

“Baltic Beauty 2020”
Conference of the Association of Beauticians and
Cosmetologists of Latvia
“Non-invasive techniques in body aesthetics and health”

6 November

- 09.30–10.00** **Arrival**
- 10.00–10.10** **Opening**
Welcome address by Renāte Reinsone, a president of the Association of Beauticians and Cosmetologists of Latvia (LKKA)
Moderator: Dr. Ināra Stepanova, dermatologist, president of Latvian Doctors-Cosmetologists' Association, member of the LKKA Board
- 10.10–10.30** **“Physical medicine for body aesthetics and health”**
Ilze Hāznere, PM&R physician, Physical Medicine and Rehabilitation Centre, P. Stradiņš Clinical University Hospital
- 10.35–11.15** **“Body shaping with high-intensity magnetic fields”**
Dr. Solveiga Aminjara, director, Stella-A.B.
- 11.20–11.40** **“How to maintain youthful posture?”**
Inese Svikliņa, PM&R physician, National Rehabilitation Centre “Vaivari”
- 11.45–12.05** **“Physical therapy to improve body health and aesthetics”**
Elīna Ločmele, physical therapist, physical therapist's practice
- 12.10–12.30** **“Mind, emotions, attitude in beautification of the body”**
- 12.30–13.00** **Coffee break**
- 13.00–13.20** **“Endocrine regulation of body weight”**
Ilze Konrāde, Assoc. Prof., head of the Department of Endocrinology, Riga East Clinical University Hospital
- 13.25–13.45** **“Nutritional strategies for metabolic correction”**
Dr. Guna Havensone, nutritionist
- 13.50–14.10** **“New active ingredients in body care cosmetics”**
Terēze Beļkova, beautician, member of the GMT BEAUTY Trade Board
- 14.15–14.35** **“Use of research-backed nutrients in modelling the body shape”**
Antra Briede, internist, FIZIO centre, Pīramīda clinic
- 14.40–15.00** **“A new direction in psychology: Fashion Psychology”**
Jelena Kupate, psychologist
- 15.00** **Closing remarks by Dr. Ināra Stepanova**