



Manuelle Techniken beeinflussen Hormone

**Gewebshormone und glanduläre
Hormone**



Lokale Wirkung von Massage



Fehlen von Berührung



Streichel- Sinn



Dopamin

A healthcare professional in blue scrubs is leaning over a light-colored sofa, comforting an elderly woman. The woman is wearing a grey sweater and glasses. The professional has her hand on the woman's shoulder and is looking at her with a caring expression. The scene is set in a living room with a lamp and a vase of pink flowers in the background.

Ängste,
Depressionen,
Schmerzen mindern

Massage
reduziert
Cortisol und
fördert
Oxytocin





Leichter bis mittelstarker Druck

A young girl with long brown hair, wearing a blue denim jacket over a white top, is smiling and looking down at a field of red poppies. She has a small red hair tie in her hair. The background is a soft-focus field of green grass and more poppies under a bright sky.

Quintessenz



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