

---

# Touch in times of skin hunger

Els Messelis\*<sup>1</sup>

<sup>1</sup>LACHESIS OFFICE OF EXPERTISE ON AGEING AND GENDER – Belgium

## Abstract

There is no age or year on skin hunger. From the first sigh to the last breath: everyone needs human contact, connection and touch to some extent. Due to COVID-19, many suddenly realized and recognized that touch was and is not a fine surplus but an essential desire; this is not only for people who have high-quality family and friendship relationships. In post covid times, skinhunger still exists. For my book 'Touch in Times of Skin Hunger' -Garant Uitgeverij- 20 in-depth interviews were conducted where the life story around an emotionally charged subject was discussed: skin hunger and how to deal with it, both among young and old and this both among individuals and professionals. Many tips for inspiration are provided to deal with skin hunger. Strength and comfort are also drawn from the countless haunting and resilient life stories of the extremely fascinating characters. Illustrations also show images behind the life stories.

**Keywords:** Affective touch, skin hunger

---

\*Speaker