
Take a “forest bath”

Some parks in BC offer “forest baths.”

You can book a walk in the woods with a guide. The guide teaches you how to relax by enjoying nature.

You use your senses to:

- feel the leaves
- smell the trees
- listen to sounds in nature

A “forest bath” is meant to reduce stress and improve your mind.

Forest baths for healthcare workers

The BC Parks Foundation wants to give free “forest baths” to healthcare workers.

“They say healthcare workers and BC parks have kept BC healthy this year. This is our chance to give back to them. Both of those things have kept British Columbians healthy,” says Andrew Day, CEO of the Foundation.

A \$25 donation will pay for a forest bath for a healthcare worker.

To learn more, go to [The BC Parks Foundation website](#).



You can also take a forest bath without a guide.

Did you know?

Shinrin-yoku, or forest bathing, originated in Japan in the 1980s. In Japanese, shinrin means “forest,” and yoku means “bath.” Shinrin-yoku means taking in the forest through your senses.

Adapted from *The Daily Courier* and *Vancouver Sun* • Photo: Regional District of Central Okanagan
