



The Lodge at Woodloch Explores Forest Bathing to Decrease Stress

With Research to Back It Up, Forest Bathing Cleanses and De-stresses the Body
Using the Power of Nature

For Immediate Release: Hawley, PA- This spring, The Lodge at Woodloch, an award-winning destination spa in Northeast Pennsylvania introduces its new Forest Bathing Program. The term “forest bathing” sounds a little more exotic than it is but the effects are monumental. There is growing research that supports the ancient tradition and understanding that spending time in the deep woods has profound healing power. Over time, forest bathing can produce quantifiable changes in the body and mind. Plus, the added benefit is that it just feels good. The Lodge at Woodloch’s Forest Bathing Program will take guests on long, healing walks and quiet exploration into the forest...in essence cleansing the body from the inside out.

Some of the research indicates that there is a marked decrease in stress-related hormones, a decrease in heart rates and lower blood pressure as compared to the studies on city walkers¹. While common sense and experience indicates that fresh air does the body good, there are also biological reasons that the forest has healing powers. One theory is from Japan’s Nippon Medical School and Chiba University². The theory states that trees and plants produce organic compounds called phytochemicals to help protect themselves from insects, fungus and disease. These compounds escape into the air and when breathing deeply and moving slowly through the forest...with an open heart and lungs, can offer great benefits to humans as well as plants.

The Lodge at Woodloch’s Master Herbalist, Nathaniel Whitmore will lead the Forest Bathing program. The regularly scheduled class will take guided walks deep into the forest on the 150 private acres at The Lodge. The walks are slow, contemplative and deliberate and will focus on keeping the body and mind in the present while teaching techniques for deep breathing, mind-body awareness as well as taking note of the little miracles of the forest. The walks will begin in April, 2013 with the awakening of plant life after a dormant winter. Each walk will take approximately one hour and fifty minutes. Additional research on the theory will be shared along with helpful hints to continue the healing process such as cleansing foods to eat and exercises to partake in while visiting The Lodge at Woodloch.

There is no additional cost for the Forest Bathing class but the results and knowledge will last a lifetime.

About The Lodge at Woodloch:

The Lodge at Woodloch is one of the finest full-service [luxury destination spas](#) in the U.S., offering complete spa programs, treatments, outdoor adventure activities, golf, classes and packages in a pristine mountain retreat environment. Located on over 150 wooded acres with a private lake in the Lake Region of Northeast Pennsylvania, The Lodge provides an oasis for personal awakening and renewal just 2 ½ hours outside of New York City. The exclusive property features 57 luxury accommodations and a 40,000-square-foot spa. Additional information and reservations are available toll-free at 1-866-953-8500 or on the web site at TheLodgeAtWoodloch.com.

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Research :

¹Preston, Marilyn ; Energy Express article called *Forest Bathing is Healing, So Soak It Up*, via :
<http://www.creators.com/lifestylefeatures/advice/marilynn-preston-energy-express/forest-bathing-is-healing-so-soak-it-up.html>

²Spilner, Maggie ; Natural Awakenings Magazine in an article called *The Healing Power of a Walk in the Woods* via :
<http://www.naturalawakeningsmag.com/Natural-Awakenings/April-2012/Forest-Bathing/>. Spilner also wrote *Prevention's Complete Book of Walking*.