

GROOTBOS

Private Nature Reserve ★★★★★

EXPERIENCE FOREST BATHING

The Forest Bathing experience at Grootbos Private Nature Reserve offers a serene and mindful journey into nature. Led by skilled guides, this tranquil experience provides a safe and supportive space for guests to reconnect with both nature and themselves.

Guests are gently guided on a slow walk through the ancient Milkwood forests, home to trees that have stood for over 1,000 years, and are introduced to a series of easy yet powerful meditative and awareness exercises. While simple, these exercises can have a profound impact towards living a more peaceful and healthy life.

Forest Bathing helps to reduce stress, enhance overall well-being, and harness the therapeutic power of nature. Drawing on scientific research, guests learn to ground themselves with the energy of the forest, breathe in the healing atmosphere, and feel revitalised by the surrounding Milkwood trees.

