

# NURTURE

YOUR NEED FOR FREEDOM & ADVENTURE

#nurtureinScotland



## LET NATURE NURTURE YOUR WELLBEING

### How to use Scotland's elements for your own wellness

With a range of inspiring seasons, ever-changing landscapes, a wealth of water from open seas to fresh water lochs, secluded forests and vast open spaces, Scotland is the natural place to nurture your wellbeing.

You can experience a well being itinerary no matter the season. Embrace all the natural elements to feel connected and restored. There is no time limit on an itinerary like this, it's about slowing down and enjoying it at a pace which feels good for your mind and body whilst respecting the environment in a safe and sustainable way.

## WATER WELLNESS ACTIVITIES

Immerse yourself in Scotland's freshest waters, surrounded by awe-inspiring scenery. It's a welcoming and sensory experience and learning to respect the water is as important. Wild Scotland operators have experienced and qualified guides to teach you about water safety across all water activities. Learn what the best conditions are, what to avoid, how to stay safe and enjoy responsibly throughout the year, in different types of water from small lochs to open seas.



### AWAKEN YOUR SENSES AT SUNRISE

Join a guided group or 1-2-1 session for invigorating morning dips in fresh water watching the sunrise from the east. Learn about water safety and responsible location choices as you soak up the glowing horizon.



### DAY-TIME ENERGY RELEASE

Get your energy flowing and body active with a wild swim, paddleboard session, kayaking or even snorkelling to feel the benefit of endorphins and blood flow. Great for the mind, body and soul.



### GIVE GRATITUDE AT SUNSET

End your day and wash away any stresses as you slow your breathing and reset your senses with a dip or swim just as the sun sets ready to welcome an evening of relaxation.



### BE IN SYNC WITH THE EBB & FLOW

Take time to simply be near the water and hear the sounds, watch the waves or gentle ripple and enjoy a gentle, relaxing stroll along the coast or near a river or loch.

## MAKE A SUSTAINABLE CHOICE

When you book with a Wild Scotland member, you are booking with operators that commit to our 4 core principles:



RESPONSIBILITY



SUSTAINABILITY



CARE



EXCELLENCE

[LEARN MORE >](#)

## FOREST-BATHING ACTIVITIES

Surround yourself with the earthy world of rich forests where growth occurs every day. This natural environment is here to welcome you and nurture you, whilst you respect the world above and below you in a sustainable and responsible way.

### INSPIRATIONAL ACTIVITIES

#### CREATE MOMENTS TO GROUND YOURSELF

Walking barefoot on grass, earth and the forest floor is a scientifically-proven way to 'ground' yourself as your body picks up free ions from the earth's surface that act as antioxidants in your system and channel energy throughout your body

your senses heighten as you recognise different sounds and sights whilst you forest-bathe with others.

#### BETACTILE WITH EARTH'S POWER

Touching and hugging trees, throughout different seasons and times of the day can give great benefits to our human bodies by feeling more connected and grounded, at a slower pace than most other activities.

#### HOW TO EXPERIENCE FOREST-BATHING

Learn the safest and most-beneficial way to experience forest bathing with our Wild Scotland Members.

[Highland Quietlife >](#)

[Primal Adventures >](#)

[WanderWomen Scotland >](#)

[Wild Tree Adventures >](#)

#### CARVE OUT TIME TO MEDITATE AMONGST NATURE

Nature is awesome and it is available to you as natural medicine. Trees release 'phytoncides' into the atmosphere which help calm your mind, as do the fractal patterns and natural colours of greens and blues that flood your visionary wellbeing.

#### SYNCHRONISE YOURSELF WITH THE LUNAR CYCLE

Embrace the darkness under the shining light of the full moon and feel

## HOW TO EXPERIENCE WATER WELLNESS

Learn the safest and most-beneficial way to experience water wellness with our Wild Scotland Members.

- Wild Wimmin
- Immerse Hebrides
- Swim - Dan the Merman
- Basking Shark Scotland
- Beyond Adventure
- In Your Element
- Ocean Vertical
- Unique Adventure Tours
- Cullen Sea School
- Loch Lomond Leisure
- Seatrek Scotland
- Source to Sea Canoe Adventures
- Wee Adventures
- Wilderness Scotland
- The Canyoning Company

[LEARN MORE >](#)



### BENEFITS TO YOU

- Learn breathing techniques to help calm anxiety and expand your capacity for general wellbeing
- Refocus your mind as you synchronise your mind and body - explore the Wimhof Method
- Circulation and health benefits no matter the season which can help boost your immune system



### SAFETY TIPS

- Always let someone know where you are and when
- Always use a suitable buoyancy aid (write your contact info on your float too)
- Check tides, wind direction and general weather before you enter the water
- Learn skills responsibly and safely with a Wild Scotland Member

[HOW TO STAY SAFE >](#)



### BENEFITS TO YOU

- Barefoot walking can help relieve pain and inflammation due to the energy exchange between earth and body and act as an antioxidant for your system
- Mindfulness can arm you with skills to practice throughout daily life to reduce stress and anxiety and help relax the body and mind
- Socialising with others who enjoy the same activities and meet new friends



### SAFETY TIPS

- Familiarise yourself with tips on how to respect the wild by treading lightly across forest floors and when close to wildlife and [nature >](#)