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!

Location:
Tiong Bahru Rd, Singapore 168731
Along Lower Delta Rd, Opp Jln Bukit Ho Swee
SOME PLANTS TO LOOK OUT FOR...

COLOURS AND TEXTURES ZONE
- Scarlet Milkweed
  Asclepia curassavica
- Pagoda Flower
  Cleerodendrum paniculatum

EDIBLES AND MEDICINAL ZONE
- Thai Basil
  Ocimum basilicum
- Cat’s Whiskers
  Orthosipahn aristatus

FRAGRANCE ZONE
- Ylang Ylang
  Canaga odorata
- Cape Jasmine
  Gardenia jasminoides

Biodiversity Zone
- Dog Fennel
  Eupatorium capillifolium
- Ruffled Fan Palm
  Licuala grandis

LEGEND
- Fitness Area
- Toilet
- Shelter
- Water Feature

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