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Forest Bathing and Forests for Public Health

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Message from the Guest Editors

Humans have long enjoyed forest environments because of their quiet atmosphere, beautiful scenery, mild climate, pleasant aromas, and fresh, clean air. In Japan, a national health programme for forest bathing, or shinrin-yoku, began to be introduced in 1982 by the Forest Agency of Japan for the stress management of workers. Shinrin in Japanese means 'forest', and yoku means 'bath'. So shinrin-yoku means bathing in the forest atmosphere, or taking in the forest through our senses. Since 2004, serial studies have been conducted to investigate the effects of forest bathing/shinrin-yoku on human health in Japan. We have established a new medical science called forest medicine. Forest medicine is a new interdisciplinary science, belonging to the categories of alternative medicine, environmental medicine and preventive medicine, which studies the effects of forest bathing on human health. It has been reported that forest bathing has multiple beneficial effects on human health.

Therefore, forests are very important for public health. To expand the philosophy and concept of forest medicine worldwide, we have planned this Special Issue and expect your contribution.



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Special Issue



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Message from the Editor-in-Chief

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