CLAIMS:

1. A method for adjusting, in particular calibrating an apparatus for treatment using nuclear magnetic resonances, which comprises determining the influence of the treatment with nuclear magnetic resonances on a cellular clock of a cell culture or of a user and/or of the chronotype of a user, and setting the apparatus for treatment using nuclear magnetic resonances on the basis thereof,

   wherein the apparatus comprises two coils, which face each other in a Helmholtz arrangement and which are used to generate a homogeneous magnetic field,

   and wherein a further coil is used to irradiate an alternating magnetic field perpendicular to the homogeneous magnetic field generated by the two coils in order to generate a nuclear magnetic resonance.

2. The method of the preceding claim, comprising setting a treatment duration, a treatment interval, a day time of the treatment, a modulation frequency of a field, and/or a field strength of a magnetic field generated by the apparatus for treatment using magnetic fields as a function of the cellular clock.

3. The method as claimed in any of the preceding claims, wherein the chronotype of the user is determined for setting the apparatus for treatment using nuclear magnetic resonances, and wherein the apparatus is set depending on this chronotype.

4. The method as claimed in the preceding claim, wherein the circadian clock is determined by temperature measurement, blood pressure measurement, measurement of skin resistance, and/or determination of heart rate.

5. An apparatus for treatment using nuclear magnetic resonances, adjusted by a method as claimed in any of the preceding claims,

   wherein the apparatus comprises two coils, which face each other in a Helmholtz arrangement and which are configured to generate a homogeneous magnetic field,

   and wherein the apparatus comprises a further coil which is configured to irradiate an alternating magnetic field perpendicular to the homogeneous magnetic field

generated by the two coils in order to generate a nuclear magnetic resonance.

6. A treatment system comprising an apparatus for treatment using nuclear magnetic resonances, in particular an apparatus as claimed in the preceding claim, wherein the treatment system comprises means for determining the chronotype of a user, in particular a sensor,

wherein the apparatus comprises two coils, which face each other in a Helmholtz arrangement and which are configured to generate a homogeneous magnetic field,

and wherein the apparatus comprises a further coil which is configured to irradiate an alternating magnetic field perpendicular to the homogeneous magnetic field generated by the two coils in order to generate a nuclear magnetic resonance.

7. The treatment system of the preceding claim, wherein the sensor is configured for measuring the body temperature, blood pressure, skin resistance, and/or heart rate of a user.

8. The treatment system as claimed in any of the preceding claims, wherein the sensor is configured for transmitting data to a control unit of the apparatus, preferably in a wireless manner.

9. The treatment system as claimed in any of the preceding claims, wherein the sensor is part of an external unit.

10. Use of nuclear magnetic resonances to alter, in particular synchronize, the circadian clock of cells of a user for cosmetic purposes.

11. Use according to any of the preceding claims, comprising altering the hypoxia signaling pathway of cells of the user.

12. Use according to any of the preceding claims, comprising altering the amount of free oxygen radicals of cells of the user.