterial and anti-mite protection, helping to create a cleaner and more hygienic sleep environment. The combination of material selection, German engineering and thoughtful design is intended to address key aspects of sleep comfort, such as support, breathability, temperature control and hygiene.

LIGHT CUES

Lighting is one of the most important elements in a wellness environment because it directly influences how a space feels. It can make a person feel energised, relaxed, intimate or completely disconnected from the outside world. Architects prefer layered lighting rather than relying on a single source. Ambient, concealed and decorative lighting can work together to create depth while avoiding glare. Warm colour temperatures are particularly effective in treatment and relaxation areas.

NEW TRENDS

Treatment furniture is becoming much more focused on ergonomics and the complete user experience. Comfort is no longer limited to cushioning; factors such as posture, temperature, adjustability, vibration and ease of use are becoming increasingly relevant. For designers, the challenge is to integrate these technologies without compromising the visual character of the interior. Furniture should feel like a natural extension of the space rather than a piece of equipment placed inside it. The future will bring more adaptable



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Soft lighting, pastel tones, plush seating, tropical elements and carefully controlled visual details in a spa environment.

PHOTO COURTESY HANSGRÖHE.



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treatment furniture that can respond to individual requirements while maintaining a refined, quiet aesthetic.

PERSONAL TOUCH

Wellness and functionality are increasingly coming together in bathroom design. A product can create a beautiful experience, but it also needs to perform reliably, be easy to use and maintain, and use resources responsibly. Personalisation is becoming an important part of the premium shower experience because consumers no

longer necessarily want a one-size-fits-all solution. Different spray patterns, shower formats, water flow and temperature controls allow users to create an experience that suits their individual preferences and routines. “The design of the shower also contributes to this experience. Ergonomic controls and intuitive interfaces make it easier to adjust the water without interrupting the experience. Ultimately, personalisation is not about adding technology for its own sake; it is about giving people greater control over something as fundamental as water and allowing the shower to adapt to different

moods, routines and preferences,” says Bengali.

TECH TUNE

Connected wellness products are becoming increasingly relevant because they allow environments to respond to individual preferences. Sensors and smart controls can help manage lighting, temperature, humidity, air quality and other environmental conditions. “However, technology should always have a purpose. We don’t believe a wellness space becomes better simply because more technology is added. The technology needs to make the experience more comfortable, personalised or efficient. The next step will be environments where different systems communicate with one another, creating a seamless experience rather than requiring users to operate multiple independent devices,” says Sahani.

The future of the bathroom will be less about individual products and more about integrated experiences, where different elements work together seamlessly. “We will see greater integration between water management, temperature, hygiene, comfort, ergonomics and design. But I don’t think the objective will be to make bathrooms increasingly technological for the sake of technology. The technology should become increasingly intuitive and, in many cases, almost invisible to the user. For Hansgrohe, this means continuing to combine German engineering, design and water expertise to create experiences that feel natural rather than complicated. Ultimately, I see the bathroom becoming one of the most thoughtfully designed spaces in the home, not necessarily because it contains more technology, but because technology, design and water will work together more intelligently to support how people want to live and feel,” says Bengali. [Read](#)