



# HEALTH FOREST- EXCURSION

**Stop for a moment and let the forest take care of you.**

This guided excursion is designed for anyone who wishes to escape the pace of everyday life, unwind, enhance their wellbeing, and spark new creativity.

Health Forest is a research-based method grounded in the latest scientific knowledge, designed to support your well-being. Spending time in the forest can significantly help reduce stress, prevent exhaustion, and improve mood. Nature also helps to clear and inspire your thoughts.

Led by an experienced guide, the experience offers a chance to reconnect with nature and yourself.

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● **INFO**

Duration: 15 min - 2 h    Group size: 4 -15 person

From: Get a quote

ENQUIRIES & RESERVATIONS p. **+358 400 422 336**

or Email [\*\*myynti@nuutajarvenlasi.fi\*\*](mailto:myynti@nuutajarvenlasi.fi).

**Availability:**

Year-round

**What's included?**

The excursion is customised according to the client's wishes and needs.

**Special requests:**

Upon request, the excursion can also be adapted to suit guests with reduced mobility.

**What to bring?**

Please wear clothing appropriate for the weather and season, and sturdy footwear suitable for walking in forest terrain. Bringing your own water bottle is also recommended.

**Meeting point:**

Always agreed separately with the client.

