

Dear neighbor,

I want to tell you about something strange I keep noticing.

Almost everyone I meet lately is exhausted in a very specific way: not tired-tired, but *wired*-tired. Stuck in “on.” And when I ask what they've already tried, they list ten different fixes: trackers, supplements, cold plunges, sleep scores. All of it aimed at the mind. None of it aimed at the body.

Here's what nobody tells you: your mind can't think its way to calm. Only your body can do that, and only once it believes it's safe. That's the whole idea behind **human**, and it's exactly why I built it as a mobile practice instead of a studio. I bring the table, the oils, everything, straight to your door, at a time that actually works for your life. No driving, no parking, no commute stacked on top of the session itself.

Session by session, here's what actually happens:

- **Signal.** Slow, rhythmic touch tells your nervous system there's no danger here, so it can finally stop bracing.
- **Drain.** Once your body believes it's safe, your lymphatic system does what it's built to do: clear what's been sitting still.
- **Return.** You leave regulated, not just relaxed. Back in your body. Present.

If you're picturing a deep-tissue massage, this is different. What I actually practice is called **lymphatic massage and manual therapy**, a feather-light, rhythmic technique built around your nervous system and lymphatic system, not your muscles. No kneading, no working out knots, nothing that leaves you sore. The full detail on how it works is laid out at **humanwellness.ca**, but the short version is this: gentler pressure is what actually lets your body stand down.

You might recognize yourself in this if you're:

- Always “on” and can't switch off, no matter how tired you are
- Recovering from a surgery or an injury
- New to parenthood and touched-out
- Not thrilled about a waiting room, a commute, or a stranger's studio

I believe recovery shouldn't require a plane ticket, a commute, or a waiting room. It should meet you exactly where you are: literally, in your own home.

\$30 off your first in-home session, as a welcome to the neighborhood

Just mention this letter when you book · currently serving [Neighborhood / Area] · expires [DATE]

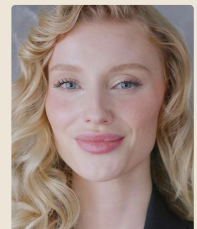
If you've been pushing hard and quietly calling it fine, I'd love to show you what your body's been missing. It only takes one visit to feel the difference.

Warmly,

Roxanna

Roxanna Cyganek

Founder of human, In-Home Lymphatic & Recovery Therapy



P.S.: This isn't a subscription, a program, or one more thing to keep up with. It's one quiet hour for your body, without ever leaving your house. Your \$30 welcome offer runs through [DATE], and I hope to meet you soon.

