Forest Bathing is the process of taking in the atmosphere of the forest to improve mental and physical health. Breathing in the unique air of the forest has significant benefits to your wellbeing. It is also known as Shinrin-yoki, defined in 1982 by the Japanese Ministry of Agriculture, Forestry, and Fisheries.

**Boosts the Immune System**

Studies suggest phytoncides - like pinene and limonene (wood essential oils) - increase the activity of natural killer cells (NK) that are responsible for preventing infections and illness, and keeping cancer cells from growing. Tests conducted in the forest suggest an increase in NK - with lingering effects on day 7, and even day 30 after the walks in the forest. Similar studies also suggest a decrease in T-levels associated with mental stress.

**Relieves Stress**

Studies have found that Forest Bathing significantly decreases adrenaline levels, cortisol, anxiety, depression, and anger. This suggests participants were under lower stress during their time in the forest.

**Reduces Blood Pressure**

Scientists have found that not only walking in the forest reduces cortisol levels, but that it also reduces blood pressure. Even just looking at the forest (without walking through it) helps to reduce fatigue and improves mood.

The next time you’re feeling tired, stressed and frustrated – remember the trees! They are essential to our health and wellbeing.