Message Idea for a Man to Send Their Partner.

Subject: *Something I want us to try together.*

Hey,

I know I don't usually write notes, but I just read something I wanted to share.

We both are trying to take care of so many things, but it made me realize we also need to take care of each other.

It's been a long time since I focused just on you. We're always running.

I came across a program that challenged me to try a routine where once a week I give you a massage, anything you'd like. Then on another day, you do the same for me. It's called the hi® 3-Step Program.

The goal isn't therapy or fixing anything. It's simply a ritual that they say will help both people feel better, more relaxed, and more connected.

What caught my attention is that it was developed by a husband-and-wife team who spent years working with several thousand couples studying stress, recovery, and caring for each other. Their approach is a simple ritual we both try, and .

I'd like us to try it together for a few times.

No expectations. No pressure. Just an experiment to see how we feel.

If after that, if it doesn't work for us, no big deal. But they say it will help us sleep better, feel less stressed, and enjoy a little more quality time together. It's been a while since we did that so I thought it seems worth exploring.

I realized I need to take better care of you.

Either way, I love you,

— [Your Name]