



dōTERRA™ | EUROPE

Shinrin-Yoku

Edited By: Dr. Brannick Riggs

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Welcome

As a child, my parents made sure that we spent a lot of time in nature. Whether it was the beaches of the Middle East, the deserts of the southern United States, or the mountains of Europe and the western United States, we were a family of explorers. While each of these environments have a place in my heart, I always felt most at home in the mountains. The conifer forests, alpine meadows, and babbling brooks seem to speak a language that felt familiar. As an adult I now have spent countless hours in the mountain ranges across the world. I have hiked mountains in Japan, Germany, Switzerland, Italy, France, Romania, Africa, Mexico, and others. While very different cultures and languages were present, the language of nature never changed. The observation of how people responded to nature was always consistent. They slowed down, became more observant, almost reverent, and they breathed deeper.

As a physician, I have become fascinated with the research in regards to what happens to human physiology when we are present in a forest. Intuitively, we know how we feel but science is now proving that our bodies need time in nature so that it can return to homeostasis, that state of being that is healing, restful and balanced. I now regularly "advise" time in nature for those whose bodies need to be reminded what that state of being feels like. Just like eating a healthy diet and getting regular exercise, we should be including consistent time in nature in our lives.

As my own life has become busier and conflicts often arise, I still try to find time in nature. However, this is not always possible. I now use Shinrin-Yoku blend almost every day. I diffuse it in my office while working on projects. I diffuse it in my home in the evenings. I also, often diffuse it in my room as I sleep through the night. I love this blend and how it brings me back to those moments when I was surrounded by tall trees, listening to birds, and watching leaves sway in the mountain breeze. I hope you enjoy this blend and that it brings you to that place of reverence for nature.



A handwritten signature in black ink, appearing to read 'Brannick Riggs'.

Sincerely,
Brannick Riggs, MD

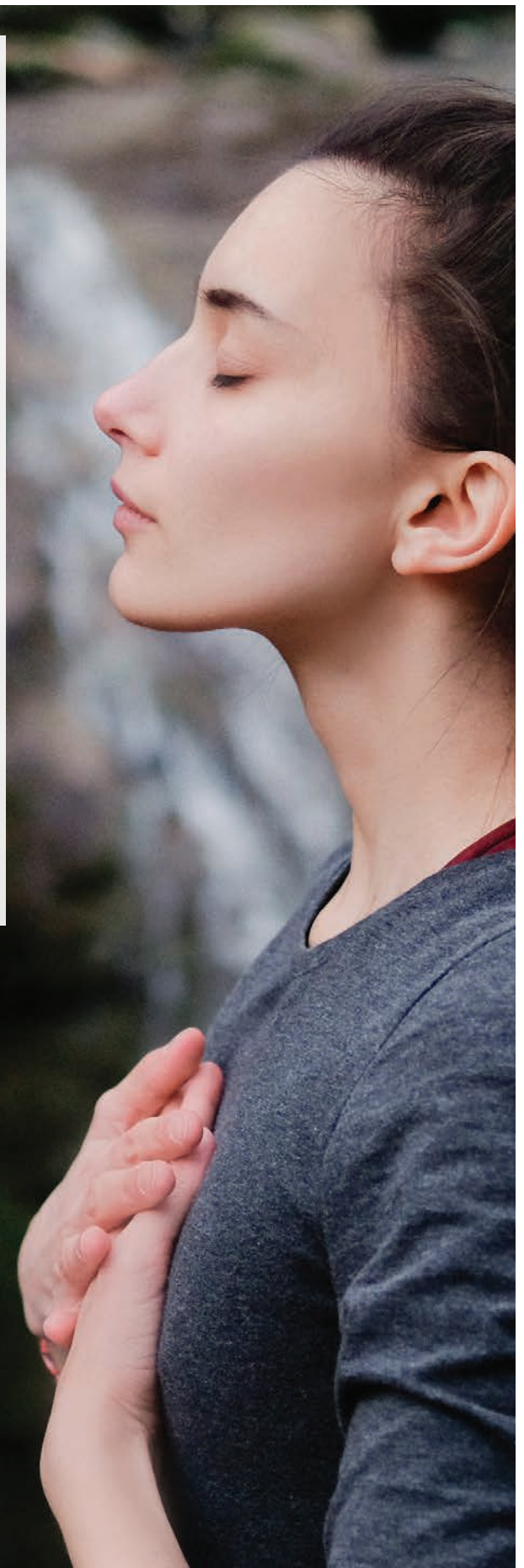
Chapter One

Shinrin-Yoku Meaning and Background

'Forest bathing' or 'shinrin-yoku' was coined by the Japanese Ministry of Agriculture, Forestry, and Fisheries in 1982. The practice involves immersing oneself in the atmosphere of the forest and connecting with its essence.

This form of ecotherapy quickly gained popularity in Japan. Researchers began studying the physiological benefits of forest bathing in the 1990s, confirming what most humans intuitively know: spending time in nature is beneficial to your wellbeing.


In today's urbanised, indoor world, human connection with nature has grown distant. In 1800, only 3% of the population lived in an urban area. By 2050, it's projected that 66% of the global population will live in cities.





Over the past two centuries, living conditions have undergone significant changes. However, genes take a longer time to adapt to these changes. As a result, even though we are now living in more urban areas, our genes are still adapted to living in nature. This mismatch between our physiology and environment can result in high stress levels, and frequent overstimulation of the sympathetic nervous system. This system controls the fight or flight response, which is an acute reaction to a stressor.

In modern times, this response doesn't only happen when you're physically in danger but also when you feel emotionally threatened. The parasympathetic nervous system, on the other hand, is responsible for restoring the body to its natural calm state, which allows it to repair itself. This state is often called homeostasis. In this state, you feel energised and refreshed.



**“Mountains are not
esteemed because they
are high, but because
they have trees.”**

— Japanese proverb

Chapter Two

How to Forest Bathe

What is forest bathing? What does an experience look like? *Shinrin-yoku* is a simple activity. It consists of three parts once you've found a spot in nature to enjoy:

1

Disengage from your daily routine.

First, find some area of untouched nature to spend some time in.

You may find a favourite tree, stream or waterfall. What's important is to find a place where you can immerse yourself and connect to nature.



2

Breathe deeply and connect with nature.

Next, focus on your environment. Begin by taking a few slow, deep breaths and simply observing the wonder around you.



Additional Tips:

- Observe nature like a child would – everything is a wonder.
- Try finding ways to engage all your senses.
- Each season presents wonderful opportunities to experience nature's cycles.

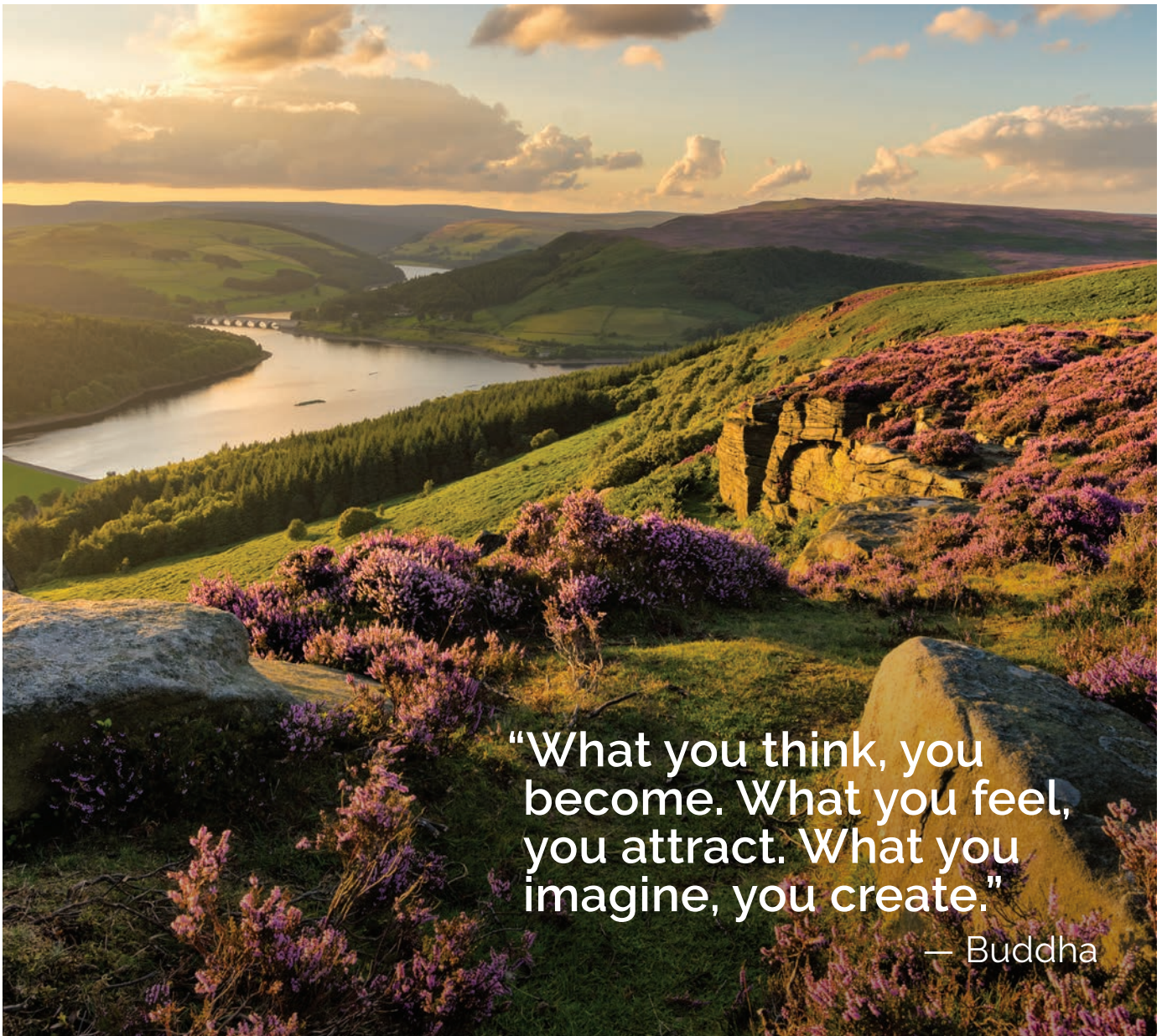
Remember, forest bathing is not about hiking from one place to another. Rather, it involves immersing yourself in nature's beauty. While hiking can provide great chances for forest bathing, remember to pause and absorb your surroundings instead of focusing on reaching a destination. Slowing down allows you to fully experience being among the trees.

3 Transition back to your daily life.

Finally, you'll slowly transition back to life. You may be reluctant to leave the forest and get back to normal life, but the point of *shinrin-yoku* is to allow nature to change you.

You can help facilitate that change by asking yourself questions:

- What will you bring to your everyday life from this experience?
- What has this time with nature taught you?
- How are you going to change?
- How might you channel the essence of a tree, grounded and resilient, yet flexible to the winds that blow your way?



“What you think, you become. What you feel, you attract. What you imagine, you create.”

— Buddha

Chapter Three

How to Use dōTERRA Shinrin-Yoku™ Forest Bathing Blend

There are times when your schedule doesn't allow you to spend as much time in the forest as you'd like. Or you may not live close enough to a forest or wild area to visit often.

For times when you can't spend as much time forest bathing as you'd like, researchers found a solution - bring the forest indoors.

By analysing forest air, they discovered trees release phytoncides – chemicals like limonene, α -Pinene and β -Pinene, and linalool. In a research study, participants slept overnight in a hotel room while using essential oils containing these compounds. Their benefits mirrored those who took part in traditional forest bathing.

dōTERRA captured this with Shinrin-Yoku Forest Bathing Blend, containing phytoncides that invoke the essence of lush forests. Carefully crafted with Lemon, Magnolia Leaf, Patchouli, Siberian Fir, Cypress, Hinoki, Grapefruit, Lavandin, Cardamom, Geranium and Lemon Petitgrain, Shinrin-Yoku harmoniously infuses any space with the atmosphere of being among the trees.



Primary Benefits:

- Formulated with essential oils abundant in terpenes and phytoncides, connected to the positive effects of outdoor exploration.
- Promotes a calming, grounding environment with its refreshing, inspiring scent.
- Creates an energising experience inspired by the wellness benefits of forest bathing.
- A blend inspired by the wellbeing practice of forest bathing.

Uses:

- Use to help promote clear and fresh surroundings.
- With Shinrin-Yoku, create the perfect environment for meditation, journaling or creative moments.
- Apply topically with a carrier oil for a floral, citrus or woody personal scent.



A woman with long, wavy brown hair is seen from behind, looking out over a calm body of water in a forest. The water reflects the surrounding green trees and foliage. The scene is peaceful and natural.

“Trees are poems that
earth writes upon the sky.”
—Kahlil Gibran

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