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Inside Mariam Hakopyan's Empower Wellness Spa in Southern California



Photo Courtesy: Empower Wellness Spa

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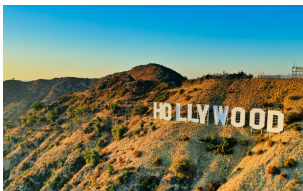
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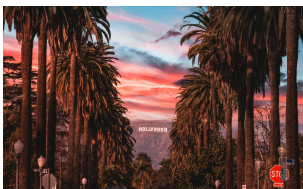
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By: *Olivia Nerpouni, Now Pr LA*

[Empower Wellness Spa](#) is one of Southern California's transformative wellness destinations, an environment designed to help the body function better, recover more effectively, and potentially thrive for years to come. Founded by wellness advocate and practitioner Mariam Hakopyan, Empower is unique because it offers non-invasive therapies based on science, accessibility, and personal experience.

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After many years of navigating Lipedema and other chronic health challenges, Hakopyan found herself confronted with treatments that were ineffective, risky, or simply unaffordable. The frustration of wanting answers without support led to a mission that became the foundation of her business. As she reflects today, "I wanted to bridge the gap between relaxation and real results. After years of trying different wellness approaches, I realized that people needed access to therapies that go beyond surface-level treatments."



Photo Courtesy: Empower Wellness Spa

Now, Empower Wellness Spa features a wide range of therapies that aim to improve circulation, stimulate lymphatic flow, support detoxification, and decrease inflammation without invasive procedures. For new clients, Hakopyan recommends beginning with Ozone Sauna Therapy. Using heat, steam, and ozone, the treatment may help increase oxygenation, boost circulation, enhance detoxification, and "awaken the body's natural healing processes." Many clients report feeling higher energy, improved clarity, and better mobility from this treatment, which helps them understand what their bodies are capable of when properly supported.

Every service at Empower Wellness Spa reflects Hakopyan's dedication to results-driven treatments that help clients feel safe and informed. As she puts it, "Our

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healthcare systems. Instead of being dismissed or rushed, they find a team that listens at Empower.

Clients of Empower Wellness Spa often include individuals managing Lipedema, autoimmune conditions such as MS or Lupus, hormonal imbalances, lymphatic issues, chronic inflammation, fatigue, metabolic concerns, circulatory challenges, mold toxicity sensitivities, fibromyalgia, chronic fatigue syndrome, and those navigating post-surgical recovery. Many also come seeking support for stress, sleep disturbances, skin concerns, and overall detoxification. For them, the spa is a place to learn, decompress, and experience science-backed therapies delivered with compassion and expertise. This educational atmosphere reflects Hakopyan's core belief: "Empowerment, to me, means giving people the tools, education, and experience to take charge of their own wellness. It's about helping each person connect with their body's ability to restore balance, release what no longer serves them, and thrive from the inside out."

In a city like Los Angeles that is full of beauty and wellness trends, Empower Wellness Spa provides intention and long-term results. Rather than masking symptoms or offering just a few minutes of relaxation, Empower helps clients gain a better understanding of their bodies and participate in their healing. Many clients arrive skeptical, hesitant, or exhausted from trying everything else. They often leave with new hope.

Hakopyan's mission with her brand particularly resonates with individuals managing misunderstood conditions like Lipedema, where treatment options can be limited or inaccessible. By offering therapies that promote functional improvement, Empower is changing awareness around these conditions and giving clients a space where they do not have to explain or justify their experiences. And as the spa continues to grow, Hakopyan is expanding its offerings. Future additions include Foot Zoning Therapy, a treatment that stimulates specific points on the feet to support energy flow throughout the body, and a line of custom skin care products created to complement Empower's existing therapies.

Empower Wellness Spa is inseparable from Hakopyan's personal journey. Her lived experience (not just her professional training) influences the empathy that clients feel when they walk through the door. The spa truly helps people feel understood and supported with their health.

Looking forward, Empower Wellness Spa is ready to make a lasting impact on the wellness landscape in Southern California by helping people return to themselves. Empower believes that the body is capable of remarkable healing when given the right support. And for the hundreds of clients who walk into Hakopyan's space seeking clarity, relief, or hope, that belief can be the starting point for a lifetime of healing.

Disclaimer: *The information provided in this article is for general informational purposes only and should not be construed as medical advice. The therapies and treatments mentioned at Empower Wellness Spa are not intended to diagnose, treat, cure, or prevent any medical condition. Always consult with a qualified healthcare professional before starting any new wellness or health regimen. Individual results may vary, and the effectiveness of treatments depends on various factors, including personal health conditions.*



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