```
[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]
[Recipient's Name]
[Business Name]
[Business Address]
[City, State, Zip Code]
Dear [Recipient's Name],
I hope this message finds you well.
I am writing to formally cancel my appointment for the lymphatic drainage
massage scheduled for [insert date and time] at [insert business name].
Due to [brief reason, if desired], I will not be able to attend.
I apologize for any inconvenience this may cause and appreciate your
understanding.
Thank you for your assistance in this matter.
Sincerely,
[Your Name]
```