

Special Issue

Forest Therapy and Human Health

Message from the Guest Editors

Contact with nature, especially forests, helps humans to fight stress, improves well-being, and protects human mental health. Even a short stay in a forest improves mood, provides more energy, reduces emotional tension, and increases positive feelings. Forest bathing can be useful in the fight against depression, anxiety, and attention deficit. However, there are still many elements related to forest therapy that need to be analyzed, including limits on the use of the forest environment resulting from, for example, human health or the condition of the forest. Moreover, there is a need to develop a list of factors that can increase the effectiveness of the forest's impact on the human body or weaken it. Research into the economic evaluation and environmental justice potential of forest landscapes is also needed. The aim of this Special Issue is to present interdisciplinary research on the latest achievements in the field of forest therapy, as well as attempt to evaluate and synthesize the existing research carried out in this direction.

Guest Editors

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About the Journal

Message from the Editor-in-Chief

Forests (ISSN 1999-4907) is an international and cross-disciplinary, scholarly forestry journal. The distinguished editorial board and refereeing process ensures the highest degree of scientific rigor and review of all published articles. Original research articles and timely reviews are released online, with unlimited free access. Our goal is to have *Forests* be recognized as one of the foremost publication outlets for high quality, leading edge research in this broad and diverse field. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global forestry community.

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