



**HAWAII
GREEN BUSINESS
PROGRAM**



HAWAII STATE
DEPARTMENT
OF HEALTH



Board of Water Supply

Forest Bathing Hawai'i



As a small business servicing both visitors and residents, **Forest Bathing Hawai'i** brings people into an often new and deeper connection with the natural world. One of the goals of these outdoor, small-group experiences and virtual walks is to increase awareness of the ***reciprocal relationship*** that exists between humans and the “more-than-human” world. Fostering this relationship can inspire the desire to protect and preserve our environment.

The two primary forest bathing event venues bring these benefits:

- Lonely Planet recognized Forest Bathing Hawai'i's walks at Kahalu'u Gallery and Gardens as a way for visitors to “tread lightly” on our state's fragile natural environment.
- The New York Times recognized that forest bathing at the Lyon Arboretum is a way to “skip the crowds ... [and] commune with biodiversity in a tropical rainforest.”

Solid Waste Reduction:

- Printing Materials o Brochure, tri-fold: Two-sided printing on standard matte paper; Printed at Vistaprint
- Waiver Form
 - o Hard Copy version provided only to those unable to access online form o 2-sided printing; Ream of recycled paper purchased at Fisher Hawai'i
 - o Note: recycling logo in lower right corner of form
- Recycling bins
 - o Recycling bin at the Lyon Arboretum; Plastic and glass were separated from other trash
 - o Kahalu'u Galley and Gardens is a private residence and as such is supplied with City and Country gray, blue, and green trash bins.
- Reusable Sustainable Serving Items
 - o A “tea ceremony” is held at the end of each forest bathing walk
 - o Serving Items include:
 - Teapot, teacups, bamboo platters
 - o Found items from nature used for “table” décor and “centerpieces”
 - o Locally sourced snacks (fresh fruit, baked goods) are not individually “packaged.” They are transported to site in reusable containers.
- Electronic Communications - Reservations at:
 - bit.ly/fbhiwalk
 - bit.ly/fbhiairbnb

- forestbathinghi.com
- o Waivers at:
 - bit.ly/fbhiwaiver202
- o Emails from:
 - Forestbathinghi@gmail.com
- Participants encouraged to bring water bottles
- Recycled Mats:
 - o Mats provided are recycled from vinyl banners
 - o Participants use them to sit on and many have commented on this innovative re-purposing
 - o Mats are hand washed and line-dried to be used again on future walks
 - o Participants are informed of availability of mats on FAQ page on website

Energy and Water Efficiency:

- Natural Daylight
 - o Forest Bathing Walks occurs during daylight hours in the outdoors. No artificial lighting is used
- Event size
 - o In large spaces, such as the Ho'omaluhia Botanical Gardens, groups can be larger. On regular public walks on smaller properties and narrower trails or with limited parking, group size is limited to 8-15 participants
- Energy Saving Equipment
 - o Food items prepared in home kitchen with Energy Star refrigerator
 - o LED lighting

Catering:

- Vegetarian/vegan options
- Participants are invited to provide their dietary restrictions
- Buffet-style finger-foods
- During the tea ceremony, some background on what the participants are about to taste:
 - o The Foraged Tea and the snacks are shared in order to deepen their sensory and emotional connection to place
- Locally sourced and organic

- o Supports local businesses such as the non-profit Touch a Heart ('ulu flour cookies), small family farm Ola Mau Farms (heirloom kalo), and many Honolulu supermarkets and farmers; markets for fruits in season.

Transportation:

- Public Transportation information is shared on website; plus, in communications via email, text, or messaging on booking sites when query received
- Food sourced from within 6 miles
 - o Tea is sourced from the land on which event is held, or sometimes the mamaki shrub from home garden
 - o Snacks are purchased from local supermarkets, farmers' markets, independent suppliers
- Guide lives within walking distance of one of the event locations, Lyon Arboretum, and often walks to the site for meetings, advance preparations, and for the event itself.

Pollution Prevention:

- Non-toxic cleaning supplies
 - o Mrs. Meyers dish soap used to wash tea service items and vinyl mats
 - o Enfresh hand wipes (Bio-based product) offered to participants at the end of walk and before tea ceremony

Other Notable Green Practices:

- Forest Bathing Hawai'i recently launched live online nature therapy experiences:
 - o Participants join from their own green spaces or inside their homes, while the guide hosts over the Zoom platform from an O'ahu outdoor location
 - o All interactions are entirely digital
 - o Kick-off event occurred on the 50th anniversary of Earth Day, April 22, 2020
 - o Virtual walks are free-of-charge to any essential worker
- Forest Bathing Hawai'i has been selected by Quiet Parks International as one of its "Quiet Experiences"
 - o This non-profit organization's mission is the preservation of quiet in an increasingly noise-polluted world