

# Living Beautifully Spa

## Putting Your Best Face Forward

By Loretta McCollum

**Who among us doesn't dream of waking up and looking in the mirror** to admire our smooth and radiant complexion, our perfectly-shaped brows, our thick eyelashes, well-defined eyes, our full lips, and permanent eyeliner? Living Beautifully Spa can help make that dream a reality. Owner and licensed esthetician Jessica Johnson uses cutting-edge technology to deliver the latest in face and beauty treatments.

Jessica, while a stay-at-home mom, was a Mary Kay director. Once her last child entered school she took a position as a clubhouse manager of a local country club and then moved on to managing a public golf course for five years. Life took a turn when Jessica divorced. She decided the timing was right to reinvent herself with a career change. Jessica discovered her passion for esthetics, realizing that a career in the beauty industry would allow her to combine her desire to help others with her dedication for looking and feeling great from the inside out.

After she graduated with honors at the top of her class at Capitol School of Esthetics in 2010, she began working with holistic physicians. It was during this time that Jessica developed some highly sought-after skills. Jessica was one of the first professionals in Omaha to master microneedling and the delicate art of applying eyelash extensions.

Using the business skills she honed during her golf industry days, Jessica opened Living Beautifully Spa in December 2014. The work ethic she inherited from her mother prepared her for the challenges of operating a successful business. A full-blooded Native American, Jessica's mother was a medic in Vietnam at the young age of 19. She earned a degree in psychology at age 40 and embarked upon a career in social work. Jessica attributes her own desire to help others to the example set by her mother. "My mom was the biggest influence in my life, followed by my grandmother," Jessica says. "My mother told me, 'There's always a good in everything,' and I always try to remember that. She would also say, 'Never give up and always be yourself.'" This philosophy holds even more meaning for her now as Jessica's mother and grandmother passed away this year, three and a half weeks apart.

In July 2016, the business expanded and moved to a larger facility with four treatment rooms, located at 7811 Chicago Court.

Living Beautifully Spa wants every woman to feel confident and beautiful, inside and out. Jessica and Erica Nechkach, a licensed esthetician on staff, focus on getting to know each of their clients so they can customize a treatment that will provide the best outcome for each individual client.

They believe that beautiful, healthy-looking skin is a combination of external and internal factors. Jessica's experience in nutrition, gained while working for physicians, gives her the confidence to recommend specific supplements and dietary plans to clients. "Jessica has been my esthetician for several years," says client

Jeanne. "She will take the time to listen and address any questions or concerns you may have. I trust her to know what is best for the health of my skin." Deb agrees, saying, "My skin hasn't looked this good in years. Jessica has made the transition into my 50s a celebration! I highly recommend her!"

Living Beautifully Spa offers two innovative facial treatments: dermaplaning and the HydraFacial, which is known as "the Ferrari of facials." Both treatments are painless and involve no downtime. Dermaplaning is a process in which dead skin and hair are removed manually, using a dermaplaning tool. It diminishes fine lines and wrinkles, allows for better absorption of skin care products, and helps makeup go on smoothly. It's often performed with the HydraFacial, a multi-step treatment that cleanses, exfoliates, extracts impurities, and infuses and protects with antioxidants. "It's like liquid gold for the skin," Jessica notes. Multiple types of peels are also offered, including anti-aging, acne, cell renewal, and detoxifying.

Living Beautifully Spa's newest service is lash lifting and tinting, an alternative to lash extensions. It's like a perm for your lashes, curling them and making them look longer. Color is added for definition. It's an inexpensive, low-maintenance lash option.

Jessica is also an expert in microblading and permanent makeup. Microblading is a cosmetic tattoo procedure that requires special licensing. A handheld tool dipped in pigment applies individual strokes to the brows, creating a natural look that can last up to three years. Permanent makeup is a technique that can be used for the appearance of fuller, more defined lips. An outline is drawn just outside the lip line and blended in. Color can be added to the lip, eliminating the need to constantly re-apply lipstick. When the technique is used for eyeliner, it adds great definition. Permanent makeup can last three to five years.

Jessica is also an instructor in microblading and eyelash extensions for licensed professionals who are looking to expand their expertise.

If you're ready to put your best face forward, contact Living Beautifully Spa at 402-990-1248. For more information on services or classes, find them online at [livingbeautifullyspa.com](http://livingbeautifullyspa.com) or on Facebook.



*Jessica Johnson,  
owner and licensed  
esthetician*