

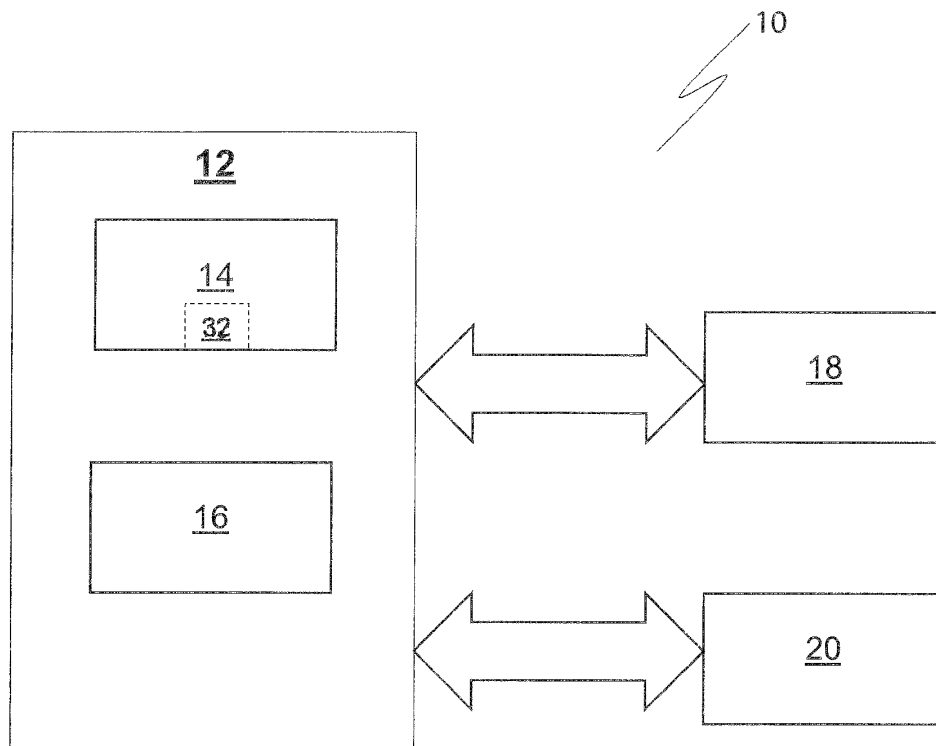


Figure. 1

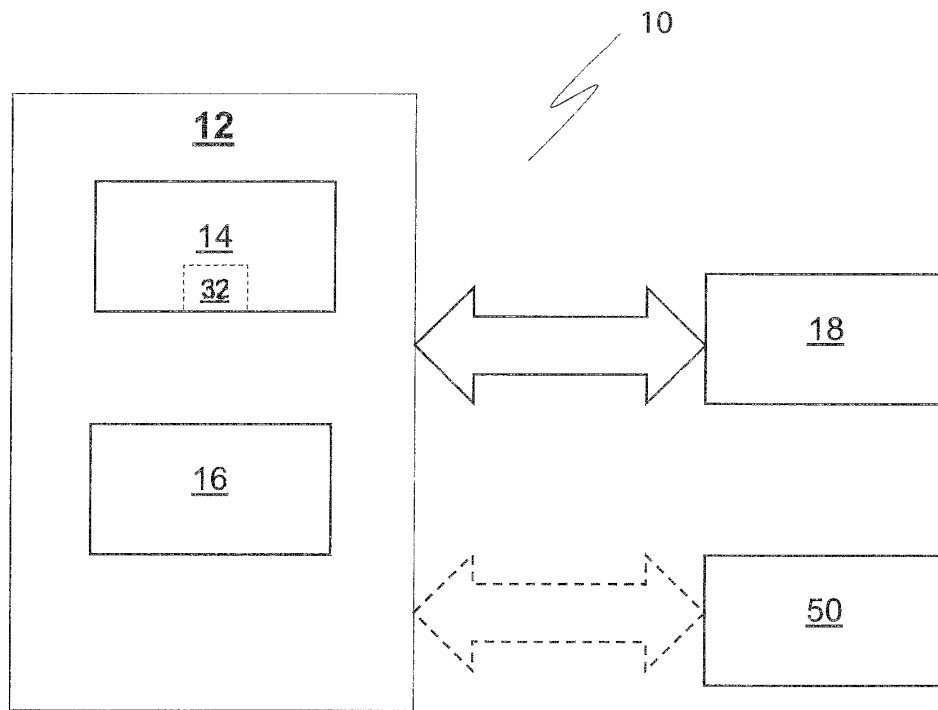


Figure. 2

	t-test p value	before massage mean $\pm$ std	after massage mean $\pm$ std
Heart Rate	0.0048	67.44 $\pm$ 11.94	65.12 $\pm$ 10.06
Respiration Rate	0.0093	15.23 $\pm$ 2.95	14.54 $\pm$ 2.57
Stress	0.00058	2.16 $\pm$ 0.96	1.96 $\pm$ 0.82

Figure. 3

Score	Interpretation
1-20	Calm
21-40	Relaxed
41-60	Balanced
61-80	Motivated
81-100	Agitated/Anxiety/Excited

Figure. 4