

Forest Therapy



Slow down. Take a deep breath. Discover the power of nature.

Treat yourself to a moment of peace and let nature engage all your senses. Forest Therapy is inspired by the Japanese practice of shinrin-yoku ("forest bathing"), which promotes relaxation, mental well-being, and inner balance.

During the experience, led by a certified Forest Therapy Guide, you will receive gentle prompts that encourage you to engage your senses more deeply. Listen to the sounds of the forest, breathe in the scent of the trees, connect with nature through touch, and simply slow down. Immersion in the forest environment helps release tension, calms the mind, and restores your energy.

What to bring

- Comfortable outdoor shoes suitable for forest trails
- Comfortable clothing appropriate for the weather
- A bottle of water
- A seat pad (available to borrow from your guide)

Information for an enjoyable experience

- Forest Therapy is not exercise or meditation in nature.
- The experience lasts approximately 2.5–3 hours.
- The route covers 2–3 km on moderately challenging forest trails.
- Please keep your mobile phone switched off or on silent mode.

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375 CZK



You can reserve your place at the SPA reception of any Ensana Mariánské Lázně hotel. In case of adverse weather conditions, an alternative date will be arranged.

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