



Find Your Calm in the New Fragrance Garden



There's a new garden on campus, designed with more in mind than just looks. This fragrance garden was designed to support both human and environmental resilience during stressful times.



Ever heard of forest bathing?
In the early 1980s Japan coined the term *Shinrin-yoku*, defined as taking in the atmosphere of the forest, also known as forest bathing. This practice is simply spending time mindfully immersed in nature, known to reduce stress and promote relaxation.

We desert dwellers can experience the same sense of calm and ease from the plants in our own environment. **Recent research** has identified more than 100 oils from desert plants that are released

into the air when it rains, these oils produce complex and soothing scents. One of the key practices of mindfulness is using the five senses to truly take in the environment. By paying attention to the smells within a fragrance garden, we are mindfully grounding ourselves to the present moment.



The symphony of smells released by desert plants combined with the mindfulness practice of observation can bring a moment of ease which lowers stress hormones, blood pressure, and heart rate, all of which are factors that influence sleep quality and general mood.

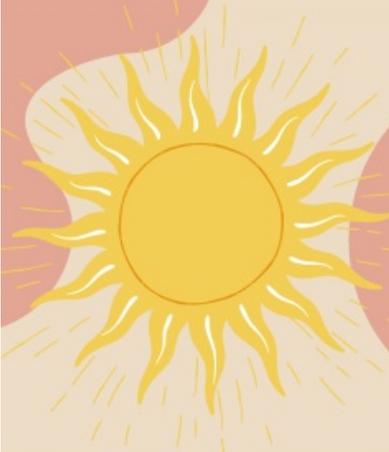
The fragrance garden invites the campus community to embrace the importance of plants in urban environments by enjoying the healing benefits of plant fragrance for human health and well-being.



THE FRAGRANCE GARDEN

THE GARDEN CONTAINS

65 plants of **30** species
9 of these species are
new introductions to the
Arboretum collection



DESERT-ADAPTED PLANTS

chosen for both their aromatic
foliage and flowers that will
provide year-round beauty and
fragrance

QR CODED SIGNS

visitors may discover a particular
plants' botanical, medicinal, and
horticultural information, as well as
natural history





The garden is located near the campus health center and student housing.

Given the popularity of this shaded area for campus walks, we hope these “feel good” fragrant plants will have a positive impact on those passing through and inspire them to take a mindful moment.

[Click Here for more information](#)

CAMPUS ARBORETUM

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Promote stewardship and conservation of urban trees in Arizona.

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