

Who am I talking to?

I am going to write about migraine problems and can a massage help. So, I am talking to people having migraine problems due to stress, work overflow, and not being able to take some time to relax and deal with that.

Where are they now?

Not where, like a place, but where in life are there now? They are at the point in their lives where stress has become a constant, forgetting that with simple solutions, life can be easier.

Where do I want them to go?

Writing this copy I want them to read it and decide to take action, going on a website and scheduling a massage for them. I want them to think that it's over with feeling sorry about themselves without taking any actions. So I want them to decide to get better and book a massage (using benefits that I will provide in an email).

Name: Sarah

Avatar Description:

Sarah is a 35-year-old professional working in a fast-paced corporate environment. She's been experiencing frequent migraines lately due to stress and work overflow. Despite knowing that self-care is important, she often finds herself caught up in the demands of her job and neglects her well-being. Sarah is at a point in her life where she realizes that she needs to prioritize her health and find effective ways to manage her stress.

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Subject line: 3 Factors That Trigger Migraines, And What To Do To Prevent It!

And NO, it's not just the common ones: sitting behind a desk all day or not exercising enough. There are more factors you should pay attention to:

1. *Stress*
2. *Dehidratation*
3. *Some medicines- like blood pressure medications, pain medications, some antidepressants*

Now, the big question is how to prevent migraines.

You have probably tried many things, like taking some pills, but the pain is still there.

You know that old saying:

What is the best time to plant a tree?

20 years ago or today!

The answer here is simple.

Think long-term!

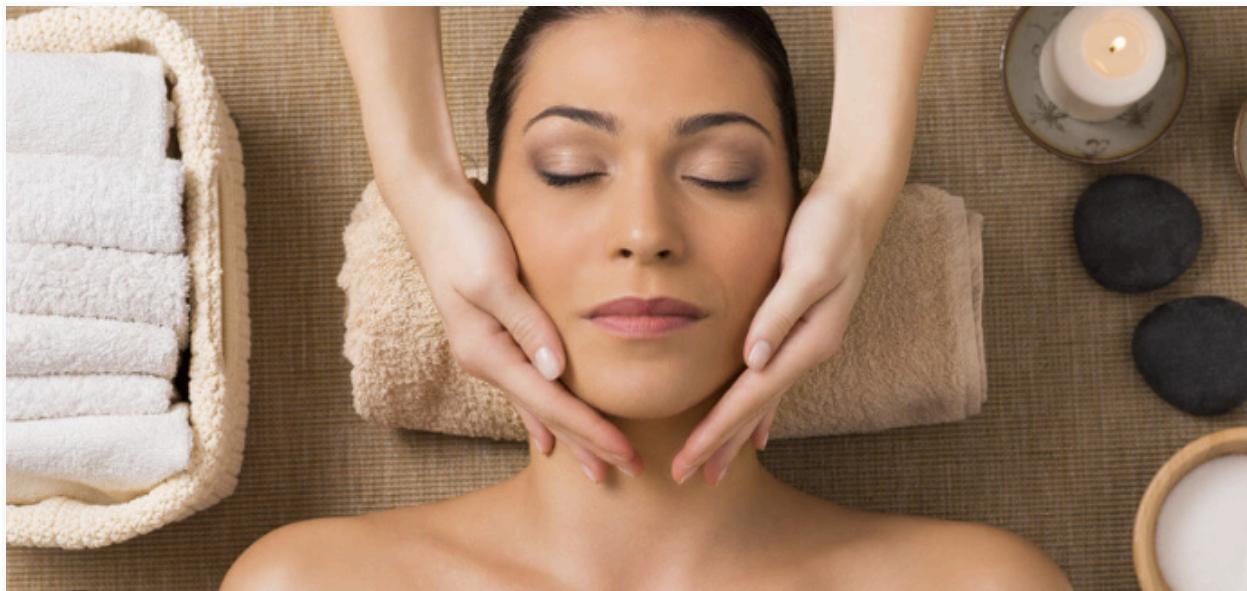
Do things that benefit you today so they can benefit you in the future too. The best time to do this was once you first have experienced migraines but now, you can do it today!

Have a long walk, a nice bath or a relaxing massage.

I know what you are thinking, can a massage really help?

Yes, (good guess) it can!

Clinical research has shown that massage can reduce pain and stress levels. It will help you relax the tension in your body. You will feel and sleep better.



Now, tell me, are you actually serious about removing this pain that is affecting your life?

If you are, just [**click the link**](#), schedule a massage, and do something good for yourself.

P.S. Act now, and get **25% off** by the end of the week!

