

FOREST BATHING

Immersion in Nature

The Man-Forest relationship goes back ages. With modernisation and the prevalent city life, people have moved farther and farther away from the forest and lost the opportunity to explore and benefit from this bond and the need to reconnect with Nature.



Forest Bathing, the experience of immersing ourselves in the forest air to obtain positive effects on our mental and physical well-being and health, includes activities that enable us to be mindfully present with all our senses by walking slowly in the woods, breathing in the forest air and strengthening the emotional connection with the natural landscape.

It differs from **Forest Therapy**, which has a medical and scientific approach, takes place at specific forest therapy stations and offers treatment pathways - tested by medical doctors and researchers - aimed at collecting data on the effects on respiratory illnesses (asthma) or mental health problems (depression, distress).



However, we can still reap the benefits of the forest air through *shinrin yoku* or “forest bathing” and increase our **mental and physical well-being**.

If guided by trained professionals, reconnecting with nature can help us regain part of that bond and the related benefits. We can become more relaxed, improve our focus, feel more alive, gain a sense of well-being, and experience positive effects on our blood pressure, respiratory system and immune system.

Environments with **high biodiversity and natural wealth** are those having the greatest positive impact on our mental and physical health.