

森林浴GREEN SHOWER

【內文 Content】

森林環境五大特色 Five Major Features of the Forest Environment

1. 空氣清新 Fresh Air
2. 氣候涼爽 Cool Climate
3. 林間幽靜 Serene Woodland
4. 鳥語花香 Birds' Chirping and Fragrant Flowers
5. 景色迷人 Enchanting Scenery

森林浴的三大功效 Three Major Benefits of Forest Bathing

1. 芬多精: 森林散發的精氣、香氣, 為天然殺菌, 淨化人體預防百病。
Phytoncides: The essential oils and aromas emitted by the forest act as natural disinfectants, purifying the body and helping to prevent various illnesses.
2. 陰離子: 瀑布溪流的水花或森林行光合作用所產生的空氣維他命, 可使你健康活力, 消除文明病。
Negative Ions: Often referred to as "vitamins of the air," these are produced by the mist from waterfalls and streams or through photosynthesis in the forest. They boost health and vitality while helping to eliminate "civilization diseases".
3. 步道漫步: 能恢復身體韻律鍛鍊運動神經和反射神經, 而且這是一種有氧運動, 可苗條身材。
Trail Walking: Strolling along the trails helps restore the body's natural rhythms and exercises both motor and reflex nerves. As a form of aerobic exercise, it also helps maintain a slim physique.

請在本場地盡量體會森林浴, 一定會獲益良多。Please immerse yourself in the forest bath here; you will surely benefit greatly from the experience

森林浴 GREEN SHOWER

森林環境五大特色

1. 空氣清新
2. 氣候涼爽
3. 林間幽靜
4. 鳥語花香
5. 景色迷人

Five Major Features of the Forest Environment

1. Fresh Air
2. Cool Climate
3. Serene Woodland
4. Birds' Chirping and Fragrant Flowers
5. Enchanting Scenery



森林浴的三大功效

1. 芬多精：森林散發的精氣、香氣，為天然殺菌，淨化人體預防百病。
2. 陰離子：瀑布溪流的水花或森林行光合作用所產生的空氣維他命，可使你健康活力，消除文明病。
3. 步道漫步：能恢復身體韻律鍛鍊運動神經和反射神經，而且這是一種有氧運動，可苗條身材。

請在本場地盡量體會森林浴，一定會獲益良多。

Three Major Benefits of Forest Bathing

1. Phytoncides: The essential oils and aromas emitted by the forest act as natural disinfectants, purifying the body and helping to prevent various illnesses.
2. Negative Ions: Often referred to as "vitamins of the air," these are produced by the mist from waterfalls and streams or through photosynthesis in the forest. They boost health and vitality while helping to eliminate "civilization diseases".
3. Trail Walking: Strolling along the trails helps restore the body's natural rhythms and exercises both motor and reflex nerves. As a form of aerobic exercise, it also helps maintain a slim physique.

Please immerse yourself in the forest bath here; you will surely benefit greatly from the experience.

