

Title:

Shinrin-yoku (Forest Bathing) and Saunas

Abstract:

Japan has long shared a deep connection with its forests. In fact, Japanese spirituality itself is rooted in nature worship. Shinrin-yoku (forest bathing) was developed in Japan during the 1980s, and is now garnering a great deal of interest worldwide for the scientifically proven positive effects it has on health.

Wood is an indispensable part of many saunas. Floors and walls are often made of wood, and sauna whisks are often made of birch or oak as well. Saunas, trees, forests, and nature have an inseparable bond.

The benefits one can get from saunas are similar to those one can get from shinrin-yoku. By taking what we know about shinrin-yoku, we may be able to reimagine saunas in new and interesting ways.