Table S1. Overview of the analyzed articles basic information.

Authors and reference	Year	Country	Study type	Exposure type	Exposure time	N Participants
Bang et al. [1]	2017	South Korea	Control trial	Passive	Weeks	118
Bielinis et al. [2]	2019	Poland	Before-after	Pro-active	Days	21
Chen et al. [3]	2018	Taiwan	Before-after	Pro-active	Days	16
Chun et al. [4]	2017	South Korea	Control trial	Pro-active	Days	59
Dolling et al. [5]	2017	Sweden	Comparative	Passive	Months	27
Han et al. [6]	2016	South Korea	Control trial	Pro-active	Days	61
Hassan et al. [7]	2018	China	Control trial	Passive	Minutes	60
Horiuchi et al. [8]	2013	Japan	Comparative	Passive	Hours	48
Horiuchi et al., [9]	2014	Japan	Comparative	Passive	Minutes	15
Horiuchi et al. [10]	2015	Japan	Before-after	Passive	Hours	54
Im et al. [11]	2016	South Korea	Control trial	Passive	Hours	41
Jia et al. [12]	2016	China	Control trial	Passive	Days	20
Joung et al. [13]	2015	South Korea	Control trial	Passive	Minutes	7
Kim, et al. [14]	2015	South Korea	Before-after	Passive	Days	11
Kobayashi et al. [15]	2015	Japan	Control trial	Passive	Minutes	625
Kobayashi et al. [16]	2017	Japan	Control trial	Passive	Minutes	348
Lee and Lee [17]	2014	South Korea	Control trial	Passive	Hours	43
Lee et al. [18]	2009	Japan	Control trial	Passive	Minutes	12
Lee et al. [19]	2011	Japan	Control trial	Passive	Minutes	12
Lee et al. [20]	2014	Japan	Control trial	Passive	Minutes	48
Lee et al. [21]	2018	South Korea	Comparative	Pro-active	Hours	79
Li et al. [22]	2007	Japan	Before-after	Passive	Days	12
Li et al. [23]	2008	Japan	Before-after	Passive	Days	13
Li et al. [24]	2008	Japan	Control trial	Passive	Days	12
Li et al. [25]	2011	Japan	Control trial	Passive	Days	17
Li et al. [26]	2016	Japan	Control trial	Passive	Hours	19
López-Pouza et al. [27]	2015	Spain	Comparative	Passive	Days	30
Mao et al. [28]	2012	China	Control trial	Passive	Days	20
Mao et al. [29]	2012	China	Control trial	Passive	Days	24
Mao et al. [30]	2017	China	Control trial	Passive	Days	33
Mao et al. [31]	2018	China	Control trial	Passive	Days	20
Morita et al. [32]	2011	Japan	Before-after	Passive	Hours	71
Ochiai et al. [33]	2015	Japan	Before-after	Pro-active	Hours	17

Ochiai et al. [34]	2015	Japan	Before-after	Passive	Hours	9
Ohe et al. [35]	2017	Japan	Before-after	Pro-active	Days	43
Ohtsuka et al. [36]	1998	Japan	Before-after	Passive	Years	237
Park et al. [37]	2007	Japan	Control trial	Passive	Minutes	12
Park et al. [38]	2008	Japan	Control trial	Passive	Minutes	12
Park et al. [39]	2009	Japan	Control trial	Passive	Minutes	12
Park et al. [40]	2010	Japan	Control trial	Passive	Minutes	280
Saito et al. [41]	2019	Japan	Comparative	Passive	Minutes	17
Seo et al. [42]	2015	South Korea	Before-after	Pro-active	Days	48
Shin and Choi [43]	2019	South Korea	Control trial	Passive	Minutes	10
Song et al. [44]	2013	Japan	Control trial	Passive	Minutes	485
Song et al. [45]	2015	Japan	Control trial	Passive	Minutes	20
Song et al. [46]	2015	Japan	Control trial	Passive	Minutes	92
Song et al. [47]	2017	Japan	Before-after	Pro-active	Days	26
Song et al. [48]	2017	Japan	Control trial	Passive	Minutes	20
Song et al. [49]	2019	China	Control trial	Passive	Minutes	60
Sonntag-Öström et al. [50]	2014	Sweden	Control trial	Passive	Minutes	20
Sonntag-Öström et al. [51]	2015	Sweden	Control trial	Pro-active	Days	86
Stigsdotter et al. [52]	2017	Denmark	Control trial	Passive	Minutes	51
Sung et al. [53]	2012	South Korea	Control trial	Pro-active	Days	56
Toda and Takeshita [54]	2015	Japan	Control trial	Passive	Minutes	20
Toda et al. [55]	2013	Japan	Control trial	Passive	Minutes	20
Tsao et al. [56]	2018	Taiwan	Control trial	Passive	Days	11
Tsunetsugu et al. [57]	2007	Japan	Control trial	Passive	Minutes	12
Wang et al. [58]	2018	Japan	Control trial	Passive	Hours	28
Wu et al. [59]	2017	China	Control trial	Passive	Days	33
Yamaguchi et al. [60]	2006	Japan	Control trial	Passive	Days	10
Yu et al. [61]	2016	South Korea	Before-after	Pro-active	Days	24
Yu et al. [62]	2017	Taiwan	Before-after	Pro-active	Hours	128

Table S2. Health variables registered in the articles analysis classified by systems or functions.

Endocrine/reproductive
Glucose (serum concentration)
Glycated hemoglobin (HbA1C)
Insulin
Adiponectin
Estradiol
Progesterone
Dehydroepiandrosterone sulfate (DHEA-S)
Cardiovascular
Diastolic blood pressure (DBP)
Systolic blood pressure (SBP)
Pulse pressure (SBP-DBP)
Cardio-ankle vascular index (CAVI)
Heart rate variability (HRV)
Mean heart rate (HR)
Standard deviation of normal to normal beat interval (SDNN)
High-frequency (HF) band
Low-frequency (LF) band
LF/HF ratio.
Homocysteine (HCY)
Renin-angiotensin system
Angiotensin II receptor type 1 (AT1)
Angiotensin II receptor type 1 (AT2)
Angiotensinogen (AGT)
Renin
Angiotensin (ANG)
Endothelin-1 (ET-1)
Brain natriuretic peptide (BNP)
Cerebral oxygenated hemoglobin (HbO2) and deoxygenated hemoglobin (HHb)
N-terminal pro-B-type natriuretic peptide (NT-proBNP) (serum concentration)
Metabolic
Body fat
Low-density lipoprotein (LDL) cholesterol
High-density lipoprotein (HDL) cholesterol
Remnant-like particle (RLP) cholesterol
Stress
Cortisol (serum, saliva)
Chromogranin-A (CgA) (saliva)
Adrenaline (urinary, blood)
Noradrenaline
Salivary amylase (sAMY) activity (and its natural logarithm, $\log_e$ sAMY).
Oxidative stress/carcinogenesis
Hydroperoxides (reactive oxygen metabolites of the d-ROM test)
Hydrogen peroxide (H_2O_2)
8-hydroxy-2'-deoxyguanosine (8-OHdG)
Malondialdehyde (MDA)
Superoxide dismutases (SODs) (total in serum)
Tissue inhibitor of metalloproteinase (TIMP-1) (serum concentration)
Nervous
Noradrenaline
Dopamine
Sleep quality assessment

Total time in bed
Sleep latency
Total sleep duration
Actual sleep
Immobile minutes
Sleep efficiency
Brain bioelectrical activity
Beta waves
Cerebral oxygenated hemoglobin (HbO_2) and deoxygenated hemoglobin (HHb)
Necker cube pattern control task (spontaneous reversals and focused reversals)

Respiratory
Forced vital capacity (FVC)
Forced expiratory volume in the first second (FEV1)
Forced expiratory volume in six seconds (FEV6)
Fractional exhaled nitric oxide (FeNO)
Pulmonary and activation-regulated chemokine/CC-chemokine ligand-18 (PARC/CCL18) (serum concentration)
Surfactant protein D (SP-D) (serum concentration)

Hematological/immunological/inflammatory
Red blood cell (RBC) count
Hemoglobin (Hb) (total)
Platelet count
White blood cell (WBC) count
CD8+ cells (proportion)
Natural killer (NK) cell count (total) and activity (proportion of activating NK cells)
NK T-like cells (proportion)
T cells (proportion)
Perforin production (total and proportion in CD8+ cells and NK cells)
Granulysin (GRN) (total and proportion)
Granzyme A and B (GrA/B) production in peripheral blood lymphocytes (PBL) and specifically in CD8+, NK and NKT-like cells (total and proportion)
Granulocytes (proportion)
Monocytes (proportion)
Macrophages (proportion)
Lymphocytes (proportion)
Interleukin-6 (IL-6)
Interleukin-8 (IL8)
Interferon-y (IFN-y)
Interleukin-1β (IL-1β)
C-reactive protein (CRP)
Tumor necrosis factor α (TNF-α)
Secretory immunoglobulin A (s-IgA) (saliva concentration)
Thymus and activation-regulated chemokine (TARC/CCL17)
Macrophage-derived chemokine (MDC/CCL22)

Musculoskeletal
Bone density

Supplementary references

1. Bang, K.S.; Lee, I.; Kim, S.; Lim, C.S.; Joh, H.K.; Park, B.J.; Song, M.K. The effects of a campus Forest-Walking program on undergraduate and graduate students' physical and psychological health. *Int. J. Environ. Res. Public Health* **2017**, *14*.
2. Bielinis, E.; Bielinis, L.; Krupińska-Szeluga, S.; Łukowski, A.; Takayama, N. The Effects of a Short Forest Recreation Program on Physiological and Psychological Relaxation in Young Polish Adults. *Forests* **2019**, *10*, 34.
3. Chen, H.T.; Yu, C.P.; Lee, H.Y. The effects of forest bathing on stress recovery: Evidence from middle-aged females of Taiwan. *Forests* **2018**, *8*, 1–9.
4. Chun, M.H.; Chang, M.C.; Lee, S.J. The effects of forest therapy on depression and anxiety in patients with chronic stroke. *Int. J. Neurosci.* **2017**, *127*, 199–203.
5. Dolling, A.; Nilsson, H.; Lundell, Y. Stress recovery in forest or handicraft environments – An intervention study. *Urban For. Urban Green.* **2017**, *27*, 162–172.
6. Han, J.-W.; Choi, H.; Jeon, Y.-H.; Yoon, C.-H.; Woo, J.-M.; Kim, W. The Effects of Forest Therapy on Coping with Chronic Widespread Pain: Physiological and Psychological Differences between Participants in a Forest Therapy Program and a Control Group. *Int. J. Environ. Res. Public Health* **2016**, *13*, 255.
7. Hassan, A.; Tao, J.; Li, G.; Jiang, M.; Aii, L.; Zhihui, J.; Zongfang, L.; Qibing, C. Effects of Walking in Bamboo Forest and City Environments on Brainwave Activity in Young Adults. *Evidence-Based Complement. Altern. Med.* **2018**, *2018*, 1–9.
8. Horiuchi, M.; Endo, J.; Akatsuka, S.; Uno, T.; Hasegawa, T. Influence of Forest Walking on Blood Pressure, Profile of Mood States and Stress Markers from the Viewpoint of Aging. *J. Aging Gerontol.* **2013**, *1*, 9–17.
9. Horiuchi, M.; Endo, J.; Takayama, N.; Murase, K.; Nishiyama, N.; Saito, H.; Fujiwara, A. Impact of viewing vs. Not viewing a real forest on physiological and psychological responses in the same setting. *Int. J. Environ. Res. Public Health* **2014**, *11*, 10883–10901.
10. Horiuchi, M.; Junko, E.; Akatsuka, S.; Hasegawa, T.; Yamamoto, E.; Uno, T.; Kikuchi, S. An effective strategy to reduce blood pressure after forest walking in middle-aged and aged people. *J. Phys. Ther. Sci.* **2015**, *27*, 3711–3716.
11. Im, S.G.; Choi, H.; Jeon, Y.H.; Song, M.K.; Kim, W.; Woo, J.M. Comparison of effect of two-hour exposure to forest and urban environments on cytokine, anti-oxidant, and stress levels in young adults. *Int. J. Environ. Res. Public Health* **2016**, *13*.
12. Jia, B.B.; Yang, Z.X.; Mao, G.X.; Lyu, Y.D.; Wen, X.L.; Xu, W.H.; Lyu, X.L.; Cao, Y.B.; Wang, G.F. Health Effect of Forest Bathing Trip on Elderly Patients with Chronic Obstructive Pulmonary Disease. *Biomed. Environ. Sci.* **2016**, *29*, 212–218.
13. Joung, D.; Kim, G.; Choi, Y.; Lim, H.; Park, S.; Woo, J.M.; Park, B.J. The prefrontal cortex activity and psychological effects of viewing forest landscapes in Autumn season. *Int. J. Environ. Res. Public Health* **2015**, *12*, 7235–7243.
14. Kim, B.J.; Jeong, H.; Park, S.; Lee, S. Forest adjuvant anti-cancer therapy to enhance natural cytotoxicity in urban women with breast cancer: A preliminary prospective interventional study. *Eur. J. Integr. Med.* **2015**, *7*, 474–478.
15. Kobayashi, H.; Song, C.; Ikei, H.; Kagawa, T.; Miyazaki, Y. Analysis of Individual Variations in Autonomic Responses to Urban and Forest Environments. *Evidence-Based Complement. Altern. Med.* **2015**, *2015*, 1–7.
16. Kobayashi, H.; Song, C.; Ikei, H.; Park, B.J.; Lee, J.; Kagawa, T.; Miyazaki, Y. Population-based study on the effect of a forest environment on salivary cortisol concentration. *Int. J. Environ. Res. Public Health* **2017**, *14*.
17. Lee, J.Y.; Lee, D.C. Cardiac and pulmonary benefits of forest walking versus city walking in elderly women: A randomised, controlled, open-label trial. *Eur. J. Integr. Med.* **2014**, *6*, 5–11.
18. Lee, J.; Park, B.J.; Tsunetsugu, Y.; Kagawa, T.; Miyazaki, Y. Restorative effects of viewing real forest landscapes, based on a comparison with urban landscapes. *Scand. J. For. Res.* **2009**, *24*, 227–234.
19. Lee, J.; Park, B.J.; Tsunetsugu, Y.; Ohira, T.; Kagawa, T.; Miyazaki, Y. Effect of forest bathing on physiological and psychological responses in young Japanese male subjects. *Public Health* **2011**, *125*,

93–100.
20. Lee, J.; Tsunetsugu, Y.; Takayama, N.; Park, B.-J.; Li, Q.; Song, C.; Komatsu, M.; Ikei, H.; Tyrväinen, L.; Kagawa, T.; et al. Influence of Forest Therapy on Cardiovascular Relaxation in Young Adults. *Evidence-Based Complement. Altern. Med.* **2014**, *2014*, 1–7.
21. Lee, K.J.; Hur, J.; Yang, K.S.; Lee, M.K.; Lee, S.J. Acute Biophysical Responses and Psychological Effects of Different Types of Forests in Patients With Metabolic Syndrome. *Environ. Behav.* **2018**, *50*, 298–323.
22. Li, Q.; Morimoto, K.; Nakadai, A.; Inagaki, H.; Katsumata, M.; Shimizu, T.; Hirata, Y.; Hirata, K.; Suzuki, H.; Miyazaki, T.; et al. Forest Bathing Enhances Human Natural Killer Activity and Expression of Anti-Cancer Proteins. *Int. J. Immunopathol. Pharmacol.* **2007**, *20*, 3–8.
23. Li, Q.; Morimoto, K.; Kobayashi, M.; Inagaki, H.; Katsumata, M.; Hirata, Y.; Hirata, K.; Shimizu, T.; Li, Y.J.; Wakayama, T.; et al. A forest bathing trip increases human natural killer activity and expression of anti-cancer proteins in female subjects. *J. Biol. Regul. Homeost. Agents* **2008**, *22*.
24. Li, Q.; Morimoto, K.I.; Kobayashi, M.; Inagaki, H.; Katsumata, M.; Hirata, Y.; Hirata, K.; Suzuki, H.; Li, Y.; Wakayama, Y.; et al. VISITING A FOREST, BUT NOT A CITY, INCREASES HUMAN NATURAL KILLER ACTIVITY AND EXPRESSION OF ANTI-CANCER PROTEINS. *Int. J. Immunopathol. Pharmacol.* **2008**, *21*, 117–127.
25. Li, Q.; Otsuka, T.; Kobayashi, M.; Wakayama, Y.; Inagaki, H.; Katsumata, M.; Hirata, Y.; Li, Y.; Hirata, K.; Shimizu, T.; et al. Acute effects of walking in forest environments on cardiovascular and metabolic parameters. *Eur. J. Appl. Physiol.* **2011**, *111*, 2845–2853.
26. Li, Q.; Otsuka, T.; Kobayashi, M.; Wakayama, Y.; Inagaki, H.; Katsumata, M.; Hirata, Y.; Li, Y.; Hirata, K.; Shimizu, T.; et al. Effects of forest environments on cardiovascular and metabolic parameters. *Evidence-Based Complement. Altern. Med.* **2016**, *Volume 201*, 1–7.
27. López-Pousa, S.; Bassets Pagès, G.; Monserrat-Vila, S.; de Gracia Blanco, M.; Hidalgo Colomé, J.; Garre-Olmo, J. Sense of Well-Being in Patients with Fibromyalgia: Aerobic Exercise Program in a Mature Forest—A Pilot Study. *Evidence-Based Complement. Altern. Med.* **2015**, *2015*, 1–9.
28. Mao, G.X.; Lan, X.G.; Cao, Y.B.; Chen, Z.M.; He, Z.H.; LV, Y.D.; Wang, Y.Z.; Hu, X.L.; Wang, G.F.; Yan, J. Effects of Short-Term Forest Bathing on Human Health in a Broad-Leaved Evergreen Forest in Zhejiang Province, China. *Biomed. Environ. Sci.* **2012**, *25*, 317–324.
29. Mao, G.-X.; Cao, Y.-B.; Lan, X.-G.; He, Z.-H.; Chen, Z.-M.; Wang, Y.-Z.; Hu, X.-L.; Lv, Y.-D.; Wang, G.-F.; Yan, J. Therapeutic effect of forest bathing on human hypertension in the elderly. *J. Cardiol.* **2012**, *60*, 495–502.
30. Mao, G.; Cao, Y.; Wang, B.; Wang, S.; Chen, Z.; Wang, J.; Xing, W.; Ren, X.; Lv, X.; Dong, J.; et al. The salutary influence of forest bathing on elderly patients with chronic heart failure. *Int. J. Environ. Res. Public Health* **2017**, *14*.
31. Mao, G.X.; Cao, B.Y.; Yang, Y.; Chen, Z.M.; Dong, J.H.; Chen, S.S.; Wu, Q.; Lyu, X.L.; Jia, B.B.; Yan, J.; et al. Additive Benefits of Twice Forest Bathing Trips in Elderly Patients with Chronic Heart Failure. *Biomed. Environ. Sci.* **2018**, *31*, 159+.
32. Morita, E.; Imai, M.; Okawa, M.; Miyaura, T.; Miyazaki, S. A before and after comparison of the effects of forest walking on the sleep of a community-based sample of people with sleep complaints. *Biopsychosoc. Med.* **2011**, *5*, 13.
33. Ochiai, H.; Ikei, H.; Song, C.; Kobayashi, M.; Miura, T.; Kagawa, T.; Li, Q.; Kumeda, S.; Imai, M.; Miyazaki, Y. Physiological and psychological effects of a forest therapy program on middle-aged females. *Int. J. Environ. Res. Public Health* **2015**, *12*, 15222–15232.
34. Ochiai, H.; Ikei, H.; Song, C.; Kobayashi, M.; Takamatsu, A.; Miura, T.; Kagawa, T.; Li, Q.; Kumeda, S.; Imai, M.; et al. Physiological and psychological effects of forest therapy on middle-aged males with high-normal blood pressure. *Int. J. Environ. Res. Public Health* **2015**, *12*, 2532–2542.
35. Ohe, Y.; Ikei, H.; Song, C.; Miyazaki, Y. Evaluating the relaxation effects of emerging forest-therapy tourism: A multidisciplinary approach. *Tour. Manag.* **2017**.
36. Ohtsuka, Y.; Yabunaka, N.; Takayama, S. Shinrin-yoku (forest-air bathing and walking) effectively decreases blood glucose levels in diabetic patients. *Int. J. Biometeorol.* **1998**, *41*, 125–127.
37. Park, B.J.; Tsunetsugu, Y.; Kasetani, T.; Hirano, H.; Kagawa, T.; Sato, M.; Miyazaki, Y. Physiological effects of Shinrin-yoku (taking in the atmosphere of the forest) using salivary cortisol and cerebral activity as indicators. *J. Physiol. Anthropol.* **2007**, *26*, 123–128.

38. Park, B.J.; Tsunetsugu, Y.; Ishii, H.; Furuhashi, S.; Hirano, H.; Kagawa, T.; Miyazaki, Y. Physiological effects of Shinrin-yoku (taking in the atmosphere of the forest) in a mixed forest in Shinano Town, Japan. *Scand. J. For. Res.* **2008**, *23*.
39. Park, B.J.; Tsunetsugu, Y.; Kasetani, T.; Morikawa, T.; Kagawa, T.; Miyazaki, Y. Physiological effects of forest recreation in a young conifer forest in Hinokage Town, Japan. *Silva Fenn.* **2009**, *43*, 291–301.
40. Park, B.J.; Tsunetsugu, Y.; Kasetani, T.; Kagawa, T.; Miyazaki, Y. The physiological effects of Shinrin-yoku (taking in the forest atmosphere or forest bathing): Evidence from field experiments in 24 forests across Japan. *Environ. Health Prev. Med.* **2010**, *15*, 18–26.
41. Saito, H.; Horiuchi, M.; Takayama, N.; Fujiwara, A. Effects of managed forest versus unmanaged forest on physiological restoration from a stress stimulus, and the relationship with individual traits. *J. For. Res.* **2019**, *24*, 77–85.
42. Seo, S.C.; Park, S.J.; Park, C.-W.; Yoon, W.-S.; Choung, J.T.; Yoo, Y. Clinical and immunological effects of a forest trip in children with asthma and atopic dermatitis. *Iran. J. Allergy, Asthma Immunol.* **2015**, *14*, 28–36.
43. Shin, J.-W.; Choi, J.-H. The Effects of Single Session Forest Walking on Physiological and Psychological State of Myocardial Infarction Patients. *J. People, Plants, Environ.* **2019**, *22*, 109–118.
44. Song, C.; Ikei, H.; Lee, J.; Park, B.-J.; Kagawa, T.; Miyazaki, Y. Individual differences in the physiological effects of forest therapy based on Type A and Type B behavior patterns. *J. Physiol. Anthropol.* **2013**, *32*, 14.
45. Song, C.; Ikei, H.; Kobayashi, M.; Miura, T.; Taue, M.; Kagawa, T.; Li, Q.; Kumeda, S.; Imai, M.; Miyazaki, Y. Effect of forest walking on autonomic nervous system activity in middle-aged hypertensive individuals: A pilot study. *Int. J. Environ. Res. Public Health* **2015**, *12*, 2687–2699.
46. Song, C.; Ikei, H.; Miyazaki, Y. Elucidation of a physiological adjustment effect in a forest environment: A pilot study. *Int. J. Environ. Res. Public Health* **2015**, *12*, 4247–4255.
47. Song, C.; Ikei, H.; Miyazaki, Y. Sustained effects of a forest therapy program on the blood pressure of office workers. *Urban For. Urban Green.* **2017**, *27*, 246–252.
48. Song, C.; Ikei, H.; Kobayashi, M.; Miura, T.; Li, Q.; Kagawa, T.; Kumeda, S.; Imai, M.; Miyazaki, Y. Effects of viewing forest landscape on middle-aged hypertensive men. *Urban For. Urban Green.* **2017**, *21*, 247–252.
49. Song, C.; Ikei, H.; Kagawa, T.; Miyazaki, Y. Effects of Walking in a Forest on Young Women. *Int. J. Environ. Res. Public Health* **2019**, *16*, 229.
50. Sonntag-Öström, E.; Nordin, M.; Lundell, Y.; Dolling, A.; Wiklund, U.; Karlsson, M.; Carlberg, B.; Slunga Järvholm, L. Restorative effects of visits to urban and forest environments in patients with exhaustion disorder. *Urban For. Urban Green.* **2014**, *13*, 344–354.
51. Sonntag-Öström, E.; Nordin, M.; Dolling, A.; Lundell, Y.; Nilsson, L.; Slunga Järvholm, L. Can rehabilitation in boreal forests help recovery from exhaustion disorder? The randomised clinical trial ForRest. *Scand. J. For. Res.* **2015**, *30*, 732–748.
52. Stigsdotter, U.K.; Corazon, S.S.; Sidenius, U.; Kristiansen, J.; Grahn, P. It is not all bad for the grey city – A crossover study on physiological and psychological restoration in a forest and an urban environment. *Heal. Place* **2017**, *46*, 145–154.
53. Sung, J.; Woo, J.M.; Kim, W.; Lim, S.K.; Chung, E.J. The effect of cognitive behavior therapy-based "forest therapy" program on blood pressure, salivary cortisol level, and quality of life in elderly hypertensive patients. *Clin. Exp. Hypertens.* **2012**, *34*, 1–7.
54. Toda, M.; Takeshita, T. The influence of personal patterns of behavior on the physiological effects of woodland walking. *Adv Mind Body Med* **2015**, *29*, 14–18.
55. Toda, M.; Den, R.; Hasegawa-Ohira, M.; Morimoto, K. Effects of woodland walking on salivary stress markers cortisol and chromogranin A. *Complement. Ther. Med.* **2013**, *21*, 29–34.
56. Tsao, T.-M.; Tsai, M.-J.; Hwang, J.-S.; Cheng, W.-F.; Wu, C.-F.; Chou, C.-C.; Su, T.-C. Health effects of a forest environment on natural killer cells in humans: An observational pilot study. *Oncotarget* **2018**, *9*, 16501–16511.
57. Tsunetsugu, Y.; Park, B.-J.; Ishii, H.; Hirano, H.; Kagawa, T.; Miyazaki, Y. Physiological Effects of Shinrin-yoku (Taking in the Atmosphere of the Forest) in an Old-Growth Broadleaf Forest in Yamagata Prefecture, Japan. *J. Physiol. Anthropol.* **2007**, *26*, 135–142.

58. Wang, D.H.; Yamada, A.; Miyanaga, M. Changes in urinary hydrogen peroxide and 8-hydroxy-2′-deoxyguanosine levels after a forest walk: A pilot study. *Int. J. Environ. Res. Public Health* **2018**, *15*.
59. Wu, Q.; Cao, Y.; Mao, G.; Wang, S.; Fang, Y.; Tong, Q.; Huang, Q.; Wang, B.; Yan, J.; Wang, G. Effects of forest bathing on plasma endothelin-1 in elderly patients with chronic heart failure: Implications for adjunctive therapy. *Geriatr. Gerontol. Int.* **2017**, *17*, 2627–2629.
60. Yamaguchi, M.; Deguchi, M.; Miyazaki, Y. The Effects of Exercise in Forest and Urban Environments on Sympathetic Nervous Activity of Normal Young Adults. *J. Int. Med. Res.* **2006**, *34*, 152–159.
61. Yu, Y.M.; Lee, Y.J.; Kim, J.Y.; Yoon, S.B.; Shin, C.S. Effects of forest therapy camp on quality of life and stress in postmenopausal women. *Forest Sci. Technol.* **2016**, *12*, 125–129.
62. Yu, C.P.; Lin, C.M.; Tsai, M.J.; Tsai, Y.C.; Chen, C.Y. Effects of short forest bathing program on autonomic nervous system activity and mood states in middle-aged and elderly individuals. *Int. J. Environ. Res. Public Health* **2017**, *14*.