



How the practice of Shinrin Yoku can be used safely and effectively in spa & wellness, hotel and medical environments as a form of Complementary and Alternative Medicine (CAM) to promote nature therapy, enhance the wellbeing, speed up recovery and create unique value propositions

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Abstract

As more and more technology and medical advancement are being introduced into our lives, people find it hard to disconnect and reignite our innate healing abilities. Many of us who live in urban areas spend more time under artificial lights in an office. It is hard to connect with nature on a daily basis and we are more likely to learn about wildlife ironically from National Geographic channel than from a walk in the woods.

Shinrin Yoku () or forest bathing has become a vital part of preventative and complementary healthcare in Japan. The results of Japanese studies have shown forest bathing improves sleep quality, mood and ability to focus, and reduces stress levels. Chronic stress can contribute to the development of ailments like anxiety, depression, and insomnia, to name a few. It can also contribute to physiological problems, like high blood pressure, muscle tension, and lowered immune response. Spending time in nature, away from modern technology and the hustle and bustle of big cities can improve your physical, mental and even spiritual health by reducing the effects of stress on your body and fostering nature connectedness. Prescribed forest bathing in Japan has led to a healthier lifestyle for people of all ages and reduced medical expenditure.

Biography

Pin Chinnapat Veerasomboonsin is a wellness and hospitality professional with 9 years of experience working in the spa and wellness industry in the luxury hotel sector. Her recent work experiences include her time in the position of Spa Operations Director at Kamalaya Wellness Sanctuary, Director of Spa at Four Seasons Hotel Kyoto and at Raffles Seychelles.

While in Japan, she established The Mindful Tourist, a company that offers Forest Bathing certification training to health and wellness practitioners to promote the practice of Shinrin Yoku as an alternative therapy.

She has also shared her insights from an operator's point of view to a research team from Sukhothai Thammathirat Open University in Bangkok for the research in Forest Bathing for Sustainable Tourism in Thailand.

Publication of speakers

- Mahdi Tajalifar et al ; Telerehabilitation: Review of the State-of-the-Art and Areas of Application, 2017 Jul 21
- Mahdi Tajalifar et al ; Age-related Macular degeneration, 2015 Apr 24
- Mahdi Tajalifar et al ; Dental hygiene habits and oral health status of seafarers, 2016 Jan 18

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