



ILORANTA



FOREST BATHING IN ILORANTA EMPOWERING FOREST

Research has shown that forest bathing has positive effects on the health.

- **Empowering**
- **Stress release**
- **Calming**
- **Reducing blood pressure**
- **Lowering heart rate**

Shinrin-Yoku is a term created by the Japanese forest authorities, translated as "forest bathing". Ever since 1982 the Japanese have researched the health benefits of the forest, and nowadays it is even possible to get a doctor's prescription for spending time in the forest.

Forest bathing means quality time spent in the forest. It is not exercise, but being in the forest, slowly wondering. The purpose of the forest bath is to enjoy nature with all of the five senses. Enjoy the sounds, scents and sceneries, breathe in the forest.

There is no one correct way to find calm and relaxation in the forest. We offer you a safe and guided experience that will allow you to continue forest bathing on your own in the future.

Our experience guide will lead you to the paths of Iloranta forest. The route is clearly marked and we move at a calm pace. Depending on the season, you can feel under your feet the soft moss with pine or fir tree needles, or in the winter you can hear the clean white snow squeak under your shoes. Can you dare to take your shoes off? Wonder what the path would feel like to the bare foot?

Surrounded by tall and ancient trees, you will feel yourself calming, breathing in the clean air and relaxing your shoulders. The forest is fulfilling its age old purpose. Your other senses start to slowly awaken.

In the silence you can hear the sounds of the trees and the songs of the birds. It is so quiet that you can hear even your own thoughts as you gaze towards the treetops stretching high up to the heavens.

The calming effect of the forest will continue by the open fire, as you enjoy a hot drink and stare into the flames still thinking about the things that can make you happy.

The duration of the experience is approx. 2 hours, during which you will learn to calm and be present in the moment. The following day you are able to go forest bathing without guidance. Depending on the season, good shoes and suitable (warm) clothing is required. The path is less than 3 km, but the length of the road is not so important, the main thing is being present in the moment and feeling the forest.

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price
80 €
person



HAUHO
FINLAND



ILORANTA

Rukkoilantie 129 14700 Hauho • Tel +358 50 343 7770 • myynti@iloranta.fi • #ilorantahauho #ilorantafinland

