

South Korea's Certified Healing Forests — Scaling Forest-Based Public Health from 5 to 64 Sites

PES & Nature-Based Solutions · Good practice · South Korea

Quality score: 13/100

Evidence strength: Cautionary / limited

Summary

Since opening its first therapeutic forest in 2009, South Korea's Forest Service has certified 64 'Healing Forests' with trained instructors; a 2021 review of 75 programmes found consistent blood-pressure and depression benefits, though cortisol effects were mixed.

Key dimensions

Dimension	Score
Carbon — sequestration / storage, evidenced	0/3
Biodiversity — conservation / improvement, evidenced	0/3
Water & soil — retention, infiltration, erosion control	0/3
Fire resilience — risk reduction, evidenced	0/3
Governance, certification & transferability	2/3

Evaluated by C-NAPSE

Data sources

[C-NAPSE web research](#) — accessed 2026-09-17

[Korea Forest Service / Korea Forest Welfare Institute \(National Center for Forest Therapy\)](#) — accessed 2026-09-17

[Korea Forest Service — Healing Forest overview](#) — accessed 2026-09-17

[Park et al. 2021, IJERPH \(PMC8508093\)](#) — accessed 2026-09-17

Cite this — Evidoria. *South Korea's Certified Healing Forests — Scaling Forest-Based Public Health from 5 to 64 Sites*.
Persistent ID: 50817981-2c78-4ed2-87e1-c70dbb70d1d8.