

An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces



Healing gardens and restorative outdoor spaces have gained significant attention in recent years as a means to promote physical, mental, and emotional well-

being. These green spaces provide a sanctuary where individuals can connect with nature and experience the therapeutic benefits it offers.

Understanding the Concept

Healing gardens are supportive environments that integrate elements such as plants, water features, walking paths, seating areas, and sensory stimulations to create a serene and rejuvenating atmosphere. These spaces are carefully designed to offer various opportunities for relaxation, meditation, and sensory engagement.



Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces

by Clare Cooper Marcus (1st Edition, Kindle Edition)

★★★★☆ 4.7 out of 5

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Enhanced typesetting : Enabled

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It is crucial for designers to adopt an evidence-based approach while creating healing gardens. This entails conducting thorough research, analyzing existing literature, and consulting experts in various fields such as horticulture, psychology, and landscape architecture.

The Power of Nature

Scientific studies have consistently demonstrated the positive effects of nature on human health. Exposure to natural environments has been linked to stress reduction, improved cognitive function, increased attention span, and higher levels of overall well-being.

Designers must consider incorporating elements like native plants, flowing water, and wildlife to create a sense of immersion in nature. These natural components offer visual interest, encourage engagement, and provide sensory stimuli that aid healing processes.

Promoting Physical Healing

Healing gardens play a vital role in supporting physical recovery. Research has shown that exposure to green spaces can accelerate healing processes, reduce pain perception, and lower blood pressure. Designers can incorporate features like therapeutic horticulture areas, accessible pathways, and contemplative seating areas to enhance the physical healing experience.



Enhancing Mental Well-being

Mental health is equally important when designing healing gardens. These spaces have been proven to reduce symptoms of anxiety, depression, and stress. To create an environment conducive to mental well-being, designers can introduce elements like secluded retreat areas, therapeutic art installations, and interactive sensory gardens.

Creating Restorative Experiences

Restorative outdoor spaces focus on providing a sense of escape, rejuvenation, and restoration. The design should prioritize privacy, tranquility, and activities that engage all the senses. Incorporating elements like soothing water features, fragrant plants, comfortable seating, and stimulating textures can help establish an environment perfect for rest and relaxation.



Engaging the Senses

The sensory experience is a vital aspect of healing garden design. Engaging the senses of sight, smell, sound, touch, and taste can evoke positive emotions and enhance the overall healing process. Designers can utilize scented flowers, wind chimes, textural surfaces, edible plants, and visual contrasts to cater to each sensory aspect.

An evidence-based approach is crucial when designing healing gardens and restorative outdoor spaces. By understanding the positive impact of nature, promoting physical healing, enhancing mental well-being, creating restorative experiences, and engaging the senses, designers can ensure the creation of spaces that truly support the healing journey of individuals.



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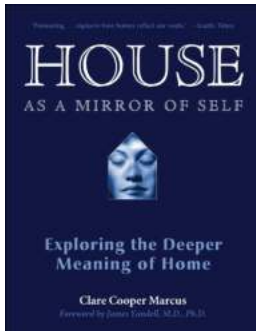


This comprehensive and authoritative guide offers an evidence-based overview of healing gardens and therapeutic landscapes from planning to post-occupancy evaluation. It provides general guidelines for designers and other stakeholders in a variety of projects, as well as patient-specific guidelines covering twelve categories ranging from burn patients, psychiatric patients, to hospice and Alzheimer's patients, among others. Sections on participatory design and funding offer valuable guidance to the entire team, not just designers, while a planting and maintenance chapter gives critical information to ensure that safety, longevity, and budgetary concerns are addressed.



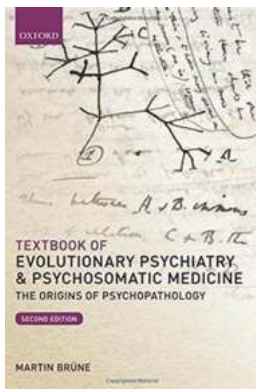
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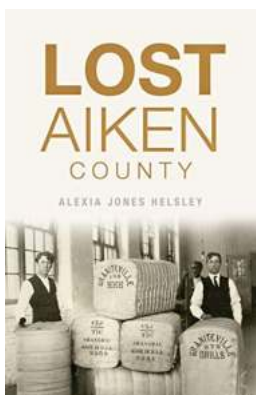
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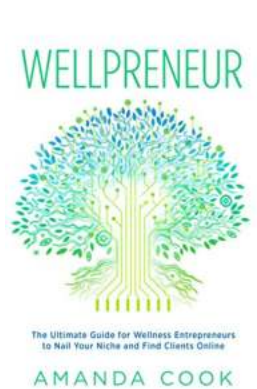
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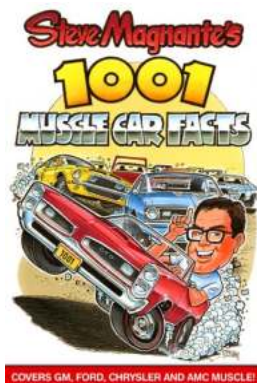
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