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Advances and Future Prospects in Science-Based Forest Therapy

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Deadline for manuscript submissions:

30 December 2024

Message from the Guest Editor

Dear Colleagues,

Besides the traditional economic and ecological function of forests, their health/therapeutic function has gained increasing attention in recent research. Extensive research has provided empirical evidence that forest use or the viewing of forest scenes contributes to reducing stress, promoting more positive moods and feelings, and may facilitate in recovering from illness. The therapeutic effects of a forest can be considered to be the results of a health treatment in or by a forest environment.

Even though empirical studies on forest therapy have been actively conducted in forestry and other fields, more studies have to be conducted to advance and promote science-based forest therapy. Therefore, this Special Issue is aimed at providing selected contributions on advances in identifying therapeutic benefits of forests, the relationship between forest characteristics and therapeutic effects, and applications of forest therapy programs/techniques in various fields.

Prof. Dr. Won Sop Shin

Guest Editor



mdpi.com/si/184709

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