Message Idea to Share with a Friend (You've Been Out With).

If you're single, this can be an adventure. Just always make sure everything is consentual.

Subject: *I found something I think you'll REALLY like*

Hey [Name],

I came across something today and thought of you.

You know how we both enjoy unusual things, especially if it gets in better shape?

This seemed like it would be worth trying.

It's called the hi® 3-Step Program.

The basic idea is that we give each other a special massage once a week with a massage tool called hi®. It doesn't just feel good, it's designed to help us recover faster from workouts.

Plus it sounds really cool to try together.

It's a ritual where I give you a massage one day and during that time you are the center of the world. Then another day, you do it for me. They say it only takes 15 minutes, but most people want to go longer.

What appealed to me wasn't that it's supposed to fix anything. I just thought it sounded like a fun experience to share you.

The program was created by a husband-and-wife team who spent years studying stress, and how small rituals can change how both people feel.

I'd be curious to try it with you a few times and see what we think.

No expectations. No pressure though.

Worst case, we spend a little time together and have a good laugh about it.

Best case, we discover something we both really enjoy and want to keep doing.

Either way, I thought of you when I read about it.

So, if you want my total attention for a massage once a week...

Let me know what you think.

— [Your Name]