



Forestry Commission
England

shinrin-yoku
Japanese noun

A visit to the
forest for
relaxation:
forest bathing

Forest Bathing

Easy steps to get you started

How trees
help you find
happiness,
health and
well-being.

Top
Tips

What is Forest Bathing?

Forest Bathing is a Japanese concept. Instead of a fast walk through the forest, think more of a slow-paced mindful amble under the canopy of trees while breathing deeply. This method can help you to de-stress and boosts health and well being.

Studies by the Nippon medical school have shown that 50% of the beneficial health effects of Forest Bathing come from the chemistry of forest air. Slow deep breathing is essential.

Follow the instructions in our guide, you might be amazed at how our forests can help you relax.

1. Explore different Forestry Commission properties. Each of our forests is unique.
2. Try Forest Bathing in different seasons. Just after the rain is a great time to take a Forest Bath.
3. Start with a comfortable time limit and build up to the recommended two hours.



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A beginner's guide
to forest bathing

1. Turn your phone off.

To give yourself the best chance of relaxing, focus on being present and enjoying a sensory forest-based experience.

2. Visit one of our forests, get to know it, find a quiet spot off the main paths – somewhere you feel relaxed and can hear the birds, wind, and animals.

3. Slow down. Once you enter the forest, you will experience far more by walking slowly and quietly. Simply by walking slowly, emotions can come up. If this happens, breathe deeply.

4. Breathe deeply into the abdomen. When we exhale slowly it helps the body and mind to relax.

5. Stop and smell the forest flowers.

6. Take in your surroundings using all of your senses. How does the forest environment make you feel? Forests inherently have a slow pace and relaxing ambience.

7. Sit quietly and observe. Try to avoid thinking about daily life. To stay present, watch your breathing. It can be therapeutic to sit quietly and witness birds and animals going about their daily activities.

8. The colours of nature are very soothing. Studies have shown that people relax best while looking at green and blue. Study the different shades of colour around you.

9. The longer you can carry out these simple exercises, the greater the opportunity for the physiology of the body to relax.

Relax
Breathe
Unwind



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