



SAARTHI - सारथी

करियर मार्गदर्शन पोर्टल · Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट · CAREER SHEET

स्पा थेरेपिस्ट

A Spa Therapist is a skilled wellness professional who relaxes and rejuvenates clients through massage, body and skin therapies, scrubs, wraps and soothing wellness rituals. They understand each client's needs, choose the right...



Scan for everything on this career

Salary, exams, colleges, the routes in and the steps after — all on the portal.

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सुशील कुमार शर्मा

प्रधानाचार्य, रा.उ.मा.वि. जेठन्तरी · मास्टर ट्रेनर
Principal, GSSS Jethantri · Master Trainer



श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर
Principal, DIET Barmer



श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
Sr. Lecturer, DIET Barmer (Support)



भरत चौधरी

अभिकल्पना व विकास · व्याख्याता (इतिहास)
Designed & developed · Lecturer (History)

विशेष धन्यवाद · SPECIAL THANKS



सुरेन्द्र सिंह राठौड़

व्याख्याता (इतिहास) · रा.उ.मा.वि. कानाना



सुरेश कुमार सैन

व्याख्याता (भूगोल) · रा.उ.मा.वि. रामसीन मूंगड़ा



वनिता कुमारी

व्याख्याता (इतिहास) · रा.उ.मा.वि. रामसीन मूंगड़ा



कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) · रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। · An independent project based on the Government's official career-guidance content.

1 About this career

A Spa Therapist is a skilled wellness professional who relaxes and rejuvenates clients through massage, body and skin therapies, scrubs, wraps and soothing wellness rituals. They understand each client's needs, choose the right oils, techniques and treatments, maintain strict hygiene and safety, and help people feel good by relieving pain and fatigue. The work happens in standalone spas, hotel and resort spas, and Ayurveda and wellness resorts. With India's booming wellness tourism, it is a creative, respected and stable career.

2 At a glance

Minimum qualification	Class 10 pass (NSQF Level 4 course)
Course duration	About 3–6 months
Starting salary	₹12,000–18,000/month
Work mode	Full-time job at a spa/hotel/resort

3 What you need

INTERESTS

- Enjoy relaxing people and making them feel good
- Keen to learn massage, oils, aroma and treatment techniques
- Interest in health, wellness and body care

ABILITIES

- Excellent interpersonal communication and a polite manner
- Attention to detail and following instructions correctly
- Strong hands, physical fitness and stamina to stay on your feet

KEY SKILLS

- Various massage techniques (Swedish, deep-tissue, Thai, aromatherapy)
- Maintaining hygiene, sanitation and client safety
- Knowledge of oils, essential oils and spa products
- Body and skin therapies — scrubs, wraps, facials and wellness rituals
- Client consultation, assessing needs and after-care advice
- Basic understanding of traditional therapies like Ayurveda/Panchakarma

4 How to get there

- 1 Complete Class 10.
- 2 Enrol in the NSQF Level 4 Spa Therapist course at a Beauty & Wellness Sector Skill Council/NSDC/ITI/PMKVY centre.
- 3 Practise massage, body-skin therapies, hygiene and customer service hands-on.
- 4 Add extra skills like Ayurveda/Panchakarma or aromatherapy to raise your demand.
- 5 Gain experience as an assistant/junior therapist at a spa, hotel or resort.
- 6 In Rajasthan, RSLDC/PMKVY centres also offer training and placement support.

MAIN EXAMS

- Beauty & Wellness Sector Skill Council (NSDC) Spa Therapist assessment and certification exam

5 Where to study**GOVERNMENT INSTITUTES**

- राजस्थान कौशल एवं आजीविका विकास निगम (RSLDC) — Jaipur, Rajasthan (<https://livelihoods.rajasthan.gov.in/rsldc/>)
- डॉ. सर्वपल्ली राधाकृष्णन राजस्थान आयुर्वेद विश्वविद्यालय (पंचकर्म थेरेपी) — Jodhpur, Rajasthan (<https://www.collegedekho.com/university/rajasthan-ayurved-university>)
- जन शिक्षण संस्थान (JSS) — Various districts of Rajasthan (<https://nsdcindia.org/find-nsdc-training-centre-jss/>)
- राष्ट्रीय कौशल विकास निगम (NSDC) - प्रशिक्षण केंद्र खोजें — All-India network (<https://www.nsdcindia.org/find-nsdc-training-centre>)
- एनआईओएस व्यावसायिक प्रशिक्षण केंद्र — Online / locate nearest centre (<https://voc.nios.ac.in/registration/locate-study-centre>)

PRIVATE INSTITUTES

- Beauty & Wellness Sector Skill Council (BWSSC) — All-India / New Delhi (<https://www.bwssc.in/>)
- VLCC Institute – Spa Therapies — Jaipur & other cities, Rajasthan/India (<https://www.vlccinstitute.com/courses-workshops/spa-therapies>)
- Orane International – Spa Therapist Course — Jaipur & other cities, Rajasthan/India (<https://orane.com/courses/spa/>)
- National Council of Training Academy – Beauty & Spa Therapies — All-India (https://nctaindia.in/courses?course_id=279)

ONLINE

- स्किल इंडिया डिजिटल हब — Online (<https://www.skillindiadigital.gov.in/>)
- NSDC – Spa Therapist (योग्यता पैक व मॉडल पाठ्यक्रम) — Online (<https://nsdcindia.org/spa-therapist>)
- Kerala Ayurveda Academy – Panchakarma Therapist Training — Online / India (<https://keralaayurvedaacademy.in/panchakarma-therapist-training/>)

FEES

Under most government schemes (NSDC, JSS, RSLDC, PMKVY) this course is free or very low-cost. Spa therapy courses at private spa/wellness academies (VLCC, Orane, etc.) can cost roughly ₹15,000–60,000.

SCHOLARSHIPS

- राष्ट्रीय छात्रवृत्ति पोर्टल (NSP) (<https://scholarships.gov.in/fresh/onlineInstituteSearchIndex>)
- Buddy4Study – ITI/Vocational Scholarships (<https://www.buddy4study.com/article/iti-scholarships>)
- SJE Rajasthan Scholarships (<https://sje.rajasthan.gov.in/>)

6 What the work is like

WHERE YOU WORK

Standalone and day spas, spas and medi-spas in hotels and resorts, Ayurveda and wellness resorts, fitness clubs, and cruise ships.

WORK CULTURE

Typically 6 days a week, 8–9 hours a day; overtime is occasional and weekends and festivals are the busiest. After a few years' experience you can join a service aggregator or start your own spa/wellness centre.

WHO HIRES

- Luxury hotel and resort spas (Taj, Oberoi, ITC, Marriott)
- Ayurveda and Panchakarma wellness resorts and retreats
- Cruise ships and overseas spas (Gulf/Europe)
- Wellness spa chains (Tattva Wellness Spa, O2 Spa, Four Fountains)
- Standalone day spas, salon-spas and fitness clubs
- Self-employment — home-spa and mobile therapy services

DEMAND (2026)

Wellness tourism is growing fast in India — Rajasthan's heritage hotels and resorts, Kerala's Ayurveda, and wellness retreats in Goa and Rishikesh constantly seek skilled spa therapists. New hotels, spa chains and medical-wellness tourism keep expanding, so the field offers steady jobs, and good therapists find opportunities both in India and abroad.

7 Career growth

- 1 Spa Therapist
- 2 Senior Spa Therapist
- 3 Spa Manager
- 4 Own spa / wellness centre

EARNINGS

Starting	₹12,000–18,000/माह
Mid level	₹20,000–35,000/माह
Senior level	₹40,000–70,000+/माह

Per NCS, an entry-level spa therapist earns roughly ₹15,000–20,000/month, and Indeed data puts the average massage therapist at about ₹21,000/month. With experience, tips and specialist skills (Ayurveda/Thai), senior therapists and spa managers earn considerably more; luxury hotel spas, cruise ships and overseas roles pay even higher. Figures are indicative and subject to change.

8 The good parts · The challenges

The good parts

- Stable, respected work in the growing wellness tourism and spa industry
- Satisfaction of relaxing people; tips and good earnings with experience
- Chances to start your own spa and to work at hotels/cruises and abroad

The challenges

- Physically tiring — long hours on your feet and hard hands-on work
- Busy on weekends, festivals and late shifts
- Entry pay is limited; income can depend on tips and season

9 Real-life journeys

Aditya Kaushal

Co-Founder, Tattva Wellness Spa

Aditya Kaushal and his co-founders began with a 'home spa' service run from a 300-sq-ft basement office in Delhi, a team of three and a second-hand van. Built on client trust and well-trained therapists, they grew Tattva Wellness Spa into one of India's largest spa-wellness chains, with over 100 spas and more than 300,000 sq ft of spa space. In 2026 it won honours including 'India's Most Trusted Wellness Brand' at the FHRAI Tourism Conclave. His journey shows that spa-wellness can be built into a serious, growing career.

ThePrint / ANI · <https://theprint.in/ani-press-releases/tattva-wellness-spa-wins-two-prestigious-awards-at-fhrai-tourism-conclave-2026/2894912/>

Dr. Blossom Kochhar

Aromatherapy & spa-wellness pioneer; Founder, Blossom Kochhar Aroma Magic

Dr. Blossom Kochhar is one of the pioneers who popularised aromatherapy and wellness in India. In 1994 she launched 'Blossom Kochhar Aroma Magic', today a well-known wellness brand with 170+ natural and aromatherapy products reaching hundreds of cities. She founded the Blossom Kochhar College of Creative Arts and Design and over 35 years has trained thousands of young people in beauty and wellness skills, including those from economically weaker backgrounds. Her journey shows that a woman can build a national brand through wellness and empower others.

Blossom Kochhar Aroma Magic · <https://aromamagic.com/pages/about-us>

10 Sources & further reading

1. Rajasthan Career Guidance – Spa Therapist — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%b8%e0%a5%8d%e0%a4%aa%e0%a4%be-%e0%a4%a5%e0%a5%87%e0%a4%b0%e0%a5%87%e0%a4%aa%e0%a4%bf%e0%a4%b8%e0%a5%8d%e0%a4%9f/>
2. NSDC – Spa Therapist (Qualification Pack) — <https://nsdcindia.org/spa-therapist>
3. Beauty & Wellness Sector Skill Council — <https://www.bwssc.in/>
4. Indeed – Massage Therapist Salary (India) — <https://in.indeed.com/career/massage-therapist/salaries>
5. Skill India Digital — <https://www.skillindiadigital.gov.in/>



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