



Ratgeber Massage (German Edition)

Luise Hakasi

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Massage beeinflusst nicht nur auf mechanische Weise Haut, Bindegewebe und Muskulatur, sondern wirkt auch positiv auf die Psyche. Entstanden bereits vor Jahrtausenden in Asien und Afrika, gelangte Massage schließlich nach Europa und wird mittlerweile als manuelle Therapie und Präventionsmaßnahme von Ärzten verordnet.

Massage steigert die Durchblutung und fördert den Stoffwechsel, entspannt, lindert Schmerzen, verbessert das Gewebe und beeinflusst auf signifikante Weise das vegetative Nervensystem.

Dieser Ratgeber informiert über die wichtigsten Massagearten.

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