Shinrin-Yoku™
Forest Bathing Blend 15 mL

**Product Information Page**

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**Description**

*Shinrin-yoku*, or forest bathing, is the mindful practice of absorbing the calming atmosphere of natural places like the forest. Connecting to nature for relaxation is not new, but the practice of *shinrin-yoku* originated and was named in Japan in the early 1980s as a process for disconnecting from technology to relax and unwind. Decades of research and recent studies indicate that being immersed in a forest with mindful intention likely has enormous health and wellbeing benefits. The contemplative practice of forest bathing is the inspiration for this transformative essential oil blend. The Shinrin-Yoku Forest Bathing Blend is formulated with CPTG® essential oils rich in terpenes associated with forest bathing and clinical research indicates diffusing terpenes-rich essential oils promotes a calming environment when slowing down, focusing, and centering. Terpenes are part of a class of important compounds called phytoncides that serve as part of the tree’s defense system. These phytoncides include limonene, α-pinene, and β-pinene, often found in oils known for their comforting, grounding aromas.

**Uses**

- Diffuse to create clear and fresh surroundings.
- Breathe in when meditating or journaling.
- Apply to skin with carrier oil for a personal aroma.

**Directions**

**Aromatic use:**
Add 3-4 drops to a diffuser of choice.

**Topical use:**
Dilute 1 drop essential oil to 10 drops of carrier oil.

See additional precautions below.

**Cautions**

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor’s care, consult your physician. Avoid contact with eyes, inner ears, face, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.

**Application Methods**

- Aromatic
- Topical
- Internal
- Home Care

**Skin Sensitivity**

- Safe for Sensitive Skin

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