

Immerse Your Group in the Magic of Nature...

RETURN

Refreshed



Take a guided meandering walk with us! Through a series of unique nature invitations, you will awaken your senses, exploring the natural beauty around you.

Experience the tranquility of ancient oak groves, the vibrant energy of the ocean, or the serenity of pristine gardens.

Complete your experience with our simple tea ceremony, giving thanks for the rich natural world around us.

Book Your Nature Therapy Now!



RETURN Refreshed

A perfect blend of rejuvenation & mindful exploration

WHAT IS NATURE THERAPY?

Nature therapy has its roots in Shinrin-yoku, or forest bathing, which emerged in 1980s Japan as a response to urbanization and stress-related health issues. Rooted in ancient traditions, it advocates immersing oneself in nature. Studies highlight the stress-reducing and immune-boosting effects of proximity to trees, bodies of water, and other elements of the natural world. Guided nature therapy promotes mindfulness and sensory engagement in nature, offering respite from modern life's pressures.

WHO IS IT FOR?

Nature therapy is for anyone seeking stress relief, improved mental health, & overall well-being. It's especially beneficial for urban dwellers, individuals experiencing high levels of stress, anxiety, lack of focus, or depression, and those looking to reconnect with nature for relaxation and rejuvenation.

Return Refreshed offers executives, corporate teams, and school groups a chance to unwind, foster team bonding, and enhance creativity amidst nature's tranquility. We provide a refreshing escape from the pressures of work or study, promoting mental clarity and rejuvenation for improved productivity and well-being.

NATURE THERAPY BENEFITS

- Stress reduction and relaxation
- Improved mood and mental health
- Enhanced immune system function
- Increased energy levels and vitality
- Better focus and concentration
- Boosted creativity and problem-solving skills
- Strengthened social bonds and teamwork
- Greater appreciation for nature and the environment
- Reduced symptoms of anxiety and depression
- Overall sense of well-being and connection to the natural world

In every walk with nature, one receives far more than he seeks.

- JOHN MUIR



AT A GLANCE

WE OFFER:

- 90-minute to 3-hour Nature Therapy Experiences
- Full-service Executive/VIP Retreat & Tour Facilitation Globally
- Resort & Hotel Partnerships: Nature Wellness Pop-up Weeks/Weekends
- Conference "Nature Wellness" Tracks
- Nature Therapy Offsites

CONTACT:

Danielle Dufrene
danielle@returnrefreshed.org
+1-832-472-5455

TRAVEL DEEPER, RETURN REFRESHED



ERICA POLLOCK

Founder & CEO, Return Refreshed

"Our company blends principals of slow travel with nature-based wellness for the ultimate retreat and tour experiences. Come away with us, and Return Refreshed!"