



# THE SPRING WELLNESS SHIFT: WHY LOS ANGELES IS TURNING TO EMPOWER WELLNESS SPA

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*The Spring Wellness Shift: Why Los Angeles Is Turning to Empower Wellness Spa*

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# MARIAM HAKOPYAN

Empower Wellness Spa  
Founder



***Spring in Los Angeles brings more than blooming landscapes and longer days. For many, this time of year is an opportunity to reconnect with their bodies and earn back balance that may have been lost during the colder months. In Encino, Empower Wellness Spa is a place for those who want that kind of transformation, offering science-driven therapies that help the body function at its best.***

Empower Wellness Spa was created from founder Mariam Hakopyan's personal experience. After working through her own health challenges, including Lipedema, Hakopyan found that conventional approaches treated symptoms in isolation rather than addressing the body as an interconnected system. Hakopyan believes that real wellness happens when you support circulation, lymphatic flow, detoxification, oxygenation, and nervous system regulation as a whole. And Spring, with its emphasis on renewal, flows naturally with this. Empower encourages clients to understand how their bodies work and how different systems interact, and this educational component sets the spa apart from other wellness spaces in the area, making each visit an opportunity for healing and learning.

A sought-after experience during this season is **Ozone Sauna Therapy**, recommended as a starting point for those wanting a reset. This treatment combines heat, steam, and ozone exposure to stimulate circulation, encourage detoxification, and increase oxygen utilization. The result is a feeling many clients describe as lighter, clearer, and more energized, the perfect foundation for a Springtime refresh. From there, clients can explore complementary therapies like Endospheres, which uses compressive micro-vibration technology to stimulate the lymphatic system and enhance circulation throughout the body. The treatment supports internal wellness and also improves skin tone and texture, making it functional as well as aesthetic.

During a recent visit, branding consultant and lifestyle influencer Michelle Savage (@shellystyles) experienced several of Empower's signature offerings firsthand, including Endospheres Therapy, the **Empower Facial** featuring Gua Sha, Ozone Sauna Therapy, and Red Light Therapy. Reflecting on her experience, she shared, "The Endospheres is my favorite! I felt it instantly working and it targets the full body lymphatic system."

Red Light Therapy, particularly when paired with movement tools like a rebounder or vibration plate, is another standout service. By stimulating mitochondrial activity, it helps the body produce energy more efficiently at a cellular level. For those looking to reestablish healthy habits this Spring, it offers a powerful boost that supports

recovery and performance. Additionally, the Empower Facial, which incorporates Gua Sha and red light therapy, focuses on lymphatic drainage, circulation, and tension release. Rather than just enhancing appearance, it works beneath the surface to support the skin's natural processes, leaving clients looking refreshed because their bodies are functioning more optimally.

What ties all of these treatments together is Hakopyan's goal of helping clients feel connected to their bodies again. Many who walk into Empower have spent years searching for answers. But here, the emphasis is on creating an environment where individuals feel supported, informed, and cared for. That atmosphere is something Savage noticed immediately. "The atmosphere was very serene and tranquil, quiet and clean. It truly felt like a retreat escape," she said, capturing a defining aspect of the Empower experience.

This aspect of advanced technology and human-centered care reflects a bigger shift happening in the wellness industry, particularly in Los Angeles. Increasingly, people are moving away from purely aesthetic treatments and toward therapies that support long-term health, vitality, and resilience. With this, Empower Wellness Spa is demonstrating that effective wellness can be both results-driven and restorative at the same time.

As Spring continues, the concept of renewal takes on new meaning at Empower. It becomes less about dramatic changes and more about consistent practices that help the body thrive. Whether through the detoxifying effects of Ozone Sauna Therapy, the energizing benefits of Red Light Therapy, the sculpting qualities of Endospheres, or the grounding experience of Foot Zoning, each treatment contributes to a larger picture of well-being.

For more information, visit <https://empowerwellnessspa.com/>.

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