

Forest wellness retreats : nature's new luxury

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Dhaka : In 2025, travelers are seeking more than sightseeing - they want renewal. Forest wellness retreats, inspired by the Japanese practice of Shinrin-yoku, or "forest bathing," have become one of the most sought-after trends in global travel. These retreats provide a holistic experience that combines nature, mindfulness, and wellness.

Global boom

Forest wellness retreats are thriving in Scandinavia, South Korea, Costa Rica, and Canada. Activities include guided forest walks, meditation, yoga, and immersive experiences like foraging, wildlife observation, and bird-watching.

The Global Wellness Institute reports that forest wellness tourism has grown by 18 percent annually over the past three years. Travelers are drawn to the measurable health benefits: reduced stress hormones,

improved sleep, and enhanced mental clarity.



Leading destinations

Finland's Lakeland Forests: Guests stay in panoramic cabins, practice daily yoga, and take night walks to observe the Aurora Borealis.

Costa Rica's Monteverde Cloud Forest: Combines eco-tourism with wellness, offering canopy walks, organic meals, and conservation programs.

South Korea's Jeju Island: Offers volcanic landscapes and forest bathing retreats that integrate local wellness rituals.



Hotel and Spa Resort Jarvisydän in Finland's Lakeland Forests (top) and (bottom) outdoor yoga deck at Hotel Belmar in Costa Rica's Monteverde Cloud Forest

Sustainable luxury

Forest retreats prioritize sustainability. Solar-powered lodges, organic meals, and reforestation initiatives minimize environmental impact. Local communities often provide guides, staff, and produce, ensuring that tourism benefits the surrounding population.

"Slowing down in the forest is the ultimate luxury," says Mikael Korhonen, founder of Finland's Lakeland Wellness Retreat. "It's not about escaping life; it's about reconnecting with yourself and the natural world."

Future of forest wellness tourism

Experts predict steady growth as travelers prioritize mental health and eco-conscious experiences. Forest retreats are redefining luxury travel by emphasizing experiences that nourish the mind and body, rather than material indulgence.

For the modern traveler, wellness isn't confined to spas and gyms - it is found in the quiet rustle of leaves, the scent of pine, and the gentle rhythm of nature.