



FINAL REPORT

EVALUATION, ON VOLUNTEERS,
OF THE SLIMMING AND WEIGHT REDUCTION EFFECTS OF A
COSMETIC FORMULATION
(PHASE 2)

Estimate:	DA05031-4
Products:	1.SlimSAFE Firming Cream 2.SlimSAFE Firming Lotion
Form and application:	Brown cream and lotion Applied around waistline
Sponsor:	ASIAN PHYTOCEUTICALS PUBLIC CO., LTD. Northern Region Industrial Estate, Lamphun, THAILAND
Responsible for the study:	Dermscan Asia e-mail: dermscanasia@pacific.net.th
Report date:	May 22, 2006

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1. AIM(S)

1.1. Primary aim(s)

To determine, on volunteers, the slimming and weight reduction effects of a cosmetic product after 28 days of twice daily use around waistline.

2. METHOD

2.1. Trial period

Test: March 9 – April 10, 2006
Final report e-mail: May 22, 2006

2.2. Experimental plan

This was an open and intra-individual study. Each subject was her own control.

2.3. Assessment criteria

2.3.1. **Primary criteria**

- Centimetric measurements of waistline perimeters
- Body weight measurement of the volunteers.

2.3.2. **Principle(s) and measurement instrument(s)**

2.3.2.1. *Waistline perimeter measurements*

Waistline perimeter measurements were done before and after using the product(s) with a measuring tape. Anatomical indicators were used for positioning. Measures were done at a standardized distance of the navel level, above and under navel level, the volunteers standing upright, with feet spread in a standardized manner.

2.3.2.2. *Body weight measurements*

Body weight measurements were done with a digital balance weight measurement. All measurements were performed while the volunteers wore a same dress as the beginning to exclude the interferences in the measurements. To monitor the variation, the weighting were taken under the same conditions over a periods of study.

2.4. Method(s) pertinence(s)

2.4.1. **Waistline perimeter measurements**

Different methods are used to evaluate the slimming effect of a product. Centimetric measurement of waistline perimeters is a simple method to quantify an appreciable effect by the consumers.

2.4.2. **Body weight measurement**

The evaluation of the weight reduction performed by standardized body weight measurements gives a good indication of the efficacy of the product.

2.5. Operational aspect

2.5.1. Trial Organization schedule

On D0

- The volunteers came to the laboratory without having applied any product to their body since the previous evening.
- The test program was explained to the volunteers and an information sheet was provided.
- They read and signed the information sheet and consent form in duplicate
- Body weight measurements.
- Centimetric measurements of 3 levels of waistline perimeters; navel level, above and under navel level.
- Skin fold thickness measurements on two zones of waistline by The Body Caliper™.
- Apply the tested product (175g. of cream) to volunteers and then massage around waistline for 1 hour.
- New centrimetric measurement at the same positions as previous defined.
- Distribution of the tested product (220 ml. Of lotion) to the volunteers who apply it two times per day (morning and evening) around their waist under normal conditions of use for 4 weeks.

On D2, D9, D16 and D23

- The volunteers come to the laboratory for massage with the tested product (175g. of cream)
- New centrimetric measurement at the same positions as previous defined.

On D7, D14, and D21

- Body weight measurements.
- Centimetric measurements at the same positions as previous defined.
- Apply the tested product (175g. of cream) to volunteers and then massage around waistline for 1 hour.
- New centrimetric measurement at the same positions as previous defined.

On D28

- Body weight measurements.
- Centimetric measurements at the same positions as previous defined
- Skin fold thickness measurements on the same zones as defined on D0 by The Body Caliper™.

2.5.2. Adverse Events/Serious Adverse Events

2.5.2.1. Definitions

An Adverse Event is defined as any expression or noxious and not wanted symptom suffered by subjects taking part in biomedical research, whether or not it is related to the tested product.

A Serious Adverse Event (SAE) is defined by one of the following criteria:

- death,
- life threatening,
- hospitalization
- persistent or significant disability or incapacity,
- congenital anomaly,
- overdose,
- cancer,
- other event considered clinically significant by the investigator.

2.5.2.2. Documentation

Any or all Adverse Events related to the tested product (adverse reaction or effect) will be reported in the Case Report Form (CRF) and the study report.

Any or all concomitant treatments will be reported in the CRF and the study report.

Any or all Serious Adverse Events will be reported in the CRF and the study report.

2.5.2.3. Notification

All Serious Adverse Events will be transmitted by fax to the sponsor within 24 hours after knowledge of its occurrence, and then confirmed by mail within 48 hours.

2.5.2.4. Early termination of the study

X Test exit conditions

* In accordance with the Helsinki/Tokyo/Venice statement, the French Law 2004-806 dated 2004, 9th August related to Public Health Policy and the French Law 2004-800 dated 2004, 6th August related to Bioethics, volunteers are allowed to withdraw from the study at any moment and under any circumstances.

* The investigator also could have interrupted the treatment prematurely in the case of an intercurrent disease or undesirable effect.

* The sponsor could have demanded that any subject be excluded from the test for major infringements of the protocol, for administrative reasons or any other motive.

Nevertheless, premature removal of a high percentage of subjects from the test could have made the test difficult or impossible to interpret. Consequently, any premature exit without valid motives should have been avoided as much as possible.

Every premature exit must have been classified under one of the following headings:

- Adverse Event occurrence,
- Serious Adverse Event occurrence,
- withdrawal of consent,
- untraceable panelist,
- appearance of exclusion criteria,

- non-adherence to the protocol,
- other reason.

X Replacement conditions

If the premature exit was not related to the test treatment(s), the subject was replaced. Any replacement must have been previously discussed with the trial manager.

2.5.3. Collection and validation of data

The technician responsible for the test added data to subject case report forms and to a computerized data base.

Data were validated by the trial manager.

2.5.4. Trial monitoring visits

A trial monitoring visit may be carried out at sponsor request. It allows the sponsor to verify the study according to the determined protocol.

2.5.5. Quality control

The test report was written by the technician responsible for the study, controlled by the trial manager and by a person entitled to exercise the quality control of this study before being sent to the sponsor.

2.6. Selection of subjects

2.6.1. Inclusion criteria

2.6.1.1. General criteria

- Healthy volunteers.
- All subjects having given their informed, written consent.
- Cooperative subjects, aware of the necessity and duration of controls so that perfect adherence to the protocol established by the clinical trial center could have been expected.

2.6.1.2. Specific criteria

- Gender: Asian and Caucasian Female
- Age : > 25 years old
- BMI : > 20
- Waistline 30-35 inches
- Subject with excess fat problem. They commit themselves not to change their eating and exercise habits during the study.
- Subjects who have not used any drug, dietary supplement or cream for slimming. The area to be massaged must have soft fat and not solid muscle. No physical complaints, such as heart, kidney, liver disease, skin infection

2.6.2. Non-inclusion criteria

- Pregnant or nursing women.
- Cutaneous pathology on the test zone.
- Subject using a treatment acting on the subcutaneous lipids or cutaneous relief (slimming product).
- All treatment that the investigator judges may interfere with the study.

- Unstable weight.

2.6.3. Compliance assessment

If the dosage recommended in the protocol was not respected and if the deviation was minor, the responsible technician would warn the subject of the importance of respecting the prescribed dose. If the subject persisted or if the deviation was major, the subject would be declared non-compliant. In this case, the subject would be removed from the test for non-compliance.

Under normal conditions of use (application at home), no compliance control could be carried out during the test.

2.6.4. Associated treatment during the study

No systemic treatment likely to modify the skin condition was authorized during the test.

No use of dermopharmaceutical or cosmetic products other than cleansing products was authorized on the test zones the previous evening or during the study.

2.7. Number of subjects

At the sponsor request, the study was carried out on 20 subjects.

2.8. Tested product

2.8.1. Treatment confidentiality procedure

Each product supplied by the sponsor was encoded

2.8.2. Storage

Before the beginning of the study, each product was conserved at room temperature in a dedicated temperature-controlled room. This room was locked and access-controlled.

2.8.3. Reference

1. SlimSAFE Firming Cream
2. SlimSAFE Firming Lotion

2.8.4. Aspect

Brown cream and lotion.

2.8.5. Labeling

Example of labeling of each product by the clinical trial center.

DERMSCAN Study #
Volunteer #.....
Zone:

Ref.:
Lot #:
Conservation: Ambient Temperature

For clinical trials: to be used only under strict medical surveillance

2.8.6. Dosage

At home; Twice-daily applications of SlimSAFE Firming Lotion around waist during 28 days.
At center; massage SlimSAFE Firming Cream around waist for 1 hour twice a week during 28 days.

2.8.7. Application site(s) and method(s)

Application sites: waist.

Application method:

1. At D0 and D2, massage the SlimSAFE Firming Cream 175 g for an hour around the waistline of volunteers.
 2. At D1-7, volunteers use SlimSAFE Firming Lotion by rubbing 2 capfuls twice daily under normal conditions of use.
- Repeat treatment 1 and 2 for three more cycles. Total treatment time 28 days.

2.8.8. Product(s) issue

The products were delivered to the volunteers by the technician responsible for the study with an explanation of the application conditions.

2.9. Treatment allocation method

2.9.1. Randomization method

The subject's number was given according to the order of inclusion in the study.

2.9.2. Treatment allocation

Not applicable. All the volunteers tested the same product.

2.10. Data analysis

2.10.1. Calculation formula

The variations in measurement units (Δ) were calculated according to the following formula:

$$\Delta TZ = (TZ_{t_i} - TZ_{t_0})$$

with:

TZ: value obtained on the treated zone by the tested product;

t0: before product application;

t_i: at each measurement time after product application.

For each studied parameters, the rate values, measured on the treated zone at each measurement time, are presented in raw value tables.

These tables also present the descriptive statistics: means, medians, minimum, maximum, standard errors of the means (SEM) of these values.

Variations (Δ) obtained for each studied parameter, as well as the descriptive statistics, are presented in the variation tables.

They also present the results of the statistical analysis (p from the Student t-test).

2.10.2. Statistical method(s)

2.10.2.1. Parametric data

The statistical analysis determined the significance of the measurement variations obtained under the effect of the tested product.

The comparison was on the values obtained before and after 28 days of treatment.

Data were analyzed with a **paired t-test**. This method tests whether the mean of sample differences between pairs of data is significantly different from the hypothetical mean, zero under the null hypothesis (H0).

The alternative hypothesis (H1) was that the average difference was either greater or less than 0 (two-tailed test). Before carrying out a test, a type I error of 5% is chosen (which corresponds to the risk of rejecting a true null hypothesis).

→ If $p > 0.05$, the mean was not different from 0. Data did not show a significant difference between before and after the treatment.

→ If $p < 0.05$, H0 was rejected. There was a significant difference between before and after the treatment.

2.10.2.2. Statistical software

The software used was EXCEL 9.0 version 2000 and SPSS 11.0.

2.11. Archives

Data will be securely archived digitally and on paper for fifteen years from the date of dispatch of the final report. At the end of this period, the study archives will be destroyed unless otherwise stipulated in writing by the sponsor.

A sample of each tested product will be kept by the laboratory for one year.

3. TEST FOLLOW-UP

- Number of included volunteers: 28.
- Number of subjects having finished the study: 20.
- Number of subjects included in the analysis: 20

- Trial monitoring visit: no visit took place.

4. SUBJECTS CHARACTERISTICS

Table below presents a synthesis of the observations concerning volunteers included in at least one data analysis.

Volunteer	Name (the 3 first letters)	First name (the 2 first letters)	Age	Hight	Sex	Phototype	Previous medical or surgical events or medical treatment	Current medical events or treatment
1	PAK	LA	29	159	F	IV	NO	NO
2	MAT	BE	25	153	F	IV	NO	NO
3	PAY	NA	35	158	F	IV	NO	NO
4	SOM	PA	44	152	F	IV	NO	NO
5	BOO	SU	42	157	F	IV	NO	NO
6	WIC	LA	37	168	F	IV	NO	NO
7	JUL	ME	30	162	F	IV	NO	NO
8	SUK	SO	39	151	F	IV	NO	NO
9	PAK	PA	43	155	F	IV	NO	NO
10	LIM	PO	49	153	F	IV	NO	NO
11	LOE	NA	46	155	F	IV	NO	NO
12	MAN	SU	51	150	F	IV	NO	NO
13	NON	PI	34	165	F	IV	NO	NO
14	KAW	SU	30	153	F	IV	NO	NO
15	LOE	SI	23	165	F	IV	NO	NO
16	RAK	KA			F	IV	NO	NO
17	SUN	PA			F	IV	NO	NO
18	WIJ	SR			F	IV	NO	NO
19	MAT	BE	25	153	F	IV	NO	NO
20	PAY	NA	35	158	F	IV	NO	NO
Mean			36	157	20	F	0	I
Median			35	155	0	M	0	II
Minimum			23	150			0	III
Maximum			51	168			20	IV
SEM			2	1			0	V

5. RESULTS

5.1. Waistline perimeters measurements

Individual results are presented in appendix 9.1.

A decrease in the perimeter of the waistline translates a slimming effect of the product.

A synthesis of the results is presented below.

5.1.1 *The variations of the average perimeter of waistline between week*

Variations of the average perimeter of the waistline (in cm)

Area	Kinetic	Variation (mean±SEM)	Singificant (studen t t-test)	% of volunteers with positive effect
Above navel	W1	-2.63±0.50	Yes (p=0.000)	85%
	W2	-3.83±0.56	Yes (p=0.000)	95%
	W3	-4.03±0.62	Yes (p=0.000)	90%
	W4	-6.68±0.62	Yes (p=0.000)	100%
Navel	W1	-3.15±0.55	Yes (p=0.000)	90%
	W2	-4.66±0.59	Yes (p=0.000)	95%
	W3	-5.18±0.58	Yes (p=0.000)	95%
	W4	-9.10±0.69	Yes (p=0.000)	100%
Under navel	W1	-2.65±0.44	Yes (p=0.000)	95%
	W2	-3.84±0.54	Yes (p=0.000)	100%
	W3	-4.60±0.47	Yes (p=0.000)	100%
	W4	-6.90±0.57	Yes (p=0.000)	100%

After 7, 14, 21 and 28 days of treatment, the average perimeter of the waistline was significantly decreased (especially around navel level, on average: -3.15±0.55, p=0.000, -4.66±0.59, p=0.000, -5.18±0.58, p=0.000, -9.10±0.69, p=0.000 respectively). This variation was observed on 100% of the volunteer at the end of study.

5.1.2 The variations of the average perimeter of waistline between before and after massage in each week.

Variations of the average perimeter of the waistline (in cm)

Area	Kinetic		Variation (mean±SEM)	Singificant (student t-test)	% of volunteers with positive effect
Above navel	W0	st 1 massage	-2.78±0.30	Yes (p=0.000)	100%
		nd 2 massage	-2.65±0.26	Yes (p=0.000)	95%
	W1	st 1 massage	-1.08±0.31	Yes (p=0.003)	90%
		nd 2 massage	-1.73±0.21	Yes (p=0.000)	100%
	W2	st 1 massage	-1.80±0.15	Yes (p=0.000)	100%
		nd 2 massage	-1.63±0.20	Yes (p=0.000)	95%
	W3	st 1 massage	-1.14±0.19	Yes (p=0.000)	85%
		nd 2 massage	-1.73±0.23	Yes (p=0.000)	90%
Navel	W0	st 1 massage	-3.33±0.40	Yes (p=0.000)	100%
		nd 2 massage	-2.90±0.26	Yes (p=0.000)	100%
	W1	st 1 massage	-1.73±0.20	Yes (p=0.000)	100%
		nd 2 massage	-1.65±0.23	Yes (p=0.000)	95%
	W2	st 1 massage	-2.07±0.15	Yes (p=0.000)	100%
		nd 2 massage	-1.75±0.23	Yes (p=0.000)	85%
	W3	st 1 massage	-1.71±0.17	Yes (p=0.000)	100%
		nd 2 massage	-2.33±0.25	Yes (p=0.000)	100%
Under navel	W0	st 1 massage	-2.50±0.45	Yes (p=0.000)	95%
		nd 2 massage	-2.53±0.17	Yes (p=0.000)	100%
	W1	st 1 massage	-1.23±0.21	Yes (p=0.000)	80%
		nd 2 massage	-2.10±0.26	Yes (p=0.000)	95%
	W2	st 1 massage	-1.84±0.19	Yes (p=0.000)	95%
		nd 2 massage	-1.85±0.19	Yes (p=0.000)	95%
	W3	st 1 massage	-1.83±0.29	Yes (p=0.000)	95%
		nd 2 massage	-2.53±0.26	Yes (p=0.000)	100%

After massage the product around volunteer's waistline for 1 hour, the variation of average perimeter of the waistline was significantly decreased in each week. This variation was still observed on 100% of the volunteer at the end of study.

5.2. Body weight measurement

Individual results are presented in appendix 9.2.

A decrease of the average body weight characterizes a weight reduction effect.

The table below presents a synthesis of the results.

Variations of the body weight measurement (in kg)

Kinetic	Variation (mean±SEM)	Singificant (student t-test)	% of volunteers with positive effect
W1	-0.01±0.28	No (p=0.969)	70%
W2	-0.35±0.29	No (p=0.243)	75%
W3	-0.41±0.30	No (p=0.185)	75%
W4	-0.43±0.28	No (p=0.140)	75%

After 7, 14, 21 and 28 days of treatment, the variation of body weight measurement was not significant decreased (on average: -0.01±0.28, p=0.969, -0.35±0.29, p=0.243, -0.41±0.30, p=0.185, -0.43±0.28, p=0.140 respectively). This variation was observed on 75% of the volunteer at the end of study.

6. CONCLUSION AND SIGNATURE(S)

The aim of the study was to determine, on volunteers, the slimming and weight reduction effects of a cosmetic product after 28 days of twice daily use by:

- Centimetric measurements of waistline perimeters,
- Body weight measurements.

Study conditions:

Product reference	1.SlimSAFE Firming Cream 2.SlimSAFE Firming Lotion
Measurement zone	Waistline
Number of volunteers included in the data analysis	20
Age	36±2 (between 23 and 51 years old)
Specific inclusion criteria	- Subject with excess soft fat on the waist, waistline 30-35 inches and BMI>20 - Subjects who have not used any drug, dietary supplement or slimming cream
Application for each product	1. At D0 and D2, massage the SlimSAFE Firming Cream 175 g for an hour around the waistline of volunteers. 2. At D1-7, volunteers use SlimSAFE Firming Lotion by rubbing 2 capfuls twice daily under normal conditions of use. Repeat treatment 1 and 2 for three more cycles. Total treatment time 28 days.
Protocol	Before / after treatment
Measurement kinetics	D0/D7/D14/D21/D28

Under these study conditions,

After 28 days of treatment, the product "SlimSAFE Firming Cream and SlimSAFE Firming Lotion " induced:

- A significant decrease of the average perimeter of the waistline (-6.68 ± 0.62 cm; $p=0.000$: at 5 cm above navel level, in 100% of the volunteers, -9.10 ± 0.69 cm; $p=0.000$: at navel level, in 100% of the volunteers and -6.90 ± 0.57 cm; $p=0.000$ at 4 cm under navel level, in 100% of the volunteers).
- A non significant decrease of the body weight (-0.43 ± 0.28 kg; $p=0.140$) in 75% of the volunteers.

In conclusion, the product " SlimSAFE Firming Cream and SlimSAFE Firming Lotion " presents a slimming effect characterized by a reduction of the perimeter of the waistline.

Bangkok, May 22, 2006.

Dermscan Asia Director
Dr. Panvipa Krisdaphong

7. CERTIFICATION

Data were obtained using current internal procedures and in compliance with the principles of Good Clinical Practice.

Only the hard copy of the report (green bands) transmitted by Dermscan Laboratory can be considered an attestation and official. Digitally-produced or electronic documents transmitted by Dermscan Laboratory are not protected by an electronic signature, according to Law n°2000-230 dated March 13, 2000 and its applicable decrees. The contents of digitally-produced or electronic documents in no means engage the responsibility of Dermscan Laboratory. Any modifications are the sole responsibility of the author of the modification, whether he/she is acting for the sponsor or independently. Any partial or total reproduction of this trial report requires prior written agreement from Dermscan Laboratory.

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9. APPENDICES

9.1. Waistline perimeters measurements

Vol	Perimeter measurement (in cm.)					
	W0					
	Before 1 st massage			After 1 st massage		
	above navel	navel	under navel	above navel	navel	under navel
1	73.5	80.5	87.0	70.0	78.0	84.0
2	72.5	78.0	82.0	71.5	76.5	81.0
3	78.5	86.5	92.5	75.0	81.0	90.0
4	70.0	77.5	85.5	68.0	75.5	84.0
5	84.0	89.0	94.0	80.0	85.5	90.0
6	77.5	87.5	94.5	72.0	80.0	86.5
7	76.0	81.0	83.0	74.0	78.5	82.0
8	87.0	92.0	93.5	82.0	87.0	89.5
9	78.0	83.0	85.0	74.5	80.0	82.5
10	77.5	81.0	90.5	74.5	78.5	87.5
11	74.0	79.5	81.0	73.5	79.0	82.5
12	70.5	77.0	87.0	69.0	75.0	84.5
13	75.0	81.5	88.0	72.5	78.5	85.0
14	72.0	77.5	82.0	69.5	74.5	80.0
15	75.0	83.5	90.5	73.5	81.0	89.5
16	68.5	76.5	85.0	67.0	73.0	83.0
17	80.5	84.5	90.0	78.0	83.0	88.5
18	75.5	83.5	85.5	73.0	79.5	83.5
19	80.0	88.5	91.5	77.0	84.5	90.5
20	83.0	91.0	97.5	78.5	84.0	91.5
Mean	76.43	82.95	88.28	73.65	79.63	85.78
Median	75.8	82.3	87.5	73.5	79.3	84.8
Minimum	68.5	76.5	81.0	67.0	73.0	80.0
Maximum	87.0	92.0	97.5	82.0	87.0	91.5
SEM	1.08	1.07	1.06	0.90	0.85	0.80

Vol	Perimeter measurement (in cm.)					
	W0					
	nd Before 2 message			nd After 2 message		
	above navel	navel	under navel	above navel	navel	under navel
1	66.5	75.0	80.5	66.5	73.5	78.0
2	72.5	78.0	80.5	71.0	75.5	79.0
3	75.5	82.5	89.0	73.5	79.0	86.0
4	69.0	73.0	82.5	66.5	71.0	79.0
5	80.0	88.0	91.0	79.0	85.0	87.5
6	72.5	79.0	88.5	69.0	75.5	86.0
7	73.5	78.5	81.5	70.5	77.0	80.5
8	81.5	88.0	90.0	79.0	84.0	87.0
9	78.0	82.0	85.0	76.0	80.0	83.5
10	76.0	80.0	89.0	74.5	79.0	86.5
11	73.0	80.0	82.5	70.5	77.0	80.5
12	71.5	76.5	85.5	68.5	74.5	83.5
13	72.0	77.5	85.0	69.5	74.0	82.0
14	71.0	75.0	81.0	68.0	71.5	78.0
15	76.0	81.0	89.0	71.5	77.0	86.0
16	71.0	77.0	85.0	67.5	74.5	81.5
17	79.5	86.0	90.0	76.5	82.5	87.5
18	73.0	80.0	83.0	69.5	75.0	81.0
19	80.0	86.5	90.0	77.0	85.0	88.5
20	81.5	88.0	94.0	76.5	83.0	90.5
Mean	74.68	80.58	86.13	72.03	77.68	83.60
Median	73.3	80.0	85.3	70.8	77.0	83.5
Minimum	66.5	73.0	80.5	66.5	71.0	78.0
Maximum	81.5	88.0	94.0	79.0	85.0	90.5
SEM	0.96	1.04	0.91	0.92	0.97	0.85

Vol	Perimeter measurement (in cm.)					
	W1					
	Before 1 st massage			After 1 st massage		
	above navel	navel	under navel	above navel	navel	under navel
1	67.0	74.5	82.0	66.5	74.0	80.5
2	74.0	78.0	81.0	72.0	77.5	81.0
3	75.0	80.5	87.0	74.5	79.5	87.0
4	68.5	73.5	82.0	67.5	70.0	80.5
5	80.0	85.5	91.0	77.0	84.0	88.5
6	73.0	79.0	87.0	71.5	76.5	85.0
7	73.5	78.5	81.5	72.5	78.0	81.0
8	81.5	87.0	90.0	79.5	85.0	89.0
9	72.0	82.0	84.5	76.0	80.0	84.5
10	77.0	80.0	88.0	75.0	76.5	86.0
11	70.5	77.0	80.5	69.0	76.0	80.0
12	70.0	76.5	83.0	69.5	75.0	81.5
13	71.0	78.5	85.0	70.0	77.5	84.0
14	70.0	75.0	80.0	68.5	73.0	79.0
15	75.0	80.0	89.5	73.5	78.0	88.0
16	69.0	75.0	83.0	67.0	72.5	81.5
17	78.0	86.0	91.0	77.5	84.0	88.0
18	72.5	78.0	83.0	72.5	77.0	83.0
19	79.5	86.5	89.5	78.0	85.0	89.0
20	79.0	85.0	94.0	77.0	82.5	91.0
Mean	73.80	79.80	85.63	72.73	78.08	84.40
Median	73.3	78.8	84.8	72.5	77.5	84.3
Minimum	67.0	73.5	80.0	66.5	70.0	79.0
Maximum	81.5	87.0	94.0	79.5	85.0	91.0
SEM	0.94	0.95	0.93	0.89	0.96	0.83

Vol	Perimeter measurement (in cm.)					
	W1					
	nd Before 2 message			nd After 2 message		
	above navel	navel	under navel	above navel	navel	under navel
1	67.0	75.0	81.5	66.5	75.0	80.5
2	69.0	73.0	79.0	66.0	69.0	77.0
3	75.5	81.0	87.5	74.5	80.0	86.5
4	68.0	73.0	81.0	67.5	72.5	79.0
5	79.0	84.0	90.0	76.5	83.0	88.0
6	72.0	76.0	87.0	70.0	74.5	84.5
7	73.5	78.5	81.5	72.0	77.5	80.5
8	80.5	86.0	89.5	79.0	84.0	88.0
9	73.0	81.0	84.0	72.5	80.0	82.5
10	76.5	79.0	86.5	75.5	78.0	83.5
11	69.0	76.0	80.0	67.5	75.5	77.0
12	70.5	75.0	84.0	69.5	74.0	79.5
13	71.0	78.0	83.5	68.5	75.0	81.0
14	70.0	74.5	81.5	68.0	72.5	80.5
15	74.5	79.0	89.5	73.5	77.0	87.0
16	68.5	74.0	83.5	66.5	73.0	83.5
17	77.5	82.5	87.5	74.0	80.5	85.0
18	72.0	79.5	84.0	70.5	77.0	81.0
19	79.0	85.5	89.5	77.0	82.5	88.5
20	77.0	83.0	92.5	73.5	80.0	88.0
Mean	73.15	78.68	85.15	71.43	77.03	83.05
Median	72.5	78.8	84.0	71.3	77.0	83.0
Minimum	67.0	73.0	79.0	66.0	69.0	77.0
Maximum	80.5	86.0	92.5	79.0	84.0	88.5
SEM	0.92	0.92	0.86	0.88	0.89	0.84

Vol	Perimeter measurement (in cm.)					
	W2					
	st Before 1 massage			st After 1 massage		
	above navel	navel	under navel	above navel	navel	under navel
1	66.5	74.5	80.5	65.0	73.0	78.5
2	70.0	74.0	79.0	68.5	73.0	78.0
3	75.0	80.0	87.5	73.0	78.5	85.5
4	66.5	72.0	81.0	64.5	69.0	78.5
5	76.0	82.0	89.0	74.0	79.5	85.5
6	70.0	76.0	84.0	68.0	74.0	81.0
7	73.5	78.0	80.5	70.0	75.5	78.5
8	79.0	86.0	88.0	77.5	83.0	87.0
9	75.0	80.0	83.5	73.5	78.5	81.5
10	75.0	78.5	86.0	73.5	76.0	84.0
11	69.0	75.0	78.5	67.5	72.5	76.5
12	70.5	75.0	83.0	69.0	73.5	80.5
13	71.0	77.0	84.0	68.0	74.5	82.0
14	69.5	77.8	81.8	68.0	75.0	81.0
15	74.5	78.0	89.0	72.5	76.5	86.0
16	68.0	73.0	83.0	66.0	71.0	81.0
17	77.0	82.0	88.5	74.5	79.5	87.0
18	72.0	79.0	82.5	71.5	77.0	82.0
19	78.0	86.0	89.5	77.0	85.5	88.0
20	76.0	82.0	90.0	74.5	79.5	90.0
Mean	72.60	78.29	84.44	70.80	76.23	82.60
Median	72.8	78.0	83.8	70.8	75.8	81.8
Minimum	66.5	72.0	78.5	64.5	69.0	76.5
Maximum	79.0	86.0	90.0	77.5	85.5	90.0
SEM	0.85	0.88	0.83	0.86	0.90	0.85

Vol	Perimeter measurement (in cm.)					
	W2					
	Before 2 nd massage			After 2 nd massage		
	above navel	navel	under navel	above navel	navel	under navel
1	67.0	73.5	80.0	66.0	71.0	78.0
2	70.0	74.0	79.0	70.0	74.0	79.0
3	75.0	77.5	86.5	73.0	75.0	84.0
4	67.0	72.0	82.0	66.0	71.0	79.5
5	76.0	82.0	88.0	75.0	81.0	86.0
6	70.0	78.0	85.0	67.5	74.0	82.0
7	72.0	77.0	81.0	70.5	75.5	79.0
8	78.0	84.0	88.0	75.5	82.5	86.5
9	75.0	80.0	83.5	74.0	78.0	82.0
10	75.0	79.0	88.0	73.0	77.5	86.0
11	68.5	76.0	78.5	66.5	73.0	77.5
12	71.0	75.0	82.5	67.5	73.0	80.5
13	69.0	75.0	83.5	67.5	73.5	80.0
14	68.0	73.0	77.0	66.0	70.5	76.0
15	75.0	78.0	87.5	73.0	78.0	85.5
16	67.5	73.0	82.0	67.0	73.0	80.5
17	77.0	80.0	87.0	74.0	78.0	84.0
18	72.0	78.0	83.5	70.0	76.0	82.0
19	80.0	86.0	89.5	79.5	84.5	89.0
20	77.0	83.0	90.0	76.0	80.0	88.0
Mean	72.50	77.70	84.10	70.88	75.95	82.25
Median	72.0	77.8	83.5	70.3	75.3	82.0
Minimum	67.0	72.0	77.0	66.0	70.5	76.0
Maximum	80.0	86.0	90.0	79.5	84.5	89.0
SEM	0.91	0.88	0.86	0.91	0.88	0.83

Vol	Perimeter measurement (in cm.)					
	W3					
	st Before 1 massage			st After 1 massage		
	above navel	navel	under navel	above navel	navel	under navel
1	68.5	74.5	80.0	68.0	74.0	78.0
2	70.0	74.0	79.0	68.0	72.0	76.5
3	75.0	77.5	87.0	73.5	76.5	86.5
4	68.0	74.5	83.0	66.0	72.0	79.0
5	76.0	81.5	88.0	74.0	79.5	84.0
6	69.0	78.0	85.0	69.0	75.5	83.0
7	72.0	77.0	80.0	72.0	76.0	79.5
8	78.0	84.0	87.0	77.5	83.0	86.5
9	75.0	81.5	83.5	74.2	80.4	83.0
10	76.0	81.0	87.5	76.0	78.0	84.0
11	67.5	74.0	78.5	66.0	71.5	77.0
12	71.0	75.0	83.0	70.5	73.5	82.0
13	69.0	75.0	82.0	68.0	73.0	78.5
14	68.0	73.0	77.0	66.0	70.0	77.0
15	75.0	79.0	86.5	72.0	77.0	85.0
16	67.5	71.0	80.0	67.0	70.0	79.5
17	77.0	80.5	85.5	75.0	79.0	84.0
18	71.5	77.5	82.0	70.0	76.0	80.0
19	78.0	85.0	89.5	77.5	84.5	88.0
20	76.0	82.0	89.5	75.0	80.0	86.0
Mean	72.40	77.78	83.68	71.26	76.07	81.85
Median	71.8	77.5	83.3	71.3	76.0	82.5
Minimum	67.5	71.0	77.0	66.0	70.0	76.5
Maximum	78.0	85.0	89.5	77.5	84.5	88.0
SEM	0.85	0.87	0.85	0.87	0.93	0.81

Vol	Perimeter measurement (in cm.)								
	W3						W4		
	Before 2 nd massage			After 2 nd massage					
	above navel	navel	under navel	above navel	Navel	under navel	above navel	navel	under navel
1	67.5	74.0	78.5	65.0	71.5	76.0	66.0	72.5	78.5
2	70.0	73.5	78.5	70.0	73.0	78.0	65.0	68.0	75.5
3	74.5	77.0	87.0	72.5	74.5	84.0	73.0	76.5	85.0
4	66.0	70.0	79.5	65.0	69.5	78.0	65.0	69.0	79.5
5	77.0	82.0	87.5	73.5	78.5	83.5	72.0	76.0	85.0
6	70.0	75.0	84.0	67.5	70.0	79.5	68.0	74.0	83.0
7	72.0	77.0	80.0	71.0	74.5	76.5	71.0	76.0	79.0
8	78.5	83.5	87.0	76.0	80.0	84.5	75.5	79.0	84.0
9	74.0	78.0	83.0	71.0	75.5	81.0	74.0	77.5	83.0
10	74.0	79.0	85.0	74.0	76.0	84.5	73.0	77.0	83.0
11	66.0	71.5	78.0	65.0	69.5	75.5	65.0	69.5	75.5
12	69.0	74.0	81.0	66.5	71.5	78.0	66.0	70.0	79.0
13	69.0	74.0	82.0	67.0	72.0	79.0	67.0	69.5	78.0
14	67.0	71.5	77.0	64.0	68.0	73.0	64.5	66.5	73.0
15	73.0	80.0	87.5	72.0	77.0	85.5	72.5	76.5	85.5
16	66.5	70.0	82.0	65.0	69.0	79.0	66.0	69.0	79.5
17	76.5	80.5	87.0	74.0	78.0	86.0	74.0	78.5	86.0
18	71.0	75.5	81.0	70.0	74.5	79.0	68.5	72.5	80.5
19	78.0	84.5	89.5	77.0	82.5	88.0	76.0	82.5	87.5
20	75.0	81.0	89.0	74.0	80.0	85.0	73.0	77.0	87.5
Mean	71.73	76.58	83.20	70.00	74.25	80.68	69.75	73.85	81.38
Median	71.5	76.3	82.5	70.5	74.5	79.3	69.8	75.0	81.8
Minimum	66.0	70.0	77.0	64.0	68.0	73.0	64.5	66.5	73.0
Maximum	78.5	84.5	89.5	77.0	82.5	88.0	76.0	82.5	87.5
SEM	0.92	0.98	0.89	0.92	0.93	0.93	0.89	0.99	0.94

Vol	Variation in perimeter measurement (in cm.) between weeks					
	Δ W1			Δ W2		
	above navel	navel	under navel	above navel	navel	under navel
1	-6.5	-6.0	-5.0	-7.0	-6.0	-6.5
2	1.5	0.0	-1.0	-2.5	-4.0	-3.0
3	-3.5	-6.0	-5.5	-3.5	-6.5	-5.0
4	-1.5	-4.0	-3.5	-3.5	-5.5	-4.5
5	-4.0	-3.5	-3.0	-8.0	-7.0	-5.0
6	-4.5	-8.5	-7.5	-7.5	-11.5	-10.5
7	-2.5	-2.5	-1.5	-2.5	-3.0	-2.5
8	-5.5	-5.0	-3.5	-8.0	-6.0	-5.5
9	-6.0	-1.0	-0.5	-3.0	-3.0	-1.5
10	-0.5	-1.0	-2.5	-2.5	-2.5	-4.5
11	-3.5	-2.5	-0.5	-5.0	-4.5	-2.5
12	-0.5	-0.5	-4.0	0.0	-2.0	-4.0
13	-4.0	-3.0	-3.0	-4.0	-4.5	-4.0
14	-2.0	-2.5	-2.0	-2.5	0.3	-0.2
15	0.0	-3.5	-1.0	-0.5	-5.5	-1.5
16	0.5	-1.5	-2.0	-0.5	-3.5	-2.0
17	-2.5	1.5	1.0	-3.5	-2.5	-1.5
18	-3.0	-5.5	-2.5	-3.5	-4.5	-3.0
19	-0.5	-2.0	-2.0	-2.0	-2.5	-2.0
20	-4.0	-6.0	-3.5	-7.0	-9.0	-7.5
Mean	-2.63	-3.15	-2.65	-3.83	-4.66	-3.84
Median	-2.8	-2.8	-2.5	-3.5	-4.5	-3.5
Minimum	-6.5	-8.5	-7.5	-8.0	-11.5	-10.5
Maximum	1.5	1.5	1.0	0.0	0.3	-0.2
SEM	0.50	0.55	0.44	0.56	0.59	0.54
p-value	0.000	0.000	0.000	0.000	0.000	0.000
% of volunteer with a positive effect	85	90	95	95	95	100

Vol	Variation in perimeter measurement (in cm.) between weeks					
	Δ W3			Δ W4		
	above navel	navel	under navel	above navel	navel	under navel
1	-5.0	-6.0	-7.0	-7.5	-8.0	-8.5
2	-2.5	-4.0	-3.0	-7.5	-10.0	-6.5
3	-3.5	-9.0	-5.5	-5.5	-10.0	-7.5
4	-2.0	-3.0	-2.5	-5.0	-8.5	-6.0
5	-8.0	-7.5	-6.0	-12.0	-13.0	-9.0
6	-8.5	-9.5	-9.5	-9.5	-13.5	-11.5
7	-4.0	-4.0	-3.0	-5.0	-5.0	-4.0
8	-9.0	-8.0	-6.5	-11.5	-13.0	-9.5
9	-3.0	-1.5	-1.5	-4.0	-5.5	-2.0
10	-1.5	0.0	-3.0	-4.5	-4.0	-7.5
11	-6.5	-5.5	-2.5	-9.0	-10.0	-5.5
12	0.5	-2.0	-4.0	-4.5	-7.0	-8.0
13	-6.0	-6.5	-6.0	-8.0	-12.0	-10.0
14	-4.0	-4.5	-5.0	-7.5	-11.0	-9.0
15	0.0	-4.5	-4.0	-2.5	-7.0	-5.0
16	-1.0	-5.5	-5.0	-2.5	-7.5	-5.5
17	-3.5	-4.0	-4.5	-6.5	-6.0	-4.0
18	-4.0	-6.0	-3.5	-7.0	-11.0	-5.0
19	-2.0	-3.5	-2.0	-4.0	-6.0	-4.0
20	-7.0	-9.0	-8.0	-10.0	-14.0	-10.0
Mean	-4.03	-5.18	-4.60	-6.68	-9.10	-6.90
Median	-3.8	-5.0	-4.3	-6.8	-9.3	-7.0
Minimum	-9.0	-9.5	-9.5	-12.0	-14.0	-11.5
Maximum	0.5	0.0	-1.5	-2.5	-4.0	-2.0
SEM	0.62	0.58	0.47	0.62	0.69	0.57
p-value	0.000	0.000	0.000	0.000	0.000	0.000
% of volunteer with a positive effect	90	95	100	100	100	100

Vol	Variation in perimeter measurement (in cm.) between massages					
	$\Delta T1(W0/ 1^{st})$			$\Delta T2 (W0/ 2^{nd})$		
	above navel	navel	under navel	above navel	navel	under navel
1	-3.5	-2.5	-3.0	0.0	-1.5	-2.5
2	-1.0	-1.5	-1.0	-1.5	-2.5	-1.5
3	-3.5	-5.5	-2.5	-2.0	-3.5	-3.0
4	-2.0	-2.0	-1.5	-2.5	-2.0	-3.5
5	-4.0	-3.5	-4.0	-1.0	-3.0	-3.5
6	-5.5	-7.5	-8.0	-3.5	-3.5	-2.5
7	-2.0	-2.5	-1.0	-3.0	-1.5	-1.0
8	-5.0	-5.0	-4.0	-2.5	-4.0	-3.0
9	-3.5	-3.0	-2.5	-2.0	-2.0	-1.5
10	-3.0	-2.5	-3.0	-1.5	-1.0	-2.5
11	-0.5	-0.5	1.5	-2.5	-3.0	-2.0
12	-1.5	-2.0	-2.5	-3.0	-2.0	-2.0
13	-2.5	-3.0	-3.0	-2.5	-3.5	-3.0
14	-2.5	-3.0	-2.0	-3.0	-3.5	-3.0
15	-1.5	-2.5	-1.0	-4.5	-4.0	-3.0
16	-1.5	-3.5	-2.0	-3.5	-2.5	-3.5
17	-2.5	-1.5	-1.5	-3.0	-3.5	-2.5
18	-2.5	-4.0	-2.0	-3.5	-5.0	-2.0
19	-3.0	-4.0	-1.0	-3.0	-1.5	-1.5
20	-4.5	-7.0	-6.0	-5.0	-5.0	-3.5
Mean	-2.78	-3.33	-2.50	-2.65	-2.90	-2.53
Median	-2.5	-3.0	-2.3	-2.8	-3.0	-2.5
Minimum	-5.5	-7.5	-8.0	-5.0	-5.0	-3.5
Maximum	-0.5	-0.5	1.5	0.0	-1.0	-1.0
SEM	0.30	0.40	0.45	0.26	0.26	0.17
p-value	0.000	0.000	0.000	0.000	0.000	0.000
% of volunteer with a positive effect	100	100	95	95	100	100

Vol	Variation in perimeter measurement (in cm.) between massages					
	$\Delta T1(W1/ 1^{st})$			$\Delta T2 (W1/ 2^{nd})$		
	above navel	navel	under navel	above navel	navel	under navel
1	-0.5	-0.5	-1.5	-0.5	0.0	-1.0
2	-2.0	-0.5	0.0	-3.0	-4.0	-2.0
3	-0.5	-1.0	0.0	-1.0	-1.0	-1.0
4	-1.0	-3.5	-1.5	-0.5	-0.5	-2.0
5	-3.0	-1.5	-2.5	-2.5	-1.0	-2.0
6	-1.5	-2.5	-2.0	-2.0	-1.5	-2.5
7	-1.0	-0.5	-0.5	-1.5	-1.0	-1.0
8	-2.0	-2.0	-1.0	-1.5	-2.0	-1.5
9	4.0	-2.0	0.0	-0.5	-1.0	-1.5
10	-2.0	-3.5	-2.0	-1.0	-1.0	-3.0
11	-1.5	-1.0	-0.5	-1.5	-0.5	-3.0
12	-0.5	-1.5	-1.5	-1.0	-1.0	-4.5
13	-1.0	-1.0	-1.0	-2.5	-3.0	-2.5
14	-1.5	-2.0	-1.0	-2.0	-2.0	-1.0
15	-1.5	-2.0	-1.5	-1.0	-2.0	-2.5
16	-2.0	-2.5	-1.5	-2.0	-1.0	0.0
17	-0.5	-2.0	-3.0	-3.5	-2.0	-2.5
18	0.0	-1.0	0.0	-1.5	-2.5	-3.0
19	-1.5	-1.5	-0.5	-2.0	-3.0	-1.0
20	-2.0	-2.5	-3.0	-3.5	-3.0	-4.5
Mean	-1.08	-1.73	-1.23	-1.73	-1.65	-2.10
Median	-1.5	-1.8	-1.3	-1.5	-1.3	-2.0
Minimum	-3.0	-3.5	-3.0	-3.5	-4.0	-4.5
Maximum	4.0	-0.5	0.0	-0.5	0.0	0.0
SEM	0.31	0.20	0.21	0.21	0.23	0.26
p-value	0.003	0.000	0.000	0.000	0.000	0.000
% of volunteer with a positive effect	90	100	80	100	95	95

Vol	Variation in perimeter measurement (in cm.) between massages					
	$\Delta T1(W2/ 1^{st})$			$\Delta T2 (W2/ 2^{nd})$		
	above navel	navel	under navel	above navel	navel	under navel
1	-1.5	-1.5	-2.0	-1.0	-2.5	-2.0
2	-1.5	-1.0	-1.0	0.0	0.0	0.0
3	-2.0	-1.5	-2.0	-2.0	-2.5	-2.5
4	-2.0	-3.0	-2.5	-1.0	-1.0	-2.5
5	-2.0	-2.5	-3.5	-1.0	-1.0	-2.0
6	-2.0	-2.0	-3.0	-2.5	-4.0	-3.0
7	-3.5	-2.5	-2.0	-1.5	-1.5	-2.0
8	-1.5	-3.0	-1.0	-2.5	-1.5	-1.5
9	-1.5	-1.5	-2.0	-1.0	-2.0	-1.5
10	-1.5	-2.5	-2.0	-2.0	-1.5	-2.0
11	-1.5	-2.5	-2.0	-2.0	-3.0	-1.0
12	-1.5	-1.5	-2.5	-3.5	-2.0	-2.0
13	-3.0	-2.5	-2.0	-1.5	-1.5	-3.5
14	-1.5	-2.8	-0.8	-2.0	-2.5	-1.0
15	-2.0	-1.5	-3.0	-2.0	0.0	-2.0
16	-2.0	-2.0	-2.0	-0.5	0.0	-1.5
17	-2.5	-2.5	-1.5	-3.0	-2.0	-3.0
18	-0.5	-2.0	-0.5	-2.0	-2.0	-1.5
19	-1.0	-0.5	-1.5	-0.5	-1.5	-0.5
20	-1.5	-2.5	0.0	-1.0	-3.0	-2.0
Mean	-1.80	-2.07	-1.84	-1.63	-1.75	-1.85
Median	-1.5	-2.3	-2.0	-1.8	-1.8	-2.0
Minimum	-3.5	-3.0	-3.5	-3.5	-4.0	-3.5
Maximum	-0.5	-0.5	0.0	0.0	0.0	0.0
SEM	0.15	0.15	0.19	0.20	0.23	0.19
p-value	0.000	0.000	0.000	0.000	0.000	0.000
% of volunteer with a positive effect	100	100	95	95	85	95

Vol	Variation in perimeter measurement (in cm.) between massages					
	$\Delta T1(W3/ 1^{st})$			$\Delta T2 (W3/ 2^{nd})$		
	above navel	navel	under navel	above navel	navel	under navel
1	-0.5	-0.5	-2.0	-2.5	-2.5	-2.5
2	-2.0	-2.0	-2.5	0.0	-0.5	-0.5
3	-1.5	-1.0	-0.5	-2.0	-2.5	-3.0
4	-2.0	-2.5	-4.0	-1.0	-0.5	-1.5
5	-2.0	-2.0	-4.0	-3.5	-3.5	-4.0
6	0.0	-2.5	-2.0	-2.5	-5.0	-4.5
7	0.0	-1.0	-0.5	-1.0	-2.5	-3.5
8	-0.5	-1.0	-0.5	-2.5	-3.5	-2.5
9	-0.8	-1.1	-0.5	-3.0	-2.5	-2.0
10	0.0	-3.0	-3.5	0.0	-3.0	-0.5
11	-1.5	-2.5	-1.5	-1.0	-2.0	-2.5
12	-0.5	-1.5	-1.0	-2.5	-2.5	-3.0
13	-1.0	-2.0	-3.5	-2.0	-2.0	-3.0
14	-2.0	-3.0	0.0	-3.0	-3.5	-4.0
15	-3.0	-2.0	-1.5	-1.0	-3.0	-2.0
16	-0.5	-1.0	-0.5	-1.5	-1.0	-3.0
17	-2.0	-1.5	-1.5	-2.5	-2.5	-1.0
18	-1.5	-1.5	-2.0	-1.0	-1.0	-2.0
19	-0.5	-0.5	-1.5	-1.0	-2.0	-1.5
20	-1.0	-2.0	-3.5	-1.0	-1.0	-4.0
Mean	-1.14	-1.71	-1.83	-1.73	-2.33	-2.53
Median	-1.0	-1.8	-1.5	-1.8	-2.5	-2.5
Minimum	-3.0	-3.0	-4.0	-3.5	-5.0	-4.5
Maximum	0.0	-0.5	0.0	0.0	-0.5	-0.5
SEM	0.19	0.17	0.29	0.23	0.25	0.26
p-value	0.000	0.000	0.000	0.000	0.000	0.000
% of volunteer with a positive effect	85	100	95	90	100	100

9.2. Body weight measurements

Vol	Body weight (kg.)								
	Before massage					After massage			
	W0	W1	W2	W3	W4	W0	W1	W2	W3
1	51.8	52.5	51.6	52.3	52.7	52.1	52.5	52.4	52.4
2	44.5	49.3	48.6	48.6	47.5	49.6	48.5	48.8	48.4
3	61.4	61.0	61.6	61.0	61.3	61.4	61.1	61.4	61.5
4	48.9	48.7	47.9	48.8	48.7	48.9	48.6	48.7	48.3
5	57.3	56.1	55.5	55.6	55.7	57.2	56.4	56.1	55.1
6	61.8	61.1	60.4	60.1	60.1	60.9	60.8	60.9	60.7
7	57.1	56.5	56.8	56.1	56.6	56.0	56.3	56.8	57.4
8	57.1	57.0	55.9	54.9	55.0	56.3	54.5	55.0	54.9
9	55.4	56.0	56.1	55.2	56.0	56.4	55.5	55.3	54.9
10	56.1	55.9	55.9	56.1	56.0	56.6	55.9	56.1	55.9
11	49.5	48.5	48.0	48.4	48.2	49.0	48.4	48.2	47.9
12	61.1	61.5	61.1	61.6	60.7	61.3	61.2	60.6	60.6
13	58.9	58.3	57.6	57.7	56.6	58.3	59.0	57.1	56.6
14	50.6	50.4	50.5	49.5	49.7	50.6	50.7	50.1	49.9
15	54.0	53.6	53.0	53.1	53.8	53.8	54.0	53.3	53.5
16	58.1	57.5	57.2	57.3	57.5	58.1	57.9	57.8	56.7
17	58.9	58.9	58.6	58.6	58.0	58.7	58.8	58.1	58.7
18	57.3	56.7	56.1	56.1	55.9	56.4	56.7	56.5	56.3
19	59.3	59.8	60.1	59.3	60.4	59.4	59.7	60.1	60.1
20	66.5	66.2	66.3	67.1	66.6	65.9	66.4	66.9	66.7
Mean	56.28	56.27	55.93	55.87	55.85	56.34	56.133	56.02	55.82
Median	57.2	56.6	56.1	56.1	56.0	56.5	56.3	56.3	56.1
Minimum	44.5	48.5	47.9	48.4	47.5	48.9	48.4	48.2	47.9
Maximum	66.5	66.2	66.3	67.1	66.6	65.9	66.4	66.9	66.7
SEM	1.16	1.05	1.09	1.09	1.09	1.02	1.07	1.08	1.10

Vol	Variation in weight (kg.) between weeks				Variation in weight (kg.) between massages			
	$\Delta W1$	$\Delta W2$	$\Delta W3$	$\Delta W4$	$\Delta T (W0)$	$\Delta T (W1)$	$\Delta T (W2)$	$\Delta T (W3)$
1	0.7	-0.2	0.4	0.9	0.3	0.0	0.1	0.76
2	4.8	4.1	4.1	3.0	-0.8	0.23	-0.2	5.1
3	-0.4	0.2	-0.1	0.0	0.1	-0.17	0.5	-0.4
4	-1.0	-0.1	-0.2	0.0	-0.1	0.8	-0.5	-0.2
5	-1.2	-1.8	-1.8	-1.6	-0.1	0.2	-0.5	0.57
6	-0.7	-1.4	-1.7	-1.7	-0.3	0.5	0.6	-0.9
7	-0.6	-0.3	-0.5	-1.1	-0.2	-0.03	1.3	-1.0
8	-1.2	-2.2	-2.1	-0.8	-2.5	-0.86	0.0	-0.1
9	0.6	0.7	-0.2	0.6	1.0	-0.5	-0.73	-0.3
10	-0.2	-0.3	0.0	-0.2	0.5	-0.1	0.2	-0.2
11	-1.0	-1.5	-1.1	-1.3	-0.5	-0.1	0.2	-0.5
12	0.5	0.0	0.5	-0.4	0.2	-0.3	-0.44	-1.0
13	-0.6	-1.3	-1.2	-2.3	-0.6	0.7	-0.5	-1.1
14	-0.1	-0.1	-1.0	-0.8	0.0	0.2	-0.37	0.4
15	-0.4	-1.0	-0.9	-0.2	-0.2	0.4	0.33	0.4
16	-0.6	-0.9	-0.8	-0.6	0.0	0.4	0.6	-0.6
17	0.0	-0.3	-0.2	-0.8	-0.2	0.0	-0.47	0.1
18	-0.6	-1.2	-1.2	-1.4	-0.9	0.0	0.43	0.2
19	0.5	0.8	0.0	1.1	0.1	-0.1	0	0.8
20	-0.3	-0.2	0.6	0.1	-0.6	0.2	0.64	-0.4
Mean	-0.01	-0.35	-0.41	-0.43	0.07	-0.13	0.08	-0.05
Median	-0.3	-0.3	-0.6	-0.4	-0.1	-0.1	0.2	-0.1
Minimum	-1.2	-1.8	-2.2	-2.3	-1.1	-2.5	-0.86	-1.1
Maximum	4.8	4.1	4.1	3.0	5.1	0.7	0.8	1.3
SEM	0.28	0.29	0.30	0.28	0.29	0.15	0.11	0.13
p-value	0.969	0.243	0.185	0.140	0.820	0.374	0.468	0.722
% of volunteer with a positive effect	70	75	75	75	50	55	40	50

9.3. %Body fat measurements

summary of result

Kinetic	Variation (mean±SEM)	Singificant (student t-test)	% of volunteers with positive effect
W1	-0.39±0.14	Yes (p=0.010)	70%
W2	-0.58±0.15	Yes (p=0.001)	75%
W3	-0.65±0.15	Yes (p=0.000)	85%
W4	-0.52±0.19	Yes (p=0.015)	70%

Individual result

Vol	Percentage of body fat (%)								
	Before massage					After massage			
	W0	W1	W2	W3	W4	W0	W1	W2	W3
1	27.8	27.7	27.4	27.6	27.9	27.5	27.7	26.6	27.4
2	28.5	29.1	28.9	28.5	29.3	29.4	29.6	28.6	28.1
3	32.7	33.1	33.3	33.4	33.5	32.9	33.5	33.6	33.6
4	28.2	27.0	27.3	27.2	27.7	27.4	27.5	27.7	26.8
5	32.5	31.1	31.1	30.2	30.5	30.5	30.4	30.1	31.2
6	29.5	29.3	28.6	29.4	29.8	29.5	28.8	29.2	28.5
7	29.3	28.5	28.1	28.7	29.5	27.7	28.6	27.8	28.3
8	33.3	33.8	32.6	32.0	32.9	33.5	32.6	32.0	31.7
9	30.3	30.5	30.6	30.6	31.3	31.2	30.0	30.9	30.3
10	34.3	33.5	33.4	33.5	33.9	33.2	33.5	33.8	33.9
11	28.9	29.1	28.5	27.7	27.9	29.0	28.3	28.2	28.0
12	34.9	34.2	34.3	34.0	34.3	34.6	34.3	34.4	34.4
13	32.1	31.2	31.4	31.2	30.6	31.9	31.9	30.8	30.7
14	29.4	28.9	28.0	28.3	27.5	28.7	24.9	28.1	28.8
15	34.0	33.4	32.2	33.4	33.2	27.6	33.6	33.3	32.8
16	29.7	29.9	28.9	28.9	28.4	29.5	28.8	28.1	28.7
17	34.6	34.3	34.6	34.3	34.2	34.3	34.4	34.3	34.5
18	27.3	26.8	26.6	26.3	26.3	27.4	26.7	26.6	26.0
19	33.5	33.2	33.6	33.3	32.7	32.7	33.1	33.5	33.3
20	34.6	33.2	34.4	34.0	33.6	34.3	34.5	34.5	33.5
Mean	31.27	30.88	30.69	30.62	30.75	30.63	30.63	30.59	30.53
Median	31.2	30.8	30.9	30.4	30.5	30.0	30.2	30.4	30.5
Minimum	27.3	26.8	26.6	26.3	26.3	27.4	24.9	26.6	26.0
Maximum	34.9	34.3	34.6	34.3	34.3	34.6	34.5	34.5	34.5
SEM	0.59	0.57	0.61	0.60	0.59	0.58	0.65	0.64	0.62

Vol	Variation in body fat (%) between weeks				Variation in body fat (%) between massages			
	$\Delta W1$	$\Delta W2$	$\Delta W3$	$\Delta W4$	$\Delta T (W0)$	$\Delta T (W1)$	$\Delta T (W2)$	$\Delta T (W3)$
1	-0.1	-0.4	-0.2	0.2	-0.2	0.0	-0.8	-0.2
2	0.7	0.4	0.0	0.9	0.9	0.5	-0.3	-0.4
3	0.5	0.7	0.7	0.8	0.3	0.4	0.27	0.2
4	-1.2	-0.9	-1.0	-0.5	-0.8	0.5	0.37	-0.5
5	-1.4	-1.4	-2.3	-2.0	-2.0	-0.7	-1.04	1.0
6	-0.3	-1.0	-0.1	0.3	0.0	-0.5	0.67	-0.9
7	-0.8	-1.2	-0.6	0.2	-1.6	0.1	-0.26	-0.4
8	0.5	-0.7	-1.3	-0.4	0.2	-1.1	-0.6	-0.3
9	0.1	0.3	0.3	1.0	0.8	-0.4	0.3	-0.3
10	-0.8	-0.9	-0.8	-0.3	-1.1	0.0	0.44	0.4
11	0.2	-0.4	-1.2	-1.0	0.1	-0.7	-0.37	0.4
12	-0.7	-0.6	-0.9	-0.7	-0.3	0.1	0.07	0.4
13	-1.0	-0.7	-0.9	-1.5	-0.3	0.7	-0.57	-0.5
14	-0.5	-1.4	-1.1	-1.9	-0.7	-3.9	0.06	0.5
15	-0.7	-1.9	-0.7	-0.9	-6.5	0.2	1.14	-0.5
16	0.2	-0.8	-0.8	-1.3	-0.2	-1.2	-0.8	-0.2
17	-0.3	0.0	-0.3	-0.4	-0.3	0.1	-0.34	0.2
18	-0.5	-0.7	-1.0	-1.0	0.1	-0.1	-0.04	-0.3
19	-0.4	0.1	-0.2	-0.8	-0.8	-0.1	-0.14	0.0
20	-1.4	-0.2	-0.6	-1.0	-0.3	1.2	0.1	-0.5
Mean	-0.39	-0.58	-0.65	-0.52	-0.64	-0.25	-0.09	-0.10
Median	-0.4	-0.7	-0.7	-0.6	-0.3	0.0	-0.09	-0.3
Minimum	-1.4	-1.9	-2.3	-2.0	-6.5	-3.9	-1.04	-0.9
Maximum	0.7	0.7	0.7	1.0	0.9	1.2	1.14	1.0
SEM	0.14	0.15	0.15	0.19	0.35	0.24	0.12	0.11
p-value	0.010	0.001	0.000	0.015	0.082	0.304	0.457	0.360
% of volunteer with a positive effect	70	75	85	70	70	55	55	60

9.4. Skin fold thickness measurements

Summary of result

Area	Kinetic	Variation (mean±SEM)	Singificant (student t-test)	% of volunteers with positive effect
Waistline	W4	-3.7±0.5	Yes(p=0.000)	95%

Individual result

Vol	Skinfold thickness measurement (in mm.)		Variation (in mm.)
	W0	W4	W4-W0
1	16	11	-5
2	17	15	-2
3	17	18	1
4	16	14	-3
5	20	17	-3
6	20	17	-3
7	16	14	-2
8	29	25	-5
9	18	17	-2
10	30	27	-3
11	20	16	-4
12	22	19	-3
13	17	11	-6
14	20	15	-5
15	25	22	-4
16	21	15	-6
17	26	22	-4
18	18	14	-4
19	26	23	-3
20	24	14	-11
Mean	20.6	17.0	-3.7
Median	20	16	-3
Minimum	16	11	-11
Maximum	30	27	1
SEM	1.0	1.0	0.5
	p-value		0.000
	% of volunteer with a positive effect		95

9.5. Blood sample analysis

Volunteer No.	FBS (70-105 mg/100ml)		BUN (7-18 mg/100ml.)		Creatinine (0.6-1.3 mg/100ml.)		Cholesterol (0-200 mg/100ml.)		Triglyceride (0-150 mg/100ml.)	
	before	after	before	after	before	after	before	after	before	after
1	91	85	13	17	0.8	0.8	183	175	70	46
2	88	89	7	8	0.8	0.8	210	213	124	144
3	95	86	12	13	0.8	0.9	259	232	153	131
4	103	88	12	11	0.9	0.9	288	255	68	50
5	93	85	12	16	0.8	0.9	228	208	145	84
6	93	86	14	11	1.0	1.0	197	176	72	72
7	93	87	11	9	0.8	0.8	257	266	100	120
8	95	90	11	15	0.8	0.9	194	210	286	169
9	97	87	11	9	0.9	0.8	179	169	66	77
10	100	90	14	11	0.7	0.8	249	223	117	156
11	79	81	14	10	0.8	0.7	176	179	114	128
12	100	97	11	19	0.9	0.9	210	183	97	89
13	87	87	5	9	0.9	0.8	170	152	63	46
14	89	91	12	10	0.8	0.8	196	192	97	94
15	84	91	12	12	1.0	0.9	224	196	122	150
16	88	96	7	8	0.7	0.7	247	202	73	101
17	90	93	15	16	0.7	0.8	222	226	137	86
18	74	74	16	14	1.0	1.0	201	190	60	97
19	83	81	17	10	0.8	0.8	209	216	91	69
20	94	95	19	15	0.9	0.9	260	280	111	147

Conclusion : no change in fasting blood sugar (FBS), cholesterol, triglycerides, kidney and liver function

Volunteer No.	LDL-Cholesterol (0-100 mg/100ml.)		HDL-Cholesterol (35-80 mg/100ml.)		SGOT (0-40 Units)		SGPT (0-41 Units)	
	before	after	before	after	before	after	before	after
1	104	106	70	64	19	19	21	16
2	162	154	42	44	18	15	18	9
3	165	141	60	52	29	16	20	11
4	218	169	69	56	20	14	20	8
5	167	161	46	43	21	19	12	10
6	122	107	66	58	17	16	8	8
7	185	192	58	59	16	16	11	15
8	110	143	41	45	24	22	28	28
9	124	114	49	46	18	15	9	9
10	184	157	55	49	18	18	10	10
11	112	115	57	50	15	14	13	13
12	110	101	67	63	17	18	6	5
13	108	96	52	55	18	17	14	12
14	134	139	55	44	15	13	10	7
15	156	127	56	49	22	15	14	10
16	147	118	86	73	10	19	8	29
17	143	160	58	57	14	13	13	11
18	129	120	63	55	17	16	12	10
19	139	149	56	61	18	27	12	20
20	176	210	60	51	19	19	26	28

Conclusion : no change in fasting blood sugar (FBS), cholesterol, triglycerides, kidney and liver function