

## THE LIVELY CLUB

Lively Memberships are the best way to stay consistent with your self-care and save while doing it.

From wellness to aesthetics, members receive exclusive perks, priority access, and monthly savings that make it easy to look and feel your best year-round.

[Explore Memberships Here](#)

## WHAT'S COMING

- Learn with Lively | May 12

**VIRTUAL EVENT at 6:00 PM**

Join us for our next event focused on **Acne & Skin Health**.

- **May Specials Now Live**

Our May promos are here, including Mother's Day packages, glow treatments, and gift card bonuses. If you've been thinking about coming in, this is the time.

- **Refill Requests Now Live**

You can now request prescription refills directly through our website — no phone call needed. Simple, fast, and convenient.

## TEAM MEMBER SPOTLIGHT

Jessica Lundahl, LMT

We're excited to spotlight Jessica, one of our Licensed Massage Therapists at Lively.

Jessica is passionate about helping clients slow down, reset, and reconnect with their bodies. With a focus on both relaxation and therapeutic care, she tailors each session to meet your specific needs—whether that's relieving tension, reducing stress, or supporting recovery.

Her approach is intuitive, calming, and intentional, creating a space where you can truly unwind and feel taken care of.

Jessica believes that massage isn't just a luxury... it's an important part of overall wellness.

We're so grateful to have her as part of the Lively team and community.



## REFERRAL WINNER

This month, we're celebrating someone who truly shared the love.

**Lauren Atkins** is our Referral Winner for May, referring the most friends to Lively.

As a thank-you, she'll receive a special prize from us.

## LIVELY REWARDS

Share Lively with a friend and you'll both **earn \$25** when they book their first appointment.

It's our way of saying thank you for helping us grow this amazing community.

[START EARNING HERE](#)

# ALL THINGS LIVELY

Issue May 2026



## MAY AT LIVELY

This month is all about helping you feel better in your skin, your body, and your energy.

With Mother's Day around the corner, we created specials that make it easy to gift something meaningful... or finally do something for yourself.

If you've been feeling off, tired, or just not like yourself, your body may be asking for a reset.

Our May offers include everything from full-body recovery to skin treatments designed to help you look refreshed and feel like yourself again.

Plus, we're offering a gift card bonus this month. Spend \$100, get \$125 to use toward any service.

When your body feels supported, everything changes. You feel clearer, lighter, and more like yourself again.

Take a look at everything we're offering this month and find what feels right for you.