

WHAT IS A THERAPEUTIC GARDEN?



A therapeutic garden is a garden that aims to bring about restorative effects to the mental well-being of users. It incorporates features that facilitate therapeutic horticulture, which is the use of plants and plant-related activities to promote health and well-being. By interacting with nature and taking part in specially designed therapeutic horticultural activities such as gardening, visitors can experience a number of health benefits. These include relief of mental fatigue, reduced stress, and overall improvement to emotional well-being.

The **Therapeutic Garden @Tiong Bahru Park** was designed in collaboration with the National University of Singapore (NUS) Mind-Science Centre, using an evidence-based approach from research in environmental psychology. It is open to everyone in the community.

ZONES IN THE GARDEN



Fragrance Zone

Located at the entrance to the Therapeutic Garden, this zone features a selection of fragrant flowering plants to invite park users into the garden by engaging their sense of smell.

Biodiversity Zone

This zone features a wide collection of plants that attract biodiversity such as butterflies, dragonflies and birds into the heart of the Therapeutic Garden. This provides a visual treat for visitors of the garden.

Edibles and Medicinal Zone

Herbs, spices, fruits and vegetables tantalise various senses and spark cultural memories amongst visitors to the Therapeutic Garden. They will most definitely be able to recognise the familiar sights, smells and even tastes that are widely available in local markets and home kitchens.

Colours and Textures Zone

In this zone of the Therapeutic Garden, visitors will be surrounded by diverse colours and textures of flowers and foliage, which will engage the senses of sight and touch.

VISIT OUR THERAPEUTIC GARDEN!

Tiong Bahru Park



Location:

Tiong Bahru Rd, Singapore 168731
Along Lower Delta Rd, Opp Jln Bukit Ho Swee

Rest AND
Rejuvenate

AT OUR

THERAPEUTIC GARDEN

@TIONG BAHRU PARK



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SOME PLANTS TO LOOK OUT FOR...

COLOURS AND TEXTURES ZONE



Scarlet Milkweed
Asclepia curassavica



Pagoda Flower
Cleorodendrum paniculatum

EDIBLES AND MEDICINAL ZONE



Thai Basil
Ocimum basilicum



Cat's Whiskers
Orthosiphon aristatus

FRAGRANCE ZONE



Ylang Ylang
Canaga odorata



Cape Jasmine
Gardenia jasminoides



ENTRANCE/EXIT

BIODIVERSITY ZONE



Dog Fennel
Eupatorium capillifolium



Ruffled Fan Palm
Licuala grandis



LEGEND



Fitness Area



Toilet



Shelter



Water Feature