

WORKSHOP

**URBAN JUNGLE: DOES THE OLFACTORY SENSATION OF A FOREST
SUBSTITUTE ‘FOREST BATHING’ IN URBAN DWELLERS?**

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ABSTRACT

Forest bathing (Shinrin-yoku) is the practice of immersing in a forest or natural environment in a mindful, intentional way to promote relaxation, mental clarity, and overall well-being. The olfactory system has been recently proposed as the pathway through which humans meaningfully interact with their natural environment. The purpose of the workshop is to empirically verify the proposed ideas. We will test whether the olfactory sensation of the forest alone is enough to improve well-being. We will design an experimental study wherein urban dwellers will function in an odorous-enriched environment (compared to the passive control group). The olfactory enrichment will entail either an odor of the forest or a control non-nature odor.