

Case Study

NATURTERAPEUTISK REFUGIE COMPANY

Denmark

Module 2

<https://www.naturterapeutiskrefugie.dk>



Offers WELLBEING EXPERIENCES based on nature therapy and nature. Naturterapeutisk Refugie invites the visitor to enjoy the old traditional healing culture and nature in Denmark. Danish folk healing traditions are based on the healing and integrative powers of the Nature. They are related closely to silence and slowing down. For many, forest, national park and meadows are places for calming down and listening to oneself.



Naturterapeutisk Refugie is a nature therapy retreat center located in Denmark, specifically in the rural, scenic area of North Zealand (Nordsjælland), near the town of Gilleleje on the north coast. It is situated in a peaceful, natural setting that emphasizes disconnection from urban life for therapeutic purposes.



Traditional nature therapy based on our folklore and revitalizing the therapeutic nature culture strengthen the connection to our own roots. They help us better understand who we are, where we come from and what is valuable and worth preserving in our culture. Through traditional Danish nature therapy, even the foreigners who are our guests can better understand us Danes. My goal is to help you find something valuable for your own life in this time, from nature and our therapy tradition, our root connection.

Activities & Commercial Model

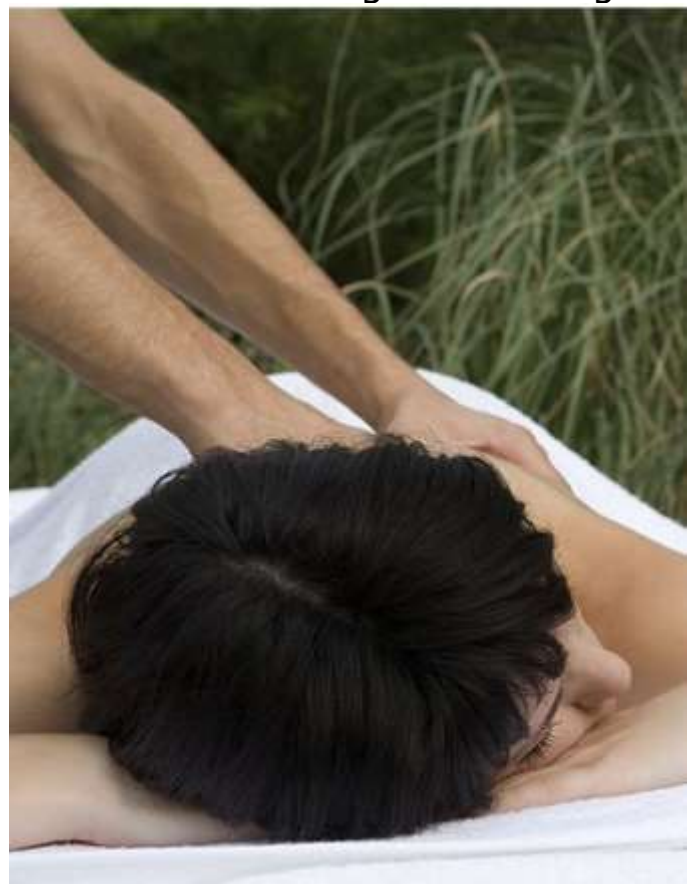
Activities :

Traditional Forest & natural beauty Mother earth 's Park & herbs Nature & meditative relaxation Wild retreat – silence and tranquility



Sustainability and Nature

In retreat 's activities, responsible tourism is combined with Nordic Danish folklore, the traditional treatments known to our people - especially nature immersion and mindful walks - and soothing and healing nature.



Trees and Plants



Reducing emissions



Wellbeing



Sustainability and Trees



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Trees and Plants

"The host took us on a remarkable journey into the land of 'real Danish Nature Therapy'. We went deep into the national park to a place that was right out of a hundred years ago, with a meadow to rest in between sessions. I loved the lessons about the surroundings they gave us before we explored different paths and sounds to find our peace. I feel much more connected to my ancestors and want to learn more – as well as take more nature retreats! I feel their work is so important to carry these traditions forward before they are forgotten. Thanks, Naturterapeutisk Refugie!"

Reducing emissions

Energy No permanent high-energy premises. Activities use natural light and eco power. Water for teas is often from natural springs Waste There is very little garbage, and it is recycled according to the region's guidelines Wellbeing Healthy and Enjoyable Activities "It was amazing to learn about the elements the forest and paths carry and how to use the relaxation tools they guided us with. We put it all into practice in the park and after the session we rested in the meadow. It was a gift to be given such valuable information about the past, and I was very grateful to have someone as knowledgeable as them to bring the past to life, to teach me more about my heritage and for such a healing day."



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