



Forest Bathing and Smart Devices

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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.





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Message from the Editorial Board

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