

Farmaesthetics  
Vapor Bath Elixir,  
farmaesthetics.com

Tata Harper x Nette  
Into the Forest candle,  
tataharperskincare.com



## BRANCHING OUT

Forest bathing has been a healing method to revive and recharge for centuries. "Immersing yourself and using your five senses takes a leisurely walk and elevates it to a more internal calming and healing experience," says wellness expert Tata Harper. "Make sure you take your time and observe everything around you," she adds. "Afterward, you should experience many of the benefits such as stress reduction, improving your immune system, reducing anxiety, improving your mood and reducing insomnia." Bring the outside in this winter with these grounding, luxe launches to create your own woodland wonderland.

BY PHEBE WAHL

Aromatherapy Associates  
Forest Therapy bath  
and shower oil,  
aromatherapyassociates.com



# BATHING CULTURE

Bathing Culture  
Cathedral Grove  
perfume oil,  
bathingculture.com

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