

Baltic Beauty 2019



THE BIGGEST BEAUTY INDUSTRY EXHIBITION IN THE BALTICS! / 8–10 november / RIGA, LATVIA

"BALTIC BEAUTY 2019"
15th International Beauty Industry Trade Fair
THE WORLD OF BEAUTIFUL FACE AND BODY, Hall II

SEMINARS, CONFERENCES

8 November

Seminar room 1

Beauty Classes discussion – meeting with doctors whose professional mission is to enhance the beauty and health of women

12.00–15.00 "The 7 most important factors of skin ageing: sun, sugar, stress, cigarettes, topical skin care, poor sleep quality, time. *Beauty through cosmetology. Beauty through dermatology. Beauty through nutrition. Beauty from the inside - beauty from the outside.*"

Organised by: Beauty Cloud, 3ade

Participation fee: EUR 25

Seminar

16.00–17.00 **Gold Collagen Anti-Ageing Supplements**

Lecturer: Dr. Lana Kasparāne, dermatologist

Seminar room 3

Conference of the Latvian Association of Beauticians and Cosmetologists, CIDESCO section

Science for Beauty

Organised by: The Latvian Association of Beauticians and Cosmetologists, CIDESCO section

9.30–10.00 **Registration**

10.00–10.10 **Conference opening**

Speeches by the President of the Association Nellija Janaus and the Board Member of the Association, Moderator of the Conference Dermatologist, Medical Cosmetologist Ināra Stepanova

10.10–10.30 **Health and skin quality**

Lecturer: Dr med. Agnese Ruskule, Cosmetologist, Resident in Dermatology, Venerology

10.30–10.50 **Evolution of the use of fillers. Contemporary concept**

Lecturer: Dr Kārlis Vērdiņš, Plastic Surgeon, Jurmala Hospital

- 10.50–11.10 Perspective of personalised medicine in a medical laboratory**
Lecturer: Uģis Bērs, Head of Laboratory, Central Laboratory
- 11.10–11.30 Corneotherapy – the latest scientific trend in cosmetology**
Lecturer: Dr Ludmila Stavro-Freiberga, Cosmetologist, Head of Panacea Premium Clinic
- 11.30–12.00 Ageing beautifully and meaningfully**
Lecturer: Dr habil. med. Jānis Zaļkalns, RSU Professor, Gerontologist of Anti-Ageing Institute branch of Veselības centrs 4, Head of the RAKUS Gerontology Clinic.
- 12.00–12.30 Coffee break**
- 12.30–12.50 Interaction of radio frequencies, lasers and ultrasound with biological tissues**
Lecturer: Dr Aleksejs Zavorins, Dermatologist, Senior Specialist, Dermatology Clinic, Veselības centrs 4, Liora Beauty Institute, Member of the European Academy of Dermatovenerology
- 12.55–13.15 Do we eat beauty? What science says about it**
Lecturer: Assoc. prof. Ilze Konrāde, Head of Endocrinology, RAKUS
- 13.20–13.40 What hides in the belly of the long-living? Microbiota and anti-ageing”**
Lecturer: Dr Vita Skuja, Gastroenterologist, Internist, Anti-Ageing Institute branch of Veselības centrs 4 and group company Capital Clinic Riga
- 13.45–14.05 Stem cells in beauty care**
Lecturer: Dr Milena Jakuba, Resident Dermatology, Venerology, Veselības centrs 4, 4. dimensija
- 14.10–14.30 Personalised cosmetics – modern trends**
Lecturer: Austra Bule, Head of SIA Baltacon – aptieka Nr. 1.
- 14.35–14.40 Closing remarks by Ināra Stepanova, Moderator**

Seminar

- 15.30–17.30 Why are peptides and minerals needed for our skin?**
Lecturer: Juliette Mathieu, GEMOLOGY COSMETICS PARIS, International Business Developer from Paris (FRA)
Organised by: Ispado Academy (LT)

9 November

Seminar room 3

Interdisciplinary conference "Vitamins – For and Against" of the Latvian Medical Association

Organised by: Latvian Medical Association

9.00–9.30 Registration

9.30–10.00 Vitamins in the body's biochemical processes

Lecturer: Antra Briede, Internist

- 10.00–10.30 **The therapeutic role of vitamin C in various diseases**
Lecturer: Linda Brokāne, Oncologist, Chemotherapist
- 10.30–11.00 **What is the importance of vitamins A and E?**
Lecturer: Ilze Aizsilniece, Family Doctor
- 11.00–11.30 **Vitamin D – for and against**
Lecturer: Maija Gureviča, Endocrinologist, Internist
- 11.30–12.00 **Coffee break**
- 12.00–12.30 **The place of group B vitamins in clinical practice**
Lecturer: Assoc. prof. Aleksejs Derovs, Gastroenterologist, Internist
- 12.30–13.00 **Should a pregnant woman take vitamins?**
Lecturer: Vija Veisa, Gynaecologist, Obstetrician
- 13.00–13.30 **Vitamins and men's health**
Lecturer: Andris Ābele, Urologist
- 13.30–14.00 **Coffee break**
- 14.00–14.30 **Vitamins - a dilemma**
Lecturer: Professor Santa Purviņa, Clinical Pharmacologist, Pharmacotherapist
- 14.30–15.00 **Use of vitamins and trace elements in preventive medicine**
Lecturer: Assistant professor Māra Rone-Kupfere, Dermatologist, Venerologist
- 15.00–15.30 **A balanced diet with sufficient vitamins and trace elements**
Lecturer: Guna Havensone, Dietary Specialist
- 15.30–16.20 **Discussions**

- Programme is subject to change.

In accordance with regulation No. 943 issued by the Cabinet of Ministers "Procedures for the Certification of Medical Practitioners" medical practitioners receive **12 continuing education points** for participation in the Conference, and in accordance with Cabinet Regulation No. 290 "Procedures for the Issuing, Re-registering and Revoking of Professional Qualification Certificates of Pharmacists" pharmacists and pharmacist assistants receive **7 continuing education points**.

Participation fee:

Until 23.10 (including) – **EUR 20** for individual members of LMA, residents, students, physician assistants, functional specialists, nurses, cosmeticians; **EUR 35** for others;
24.10 - 8.11 – **EUR 30** for individual members of LMA, residents, students, physician assistants, functional specialists, nurses, cosmeticians; **EUR 45** for others;
conference day - **EUR 50** for all participants.

The conference fee includes a visit to the exhibition "Baltic Beauty".

In the case of non-attendance of the conference the fee will not be refunded.

Registration for the conference takes place electronically on the website of the Latvian Medical Association www.arstubiedriba.lv, under the section "Konferences", or, if you copy the address of the LMA course system lab.arstubiedriba.lv in your browser, click on the link "Konferences" and then click on the option "Pieteikties" at the selected Conference title for registration.

Participation in conferences organised by LMA and tracking of continuing education points is **ONLY possible with a participant card of LMA continuing education events**. If you do not have a card yet, send a photo to konference@arstubiedriba.lv. The finished cards can be obtained at the LMA secretariat or before each conference. **A CERTIFICATE** of attendance of the conference is only generated if a participant scans his or her card at the beginning and end of the conference. Participants **are only allowed to scan their own card**. If the scanning of another card is recorded, the card is confiscated. After the conference the certificate is available at www.arstubiedriba.lv or lab.arstubiedriba.lv - section "My profile".

For more information contact the Education Project Department of the Latvian Medical Association, phone +371 67240428, or via e-mail konference@arstubiedriba.lv, as well as www.arstubiedriba.lv.

10 November

Seminar room 1

Dalila Beauty Conference

Organised by: International Association of Professional Eyelash and Eyebrow Masters

- 08.30–09.20 **Registration**
- 09.20–09.30 **Opening**
- 09.30–10.10 **Extremely durable eyelash extensions**
Lecturer: Anna Matusevich
- 10.10–10.50 **Overcoming fears, client and master allergy**
Lecturer: Aliya Almukhametova (Russia)
- 10.50–11.30 **Income minus expenses. From hobby to business**
Lecturer: Galina Kuts (Russia)
- 11.30–12.30 **Break**
- 12.30–13.10 **5 Beauty Trainer Mistakes**
Lecturer: Daria Pupkova (Russia)
- 13.10–13.50 **Delegating: common mistakes and how to avoid them**
Lecturer: Julia Karmanova (Russia)
- 13.50–14.30 **New ways to promote in Instagram**
Lecturer: Elena Kushch (Russia)
- 14.30–15.00 **Break**
- 15.00–16.00 **How to read a person in 5 minutes**
Lecturer: Diana Isajeva (Latvia)
- 16.00–16.40 **Secrets of M and L curvature**
Lecturer: Martina Kallos (Greece)
- 16.40–17.20 **Express volume technique**
Lecturer: Laura Kaminskiene (Lithuania)

Seminar room 3

Regional Aromatherapy Conference "Aroma Life. Beauty, Health, Wellbeing with Young Living"

Organised by: Aroma Life Latvia

- 09.00 Registration**
- 10.00–10.10 Conference Opening**
- 10.10–10.30 Young Living: An opportunity to make a quality change in your life.**
Lecturer: Dzintra Čeverē
- 10.30–11.30 Aroma Haematology: Effect of essential oils on blood quality.**
Lecturer: Aļona Zaporožčenko
- 11.30–11.45 Health Break**
- 11.45–12.00 Lottery**
- 12.00–12.40 Aroma Kinesiology: DNA restoration.**
Lecturer: Alina Erbieva (Moscow)
- 12.40–13.10 Aromatherapy: Effect of essential oils on spine health.**
Lecturer: Olga Vlasova
- 13.10–14.40 Lunch Break**
- 14.40–14.50 Lottery**
- 14.50–15.20 Aroma cosmetology: Effective use of essential oils in home-made cosmetics**
Lecturer: Astrīda Stanka
- 15.20–15.40 Aroma bath: Energy, youth and health with bath rituals.**
Lecturer: Ilona Gaile
- 15.40–15.55 Health break**
- 15.55–16.15 Aroma cuisine: Healthy sweets with essential oils.**
Lecturer: Anna Ašurkova
- 16.15–16.55 "Awakening of 10 bodies of consciousness" with a set of essential oils.**
Lecturer: Aļona Zaporožčenko
- 16.55–17.20 Love and share essential oils!**
Lecturer: Mira Urboniene (London)
- 17.20–18.20 Young Living essential oils and products exhibition.**

You can register and buy tickets here:

<https://tickets.paysera.com/en/event/konferencia-aroma-life-zdorove-krasota-izobilie>

Participation fee: EUR 20 (until 15 October)

EUR 25 (after 15 October)

EUR 30 – buying in the venue