

Solve your drinking dilemma, and get the refreshment your body deserves!

Get that positive feeling boost that you need all in one can.



If you sign up we will send you notifications

- Whenever we have seasonal sales
- Whenever we release new flavors
- Plus if you sign up now you get a 25% discount code

Sign up to get a 25% discount code on your first order

Your email address...

I Email

Subject: Welcome to the healthy way of drinking
Preview text: Best time to start is now.

Congratulations [Name] on making the switch!

You will be amazed how much better you will feel in your daily life.

But, first things first.

Your discount code for 25% off your first purchase is: [XXXXXX](#)

There is also a 3+1 deal happening now, you can [check it out here](#).

Recess will always provide you with 100% natural, great tasting, low calory beverages.

You might not realize it now, but changes like this can have a big impact on your life.

I will share a story with you tomorrow, and you'll be surprised how we can influence our lives with small things.

II Email

Subject: Leave your stress behind.

Preview text: Take better control of your life.

Usually, I don't share private messages from customers, but this one moved me.

I had to ask permission to share it with people because someone else might be in a similar situation.

For obvious reasons, I changed all the names.

"Dear Mark,

I never thought I would be writing an email to a company that sells beverages. But here we are.

I grew up in a big city with my parents being able to just about afford the cost of living there.

We were never hungry, but I could see the difference in how other kids dressed and what I had to wear.

Their behavior towards me was also different, but I don't give that too much importance as kids don't know any better.

I believe for this reason ever since I can remember, my parents pushed me to get educated, get a good job, and be an independent woman.

This was my mission, I gave myself completely to achieve this.

And I did.

By 30, I achieved what most people don't their whole lives.

I was a partner at Jonson&Jonson law Firm with great prospects for the future.

The thing that no one told me though, that comes with a price.

Stress, a lot of stress.

I would come home late, often skipping meals, and just grab a glass of wine (or two, or five).

This became an almost everyday event.

Took me a while to recognize that I might have a problem.

By that time a bottle of wine a night wasn't a rare occurrence.

After all those years of trying to become independent, now I was in a situation where I had to ask someone else for help on how to deal with this.

Luckily for me, I have a close friend who noticed these changes in me and was willing to help me go through whatever I needed to get my life back on track.

Whenever she could she would go to AA meetings with me and just be there for me whenever I needed someone.

For that, I will forever be grateful to her.

But surprisingly there was another unsuspected item that helped.

Recess.

In those times when I would come home alone and look to relax, I would no longer need to look for alcohol.

Recess provided that same feeling of relaxation with no downsides. Eureka!

Of course, I also had to scale down my work hours as I learned my limits very well by now.

But that, plus Recess made my life much more enjoyable.

Without rambling too much, this is just one big Thank You!

You got yourself a customer for life.

Sincerely,
Susan”

Dear [Name]

I'm not suggesting having a sip of any drink will be life-changing.

We are not selling hopes and dreams here.

But how we feel on a daily basis, stress, and alcohol all affect the quality of our lives.

Being able to relax after a long day at work and not risk your health is important.

And that is something we can definitely offer.

You can find out more about our company [here](#), as we hope to build relationships that last.

III Email

Subject: Don't burn out

Preview text: Pace yourself

I'm sure you noticed [Name] how much faster we live our lives in today's society.

We have enough to balance with our professional and private lives, but when you add to that constant bombardment of information we get daily from social media, news, etc. it can be overwhelming.

We have all these advantages in today's society compared to our ancestors, yet our daily stress levels are higher than when we were fighting lions for prey.

We all want to enjoy this modern world we created, but sometimes we overlook the state of our body and mind.

About 33% of people report feeling extreme stress, and 77% percent of people experience stress that affects their physical health.

Here at Recess, our mission is to help people deal with stress in a better and healthier way.

To help them navigate the world at their own pace.

Nobody but yourself knows what you need to deal with on a daily basis.

Take a moment for yourself, don't burn out.

Your [Recess](#)

IV Email

Subject: Working hard with no breaks?

Preview text: It's time for recess.

You already know everybody needs a moment for themselves.

Moment to step back, refresh yourself, and charge your batteries.

If you are having a stressful, tough day then you definitely need a dose of positivity.

What if I told you you can get that positive feeling in a can?

Refresh yourself with a great-tasting drink with less than 20 calories with no downsides.

[Click here to find your new flavor of peace and harmony.](#)

V Email

Subject: Stress can destroy your life!

Preview text: Control your stress levels before it's too late.

Many have fallen down the hole of anxiety, and stress which led to heavy alcohol usage or worse.

Are you going to be one of them?

If you are under constant stress or just looking for ways to relax after a long day I have good news for you.

You don't need alcohol or pills.

There is a way to deal with a long day with no downsides.

Guaranteed to relax you and help you deal with life in a clearer and healthier way.

[Say goodbye to stress now.](#)