

Special Issue

Advances and Future Prospects in Science-Based Forest Therapy

Message from the Guest Editor

Besides the traditional economic and ecological function of forests, their health/therapeutic function has gained increasing attention in recent research. Extensive research has provided empirical evidence that forest use or the viewing of forest scenes contributes to reducing stress, promoting more positive moods and feelings, and may facilitate in recovering from illness. The therapeutic effects of a forest can be considered to be the results of a health treatment in or by a forest environment. Even though empirical studies on forest therapy have been actively conducted in forestry and other fields, more studies have to be conducted to advance and promote science-based forest therapy. Therefore, this Special Issue is aimed at providing selected contributions on advances in identifying therapeutic benefits of forests, the relationship between forest characteristics and therapeutic effects, and applications of forest therapy programs/techniques in various fields.

Guest Editor

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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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