



Forest bathing has been found to decrease cortisol levels, blood pressure and heart rate. | Photo source MVRDV

[Innovation](#) > [Health & Wellbeing](#) > [Dutch villa makes 'forest therapy' accessible in the city](#)

## DUTCH VILLA MAKES 'FOREST THERAPY' ACCESSIBLE IN THE CITY



HEALTH & WELLBEING

**The Green Villa concept is a four-story tower covered in plants, with the goal of bringing the benefits of "forest therapy" to city residents**

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