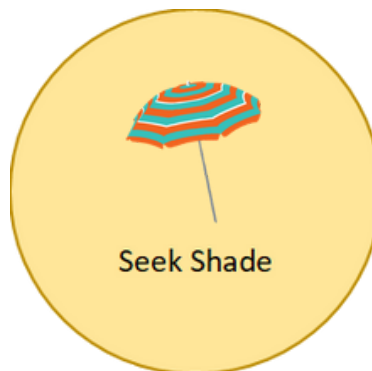
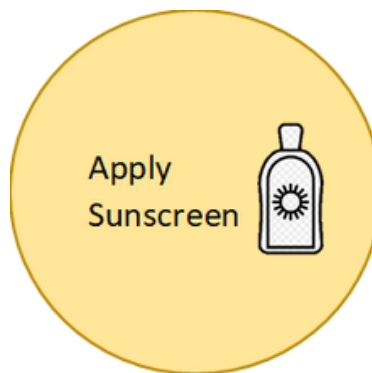


## Sun Safety and Nature Bathing

As we deep dive into the heat of the summer and more time is spent outside than inside, it is important to remember sun safety for both us and our family.



### Nature Bathing

We want your skin to be safe, but we also want you to be outside! There is a Japanese practice known as Shinrin-yoku, or nature bathing and scientist have begun to see the immense benefits of it. More than just being outside, nature bathing is an immersive experience, much like meditation or the practice of mindfulness.

Allowing the elements to be present in your life can reduce anxiety, lower blood pressure, and even boost cognitive function. Reference the link below for a more comprehensive look at nature bathing and how you can reap its benefits.

[The Healing Power of Nature Bathing | The Weather Channel](#)

[The Truth About Sunscreen: 7 Facts That Will Set You Straight for Skin Protection This Summer | Blogs | CDC](#)

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.