

## **Forest bathing as a tool to revitalize mountain areas: an example in the Italian Alps**

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**Abstract** In the last years, the concept of forest bathing—originated in the early 1980s in Japan—has spread worldwide as a practice to improve the human wellbeing. In literature, many studies have investigated the benefits of forest bathing as well as of other forest-based wellbeing activities from a physiological and psychological point of view, while the socio-economic dimension is still neglected by scientific literature. The present study - conducted in the context of “The role of forests for wellbeing improvement: advances from psycho- physiological analysis and technologies (FOR.WELL)” project - focused on the role of forest bathing in revitalizing mountain and marginal areas in Italy through two steps: (i) exploring the perspectives and points of view of different stakeholders towards the key characteristics of forest bathing activities (i.e. psycho-physical effects on human health, site and stand characteristics of forest bathing trails, and socio-economic impacts); (ii) estimating the economic impact at the territorial level in a case study in the Italian Alps (Parco del Respiro in Trentino-Alto Adige region).