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## Urban Forest Landscapes and Forest Therapy

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### Message from the Guest Editors

This Special Issue delves into the relationships among urban forest landscapes, their ecosystem services, and the therapeutic effects of trees and woodlands on the well-being of citizens. Urban forests positively impact mental and physical well-being, as the presence of green spaces and activities such as "forest bathing" often represent, especially for disadvantaged citizens, the sole opportunity for contact with nature. The biophysical assessment, economic evaluation, and potential for environmental justice through the ecosystem services provided by urban forest landscapes, including the enhancement of psychophysical well-being through forest therapy and forest bathing, and the perception and awareness of the benefits offered by trees in cities, are the focal points of this Special Issue.

The goal is to offer a collection of interdisciplinary studies contributing to a deeper understanding of how urban forest landscapes contribute to urban populations' well-being and quality of life, comparing this to remote forest environments.



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# Special Issue



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