

Etihad introduces premium travel enhancements under Etihad Wellbeing



Etihad Wellbeing gives passengers the opportunity to maintain their healthy lifestyle habits throughout their journey through a growing collection of products and experiences

[Etihad Airways](#) has introduced Etihad Wellbeing, a program bringing together the airline's latest product and service enhancements designed to help passengers travel more comfortably and arrive feeling rested and refreshed.

Etihad Wellbeing gives passengers the opportunity to maintain their healthy lifestyle habits throughout their journey through a growing collection of products and experiences that promote a restful and restorative travel experience.

The program encompasses all touch points, from dedicated quiet spaces and relaxing pre-departure spa treatments in the Etihad Lounges at Zayed International Airport ([AUH](#)), to luxury amenities, natural bedding, nutritious dining options and hydrating vitamin and electrolyte beverages inflight.

Jyotsna Chowdhry, Vice President Product and Hospitality, Etihad Airways, said, "Research shows that as people fly more frequently, they are increasingly looking at ways to maintain a healthy lifestyle while they travel. Etihad Wellbeing is our commitment to making the flying experience as restorative and restful as possible. We're bringing together a range of practical improvements across our cabins and service, all designed to help guests rest better and arrive feeling refreshed.

"Whether that is a quieter onboard environment, premium skincare, improved sleep amenities or content that helps our guests relax on longer journeys, these are real products and experiences that make a difference during travel. We are creating a more thoughtful and restorative travel experience inspired by the warmth and care of Emirati hospitality."

Etihad offers an enhanced range of dining options supporting a healthy lifestyle, with nutritious, protein-rich dishes, plant-forward options and a wide selection of special meals available for those following a specialist diet for health, wellbeing or religious reasons.

Across First and The Residence, passengers can enjoy natural cotton bedding, memory foam mattresses and premium sleepwear designed to create a comfortable onboard sleep environment. In Business, Etihad recently introduced its Destination Collection amenity kits featuring skincare products from Korean beauty brand [LANEIGE](#), including a Water Sleeping Mask, Lip Sleeping Mask and hand cream. Etihad is the first airline to partner with LANEIGE and currently the only airline offering the brand's products onboard, the September 9 press release said.

Passengers in First are treated to luxury skincare amenities from ESPA, as well as facial sheet masks and under-eye masks to restore and rejuvenate skin while flying.

Etihad is also launching a new signature scent onboard and in the airline's lounges. The unique fragrance has been designed exclusively for Etihad to create a welcoming, calm and familiar atmosphere.

The program also includes Etihad's Quiet Cabin initiative, which reduces non-essential announcements and supports a calmer onboard environment. Passengers can also access meditation, stretching and sleep content through Etihad's inflight entertainment, while many aircraft feature lighting designed to support rest and reduce jetlag on long-haul journeys.

Etihad Wellbeing will continue to enhance the passenger experience with continual upgrades as the airline develops new ways to make the flying experience more exceptional.

Etihad Wellbeing enhancements:

- Hydrating, vitamin-enriched and electrolyte drinks available
- Healthy dining choices: nutritious and protein-rich, more plant-forward options
- Specialist meals available: lactose-free, low-sodium, low-fat, low-salt and gluten-free
- Quiet cabin and dedicated quiet lounge areas create a tranquil environment
- New signature scent designed exclusively for Etihad
- Dedicated wellness, stretching, and mindfulness entertainment content onboard
- Be Relax by Etihad Spa: skincare, massage and hair services at AUH
- Luxury amenities: ESPA skincare along with facial sheet masks and eye masks in First; with skincare from K-beauty brand LANEIGE in Business
- Loungewear, cotton bedding and comfort-focused soft furnishings in premium cabins
- Continual flow of enhancements to come, further improving well-being on board