



Forest Walking Experience and Distilling Essential Oils

NPO Mori-no-Seikatsu

Participants head into nature to learn about the forest eco-system and forest management in Japanese and help to maintain the wood by pruning the low-hanging branches of the trees. Essential oils are extracted by distilling branches of 'todomatsu' fir trees to create natural, relaxing aromatic products. Participants can experience the entire process from filling the distillation pot with fir branches to carefully syphoning off the sweet-smelling todomatsu water until only the droplets of oil remain. During some waiting time, participants can learn about the history of aromatic products in Shimokawa in Japanese, over a cup of fresh herbal tea. The distillation process is sure to be a calming and educational experience for all. Participants can take home the todomatsu water usable as pure skin toner, as well as the todomatsu essential oil. At the end of the experience, participants will better understand Shimokawa's relationship with the forest, and bring home unusual souvenirs from Shimokawa's sustainable forestry.

1. Place : Mori-no-Seikatsu Office (Mikuwa-gaoka Management Building)
2. Season : All year round
3. Time : 9AM ~ 12PM OR 13PM~16PM
4. Age : For all ages
5. Number of people : Minimum 2 people
6. Workshop contents : Getting 'todomatsu' fir tree branch & distillation using herbal oil maker = Max 3hours
7. Fee : - ¥3,000 per person + ¥3,150 per group for usage of
(Cash Only) distillation equipment
- ¥1,800 per child of age 4~6
- Free per child below age 3
8. Clothing : Clothing comfortable to walk in
9. Reservation : 7 days prior to the preferred date of the workshop