



Forest Bathing and Smart Devices

Guest Editors:

Dr. Atsushi Ito

Faculty of Economics, Chuo
University, Hachioji, Tokyo,
Japan

Dr. Kazutaka Ueda

Department of Engineering,
University of Tokyo, Bunkyo-ku,
Tokyo, Japan

Prof. Yuko Hiramatsu

Faculty of Economics, Chuo
University, Hachioji, Tokyo,
Japan

Deadline for manuscript
submissions:

30 August 2024

Message from the Guest Editors

In today's stressful society, various approaches have been proposed to reduce stress. One of them is forest bathing. This is an activity carried out to improve health by spending time in a natural environment, especially a forest. In Japan, the healing effects of the phytoncide aroma of coniferous trees, the gentle breeze, the sound of rivers, and birdsong are said to relieve fatigue. This Special Issue plans to give an overview of the most recent advances in the field of forest bathing using smart devices, and applications in various situations and areas.

This Special Issue aims to provide selected contributions on advances of basic research, applications, and on measuring the effect of forest bathing from diverse viewpoints such as ICT, AI, sensor technologies, neurosciences, medical, tourism, economics. Potential topics:

- Forest bathing;
- Forest therapy;
- Measure the effect of forest bathing;
- Effect for mental health;
- Effect for brain activity;
- Wellness tourism;
- Green tourism;
- Eco-tourism;
- Designing forest bathing activity;
- Forest bathing in urban area;
- Economic effect of forest bathing;
- Forest bathing support application;
- Wearable devices for forest bathing.





an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Cate Macinnis-Ng

Department of Biological Sciences, Faculty of Science, University of Auckland, Private Bag 92019, Auckland 1142, New Zealand

Prof. Dr. Giacomo Alessandro Gerosa

Department of Mathematics and Physics, Catholic University of Brescia, I-25121 Brescia, Italy

Message from the Editorial Board

Forests (ISSN 1999-4907) is an international and cross-disciplinary, scholarly forestry journal. The distinguished editorial board and refereeing process ensures the highest degree of scientific rigor and review of all published articles. Original research articles and timely reviews are released online, with unlimited free access.

Our goal is to have *Forests* be recognized as one of the foremost publication outlets for high quality, leading edge research in this broad and diverse field. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global forestry community.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), Ei Compendex, GEOBASE, PubAg, AGRIS, PaperChem, and other databases.

Journal Rank: JCR - Q1 (Forestry) / CiteScore - Q1 (Forestry)

Contact Us

Forests Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/forests
forests@mdpi.com
X@Forests_MDPI