

# FOREST BATHING IN YOUR HOME WITH ASCENSA EVERGREEN SYNERGY

Forest bathing is the practice of taking a leisurely visit to a forest for health benefits. The activity originated in Japan, where it is called shinrin-yoku. Research has found that forest bathing decreases stress, improves mood states, increases immune response and feelings of relaxation.

Unable to get to a pine forest? Ascensa EverGreen Synergy will transport you there with this Forest Bathing Ritual for your home practice. The same essential constituents released by the trees are present in this coniferous blend of plant oils. Use EverGreen synergy to help fend off that stale recycled air from enclosed spaces, and the gloominess of staying indoors.

- 1 Begin with an intention to Forest Bathe and why you want to Forest Bathe. Perhaps you wish to boost your immune system or you may simply want to relax with Nature to support the wellness of your being.
- 2 Identify a quiet space where you will sit. Ideally, you will have a view of nature before you begin – looking out a window where you can see a tree or a garden – or next to a picture of a tree or forest. A place to bring the naturalness of Mother Nature into your view.
- 3 Decide on the method of application to be utilized to inhale the EverGreen synergy;  
Method A: for a diffuser add the recommended number of drops of EverGreen according to the manufacturer and allow the scent to disperse.  
Method B: for dry evaporation add a few drops of EverGreen to a piece of material or cotton ball. Hold close to your nose and inhale.
- 4 Sit comfortably with a straight spine. Softly gaze upon your view of nature and feel the support of the Earth. Take a few long, slow deep breaths and anchor yourself to the earth with your feet.
- 5 When you're ready, direct your awareness inward to your sense of smell and inhale the scent of EverGreen. Allow the vision of the forest and your own awareness to flow together.
- 6 Reconnect with Nature's perfection. Give your attention to these grandiose lifeforms and trust any feelings that may arise. Sit in solitude with some of the oldest lifeforms on Earth.
- 7 End your Forest Bath with a moment of gratitude for the trees, their eternal knowledge and for guiding you into a balanced state of being.