What is a healing garden?

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The interest in healing gardens has increased around the world. Several research disciplines and professions deal today in different ways with healing gardens. What determines whether or not a garden is a ‘healing garden’? The idea that particular gardens are beneficial to human health was the spark that began this investigation to find if there were certain qualities that distinguish a ‘healing garden’ from any other garden type. If there are particular qualities that make up a healing garden, then what are they and could a list of guidelines be created to aide in the design of a healing garden? There are some important scattered researches about healing garden that had conducted in this subject by famous and professional researchers like Clare Cooper Marcus, Roger Ulrich, Rachel and Stephen Kaplan. The purpose of this research is definition of healing gardens, features of design and benefits of it for visitors in a clear and compact way with help of recent significant researches on healing gardens. As a result, detect a clear image of healing garden for landscape architects in designing.

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HEALING GARDENS. “...[Good garden design] employs the mind without fatigue, tranquillizes yet en-livens it and thus gives the effect of refreshing rest and reinvigoration.” Frederick Law Olmsted. At a larger scale, some believe that any garden can be a healing garden and that the general population can nd restorative benets from such spaces, regardless of physiological health needs. Taken at this scale, green spaces with restorative effects should be easily accessible by the surrounding population.