




Forest Bathing Ritual at Home

1. Create Forest Air (2-3 min)

Turn on diffuser


Add: pine (3) • cedarwood (2) • eucalyptus (2)

 Let the forest fill the space.

2. Mist Awakening (2-5 min)

Start warm shower


Place eucalyptus + mint steamer

 Inhale like fresh forest air.

3. Forest Shower Reset

Shower slowly in warm steam


Let eucalyptus scent surround you

 Imagine: mist in pine woods.

4. Grounding Body Oil Ritual

Apply jojoba oil after shower


Add 1 drop cedarwood + pine

 Slow touch = grounding.

5. Deep Body Release

Use gua sha tool gently on body

Focus: neck, jaw, shoulders, scalp


 Long, slow strokes downward.

6. Stillness (3-5 min)

Sit or lie quietly

Close your eyes

Breathe naturally

 Let the calm settle in.



Safety note: Keep diffuser away from direct water and use essential oils in moderation, especially in smaller spaces or if sensitive to strong scents.