

THE 7th INTERNATIONAL SCIENTIFIC CONFERENCE
**HEALTH.
PLEASANT SENSATION.
PRACTICE.**

April 4, 2024
P. STRADINS MEDICAL COLLEGE
OF THE UNIVERSITY OF LATVIA

PROGRAM

VENUE: P. Stradins Medical College of the University of Latvia,
Vidus prospekts 38, Jūrmala

9.00 – 9.45 **REGISTRATION**
(Building 1, hall)

1st PART OF THE CONFERENCE

9.45 – 10.00 **OPENING OF THE CONFERENCE**
(Building 1, hall)

10.00 – 10.20 **Irina Kalniņa – Dobrovoļska**
Doctor – biochemist, certified beautician, Latvia

PRESENTATION: Peptides and Growth Factors – injectable mesotherapy

10.20 – 10.40 **Madara Čipāne**
Doctor – cosmetologist, lecturer from International CIDESCO Riga School of Cosmetics, Latvia

PRESENTATION: Combinations of various cosmetology methods to achieve better results

10.40 – 11.10 **Andrea Eberhard**
Medical massage therapist, specialized in the field of gynaecology and developer of the MANNEA method, Austria

PRESENTATION: Women's health

11.10 – 11.30 **Anna Jurgele**
Beautician and cosmetology instructor, Ltd. "Soneil Studio", Latvia

PRESENTATION: Combined anti-aging protocols using the latest Israeli apparatus technologies and biophysicist innovations

11.30 – 11.50 **Laura Janušonienė**
Lecturer, dean, Faculty of Biomedical Sciences, Panevėžis kolegija/State Higher Education Institution, Lithuania

PRESENTATION: SPA philosophy, 10 SPA elements

11.50 – 12.10 **Terēze Beļkova**
Ltd. "GMT Beauty Trade" leading methodologist, Latvia

PRESENTATION: Future perspective in cosmetology – neurocosmetics, new aspects in aesthetics in dermatology and beauty care

12.10 – 13.00 **LUNCH**

MASTER CLASSES FOR BEAUTICIANS

13.00 – 16.00 **MASTER CLASSES FOR BEAUTICIANS**
(Building 1, hall)

I – Anna Jurgele

Beautician and cosmetology instructor, Ltd. "Soneil Studio", Latvia

Dace Kopko

Cosmetology instructor, Ltd. "Soneil studio", Latvia

MASTER CLASS: *Dr. Platon* – cold plasma, *Apollo Duet* – electroporation+ iontophoresis and RF, Eve-Myostimulation, myorelaxation, hydrodermabrasion, diamond peeling

II – Irina Sapiego

Distributor of aesthetic cosmetology equipment from Italy and Spain, Lithuania

Inguta Grinberga

Certified cosmetologist, lecturer of the P. Stradins Medical College of the University of Latvia, director of study program "Aesthetic cosmetology", "Medical Massage" Latvia

MASTER CLASS: Cryothermia

III – Terēze Beļkova

Ltd. "GMT Beauty Trade" leading methodologist, Latvia

MASTER CLASS: GMT BEAUTY face procedures in anti-age therapy

IV – Rita Velika

Certified beautician in cosmetology, lecturer of the P. Stradins Medical College of the University of Latvia

PRESENTATION: Application of LED light therapy in cosmetology

MASTER CLASSES FOR MASSAGE THERAPISTS

13.00 – 16.00 **MASTER CLASSES FOR MASSAGE THERAPISTS**
(Building 6, Room 305)

I – Andrea Eberhardt

Medical massage therapist, specialized in the field of gynaecology and developer of the MANNEA method, Austria

Vineta Nehvjadoviča

Certified masseuse, lecturer of the P. Stradins Medical College of the University of Latvia, Latvia

MASTER CLASS: MANNEA – holistic health method for women

II – Lilita Laizāne

Certified masseuse, Latvia

MASTER CLASS: Hot stone effect in back massage

III – Inese Volrāte

Certified masseuse, Rehabilitation Clinic of Riga 1st Hospital, Latvia

Marija Livčāne-Rodzeviča

Certified masseuse, lecturer of the P. Stradins Medical College of the University of Latvia, Member of the Board of the Latvian Physical Medicine Association, Latvia

MASTER CLASS: Massage chair options for massage practice

16.00 – 17.00 **THE END OF THE CONFERENCE. CERTIFICATES ARE ISSUED.**
(Building 1, hall)