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Forest Therapy and Human Health

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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.



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Special Issue



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Message from the Editorial Board

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