

**CONFERENCE OF THE LATVIAN ASSOCIATION OF BEAUTICIANS AND COSMETOLOGISTS
(LKKA)
"NON-INVASIVE METHODS FOR BODY AESTHETICS AND HEALTH"**

Conference room No. 3
10 December 2021.

- 9.15–10.00 **Registration of participants**
- 10.00–10.10 **Opening of the Conference**
Renāte Reinsone, President of LKKA
Opening remarks:
Dr. Ināra Stepanova, conference moderator, LKKA board member, dermatologist, president of the Latvian Association of Medical Cosmetologists
- 10.10–10.30 **Physical Medicine for Body Aesthetics and Health**
Ilze Hāznere, physical and rehabilitation medicine physician at the Physical Medicine and Rehabilitation Center of P. Stradiņš Clinical University Hospital
- 10.35–10.55 **High Intensity Magnetic Fields for Body Modelling.**
Dr. Solveiga Aminjara, director of SIA "Stella-AB"
- 11.00–11.20 **How to maintain a maiden-like posture?**
Inese Svikliņa, physical and rehabilitation medicine physician at NRC "Vaivari"
- 11.25–11.45 **Physiotherapy options to improve body health and aesthetics**
Elīna Brūklene, physiotherapist, private physiotherapy practice
- 11.50–12.10 **Aesthetic enhancement of the consequences of invasive body correction and treatment methods by using the micropigmentation method**
Nadežda Deržnikele, leading specialist, Director of the Micropigmentation Center "PM Laboratory"
- 12.10–13.00 Break
- 13.00–13.20 **New active ingredients in cosmetic products for body care**
Terēze Beļkova, beautician, board member of SIA "GMT BEAUTY Trade"
- 13.25–13.45 **Nutrition strategies for metabolic correction**
Dr. Guna Havensone, physician-nutritionist
- 13.50–14.10 **Endocrine control of body weight**
Dr. Ilze Konrāde, associate professor, Head of Endocrinology Department at Riga East Clinical University Hospital (RAKUS)
- 14:15–14:55 **The feasibility of the use of psychodiagnostic methods in beauty care. Awareness of body health and beauty in representatives of different psychological types**
Diāna Isajeva, professional coach, behavioural and adaptation psychologist (Moscow Institute of Psychotherapy), owner of private beauty laboratory "Krasaton"
- 14.55–15.00 **Closing remarks**
Dr. Ināra Stepanova, conference moderator, LKKA board member, dermatologist, president of the Latvian Association of Medical Cosmetologists