

# Stress & Massage Therapy

D P K T R S O U K D S D U K P N T  
H A Y D W V Z R J T E N N E G E X  
P M Z K T N O D X N O E B G P R K  
O V J F T I Z D I I O D A A J V D  
W W V M D X B A T E U W S S I O E  
G A M E N D R C K S U T M S E U M  
Z M O K N D I R G C N V E A X S L  
D W B K H R O E T U C A X M Y N E  
A D W O F T B K M J M Y V J H O H  
E H Q I S Y P E U O T B X V P I W  
N G A L W G A H M E C J Y R E S R  
K S B G T R T B I B Z I E P O N E  
V Z P X U C K X Y A R S N D Q E V  
H S S Z R R N T E P S A X O O T O  
R K A P K A H W R Q U H C N R S S  
B X H R U B J O Y E R P L E H H A  
E X C A R E S S F S X R E L A X C

overwhelmed

friction

embrace

massage

nervous

anxiety

tension

drained

Chronic

stroke

caress

amend

relax

press

knead

acute

ease

oil

pat

rub