



PROGRAM

(Conference location: Vidus prospekts 38, Bulduri, Jurmala)

- 09.30 – 10.00 **REGISTRATION** (Building Nr. 1 – ground floor foyer)
- 10.00 – 10.20 **OPENING OF THE CONFERENCE, Part 1 of the CONFERENCE**
(Building Nr. 1 – hall, ground floor)
Ilga Eriņa, principal of the P. Stradins Medical College of the University of Latvia
Sabīne Ulberte, chairman of management board of the Latvian Association of Beauticians
Vineta Nehvadoviča, member of Latvian Physical Medicine Association
- 10.20 – 10.50 **Antra Briede**,
Physician, orthomolecular and functional medicine specialist, Riga, Latvia
Basis for health is a healthy diet. What does that mean?
- 10.50 – 11.20 **Valdis Ģīlis**,
Plastic surgeon, president of the Latvian Aesthetic Laser Surgery Association, Riga, Latvia
Competences in the work of a beauty professional
- 11.20 – 11.30 **Lidija Naumenko, Inguta Grinberga**
P.Stradins Medical College of the University of Latvia, course 3 student in study program Esthetic Cosmetology, Riga, Latvia
Electroporation as an alternative method to mesotherapy, improving aging skin conditions
- 11.20 – 11.50 **Amanda Mickute, Karina Krištupaite**, Loreta Valatkevičiene
Kauno Kolegija, Kauņa, Lithuania
The research of the improvement of quality of life of elderly people by providing mobile cosmetology services
- 11.50 – 12.00 **Amanda Masaļska, Ineta Robiņa**
Riga 1st Medical College, Riga, Latvia
Medicines and food supplements available in pharmacy to strengthen human immunity
- 12.00 – 13.00 **COFFEE BREAK**
- 13.00 – 15.00 **Part 2 of the CONFERENCE**
13.00 – 15.00 **MASTER-CLASSES for beauty professionals in cosmetology**
I – Orly Gel FX Gel Lacquer System Enriched with Vitamins A, E and B5 – Top Offer for Long Lasting Manicure. BREATHABLE - Healthy Nail Polish. Nail polish base, color and protection – all in one (Building Nr. 1 – Room 306)
Master-class managers: Ramune Budriene, Ramune Sauliene, lecturers of the study program “Beauty professional”, *Vilniaus Kolegija, Viļņa, Lithuania*

II – Solution of aesthetic problems with BIODROGA MD using microneedle device
(Building Nr. 1 – hall, Room 206)
Master-class manager: Physician – cosmetologist, BIODROGA trainer Linda Stanka

13.00 – 15.00 **MASTER-CLASS for masseurs**

III – Honey Massage (Building Nr. 6 – Room 305)

Master-class manager: Kirkke Reisberg, lecturer of physiotherapy, *Tartu Health Care College*, Tartu, Estonia

IV – Cranial Reflexotherapy (Building Nr. 6 – Room 304)

Master-class manager: Dace Dagnija Legzdiņa, certified reflexotherapy specialist, certified masseuse, lecturer in P. Stradins Medical College of the University of Latvia (1. Building – hall, ground floor)

POSTER PRESENTATION:

- **Expectation and cooperation between students from study program “Midwifery” and practising midwives in maternity institution, *Santa Tēraudkalne, Ineta Robiņa, Riga 1st Medical College, Riga, Latvia***

PRESENTATION OF THE BEUTY BRAND “GMT BEAUTY”, RIGA, LATVIA

15.00 – 16.00 **CONCLUSION OF THE CONFERENCE. ISSUING OF CERTIFICATES.**

CONFERENCE IS SUPPORTED BY:



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