



# Baltic Beauty 2017

**"BALTIC BEAUTY 2017"**  
**13<sup>th</sup> International Beauty Industry Trade Fair**  
**THE WORLD OF BEAUTIFUL FACE AND BODY**

## SEMINARS, CONFERENCES

**November 3**

### ***Conference***

*Conference room No. 3*

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

#### **"A multi-disciplinary approach to anti-age therapy in cosmetology"**

Arranged by: The Latvian Association of Cosmeticians and Cosmetologists, CIDESCO Section Latvia

- 09.00–10.00** Registration
- 10.00–10.20** Conference opening
- 10.20–11.00** **Ageing as a consequence of disruptive cell metabolism. The importance of diet in the correction of the ageing process.**  
Speaker: Antra Briede M. D., specialist of orthomolecular medicine.
- 11.00–11.20** **The effects of change in posture on a person's appearance and possible solutions.**  
Speaker: Kristīne Brauna, certified physiotherapist, Orto Clinic
- 11.20–11.40** **The use of chemical peels in effective anti-age therapy.**  
Speaker: Dr. Ekaterina Nichunayeva, certified cosmetologist, director of the company Evropejskij standart kosmetologii, WDR chemical peel trainer (Ukraine).
- 11.40–12.10** **Anti-age thalassotherapy for sensitive skin.**  
Speaker: Arta Bagdonaite, certified cosmetologist, teacher at the Art of Beauty Cosmetics School (Lithuania).
- 12.10–12.30** **Coffee break**
- 12.30–13.00** **Skin quality from the viewpoint of a specialist and client – factors that influence it. Juvederm Volite – an innovation in the improvement of skin quality.**  
Speaker: Dr. Margarita Rebrova, doctor of aesthetic medicine, ophthalmologist (Estonia).

**13.00–14.00** Combined programmes in the correction of aesthetic looks. From classic to newest technologies. How does it work in practice?  
Speaker: Dr. Yevgeny Shagov (Ukraine).

### ***Seminar***

*Conference room No. 4*

**16.00–17.00** HIFU Finesse high-frequency ultrasound SMAS lifting – an effective regenerating methodology.

## **November 4**

### ***Seminars***

*Conference room No. 4*

**15.30–18.30** Innovations for doctors of aesthetic medicine and revolutionary changes in the cosmetics of the CHRISTINA brand  
Speaker: Marina Lekomtseva (Latvia)  
Organiser: SIA TOP Cosmetics

### ***Conference***

*Conference room No. 1*

### **1<sup>st</sup> Baltic Make-up Conference**

#### **“From the classics to art”**

Organiser: Baltic Association of Professional Image-Makers

**10.00–10.30** Registration

**10.30–13.00** Correct choice of modern decorative cosmetics and their use in commercial make-up and stage make-up. Creating the foundation of perfect make-up” (practical demonstration on models)  
Speaker: Natalya Naida (Ukraine)

**13.00–13.30** The variety and use of props in a stylist’s work (presentation and demonstration on models)  
Speaker: Ludmila Ševčika (Latvia)

**14.00–14.30** Coffee break

**14.30–17.30** Modern commercial make-up with the transformation into creative make-up (demonstration on models)  
Speaker: Denis Kartashev (Russia)

Ticket prices after 20 October – 40 EUR

Register and buy tickets by calling +371 29131362 / 22132103

## **Conference**

*Conference room No. 3*

**Interdisciplinary conference of the Latvian Medical Association**

**"The effect of your environment and diet on your health and skin condition"**

Organiser: Latvian Medical Association

**08.30–09.00 Registration**

**09.00–09.40 Diet and homeostasis of the body – health**

Speaker: Guna Havensone, doctor, dietary specialist

**09.40–10.20 News on diagnostics of allergies**

Speaker: Signe Puriņa, allergist

**10.20–11.00 The newest methods in treating acne**

Speaker: Tatjana Ļiņova, dermatologist, venereologist

**11.00–11.30 Coffee break**

**11.30–12.10 Digesting, microbiota, skin**

Speaker: Prof. Mārcis Leja, gastroenterologist

**12.10–12.50 Illnesses associated with gluten intolerance and their effect on the skin**

Speaker: Vita Skuja, internist

**12.50–13.30 The importance of probiotics in your daily diet**

Speaker: Andis Brēmanis, dietitian

**13.30–14.00 Coffee break**

**14.00–14.40 A nutritious diet for healthy skin**

Speaker: Guna Rijkure, dietary specialist

**14.40–15.20 The effect of your environment on your health and skin condition**

Speaker: Ivars Vanadziņš, occupational physician

**15.20–16.00 Local therapy and systematic immunomodulation, the newest discoveries, practical recommendations for treatment of red face, rosacea**

Speaker: Linda Kapteine, dermatologist, venereologist

**There may be slight changes in the conference programme.**

In accordance with regulation No. 943 issued by the Cabinet of Ministers "Procedures for the Certification of Medical Practitioners" medical practitioners receive **12 further 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 8 **(shall be specified) further education points**.

**CERTIFICATES for conference attendance are available in your personal [lab.arstubiedriba.lv](http://lab.arstubiedriba.lv) profiles!**

Registration for the conference takes place electronically on the website of the Latvian Medical Association [www.arstubiedriba.lv](http://www.arstubiedriba.lv), under the section "Konferences", or, if you copy the address of the LMA course system [lab.arstubiedriba.lv](http://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.

19.10 - 3.11 – 25 EUR for individual members of LMA, residents, students, physician assistants, functional specialists, nurses; 40 EUR for others;  
from 4.11 – 35 EUR for individual members of LMA, residents, students, physician assistants, functional specialists, nurses; 50 EUR for others

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.

For more information contact the Education Project Department of the Latvian Medical Association, phone +371 67240428, or via e-mail [konference@arstubiedriba.lv](mailto:konference@arstubiedriba.lv), as well as [www.arstubiedriba.lv](http://www.arstubiedriba.lv).

November 5

*Conference*

*Conference room No. 1*

### **Baltic Beauty Lash and Brow Conference**

Organiser: International Association of Professional Eyelash and Eyebrow Masters

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| <b>9.30–10.00</b>  | <b>Registration</b>  |
| <b>10.00–10.30</b> | <b>How to become a master-trainer</b><br>Speaker: Laura Kaminskiene  |
| <b>10.40–11.10</b> | <b>Customers' beautiful eyes or basic rules in the sight modelling</b><br>Speaker: Alena Stakhovich  |
| <b>11.15–11.45</b> | <b>Salon coloured eyelash extension</b><br>Speaker: Yevgeniya Faber  |
| <b>11.45–12.40</b> | <b>Lunch break</b>   |
| <b>12.40–13.20</b> | <b>3 secret effects that will give a new life to your look and increase the time of extended eyelashes wearing</b><br>Speaker: Daria Pupkova |
| <b>13.20–14.00</b> | <b>Nature of the ideal eyebrows</b><br>Speaker: Maria Spitsyna   |
| <b>14.00–14.55</b> | <b>Coffee break</b>  |
| <b>14.55–15.45</b> | <b>How to shape eyebrows. Everything you need to know about eyebrows</b><br>Speaker: Longina Kolesnikova                                     |
| <b>15.45–16.15</b> | <b>The right way to do eyelash correction: considering pros and cons</b><br>Speaker: Lana Slatina  |
| <b>16.15–16.45</b> | <b>Lash Championship preparation – the winning strategy</b><br>Speaker: Kasia Szlagowska   |

Conference ticket price – 280 EUR

*Conference room No. 3*

### **Baltic Spa Conference**

#### **“Complementary therapy in the beauty industry. Possibilities, methods, results”**

Organisers: Latvian Spa & Wellness Federation, Massage Technology School Spa School (Latvia)

- 9.30–10.00 Registration**
- 10.00–10.10 Conference opening**
- 10.10–11.00 Possibilities of implementing pulse diagnostics in the SPA industry**  
Speaker: Sergejs Ivanovs-Galviņš, president of the Latvian Professional Yoga Federation, member of the World Professional SPA Masters Federation, board member of the EFS centre, yoga therapist, SPA specialist.
- 11.00–11.40 Ayurveda – nuances of ancient wisdom and its modern use.**  
Speaker: Roberts Grīslis, Ayurveda specialist, teacher of Ayurveda and other spiritual practices, Brahmin, member of the European Ayurveda Association.
- 11.40–12.20 Women’s health in the aspect of yoga therapy**  
Speaker: Tatjana Kalviša, psychologist-consultant, hatha yoga teacher, the author of several programmes on rejuvenating feminine health.
- 12.20–13.00 The use of aroma oil therapy in professional cosmetics**  
Speakers: Romāns Vēveris, Karīna Kravcova, representatives of the professional brand DECLEOR in the Baltics.
- 13.00–14.00 Break**
- 14.00–14.40 Facial chiromassage – a chance to maintain youthfulness and beautiful skin**  
Speaker: Margarita Starodubceva, head teacher and chairwoman of Magistra – School of Massage Technology, Spa and Wellness (Russia)
- 14.40–15.20 Sculpting massage: a figure correction programme**  
Speaker: Kristina Lahe-Vader, head teacher of the Lahe Tevis Learning Centre (Estonia)
- 15.20–16.00 SPA classic with wellness instrumental massage methods. SPA massage author methodologies with metal needle applicators and massage tools.**  
Speakers: Sergey Kapralov, assistant professor, general director of Kapralov Centre (Ukraine), Irina Galdecka, teacher at Kapralov Centre (Ukraine)

### **Workshops**

*Conference room No. 4*

- 11.30–12.30 Female essential oils: transformation of blocks**  
This author's workshop is based on olfactory therapy.  
Participants also get information on the main principles of olfactory therapy and work with essential oils, breathing techniques of olfactory meditation.

Olfactory therapy or psychoenergetic therapy uses smells and vibrations of aromatic oils in combination with respiratory exercises, mental visualisation, meditation for work with the actual psychological state of a patient, traumas of the past that intrude in the real life of the patient, as well as for effective work with different psychological problems. Methods of olfactory therapy enable everybody to get to know themselves as deeply as possible.

Olfactory therapy is aimed at work with the unconsciousness of a person with the purpose to involve inner mechanisms, correcting activities of daily living and strengthening protection from the destructive tendencies of the outside world. Olfactory therapy allows one to work out blockages at the psycho-emotional level and to transform them, enabling the person to open their emotional potential.

We will do several exercises to determine our blockages and will open the world of olfactory therapy and five essential female oils, and then participants will be able to choose one of the oils for themselves for the final olfactory meditation.

Conducted by: Anna Maria, olfactory-therapist, aromatologist of the French School of Integrative Aromatherapy (Paris), teacher, coach and consultant. Certificated facilitator of Transformation Game®, consultant on aroma-psychology and aroma-diagnostics, certificated teacher and trainer on interpersonal communication at Karpman Process Model® (Transactional Analysis), Process Communication Model®, reiki teacher at the French Academy of Traditional Reiki, a master of body-orientated and manual therapy, nutrition intervention.

**13.00–16.00 Golden Trace pedicure. Space Fingers manicure**

Face, body and hair care range to use at home.

Conducted by: Yulia Chernova (Russia)