



UNIVERSITY OF
LATVIA



P. Stradins
Medical College of the
University of Latvia



LATVIJAS SKAISTUMKOPŠANAS SPECIĀLISTU
ASOCIĀCIJA



LATVIJAS FIZIKĀLĀS MEDICĪNAS ASOCIĀCIJA



LATVIJAS MASĪTERU ASOCIĀCIJA

THE 9th INTERNATIONAL SCIENTIFIC CONFERENCE
**HEALTH.
PLEASANT SENSATION.
PRACTICE.**

April 2, 2026
P. STRADINS MEDICAL COLLEGE
OF THE UNIVERSITY OF LATVIA

PROGRAM

**VENUE: P. Stradins Medical College of the University of Latvia,
Vidus prospekts 38, Bulduri, Jūrmala**

9.00 – 10.00 **REGISTRATION** (Building 1, 1st floor hall)

1st PART OF THE CONFERENCE

10.00 – 10.10 **OPENING OF THE CONFERENCE** (Building 1, 1st floor hall)

10.10 – 10.30 **Zane Prikule Rūsiņa**

Dermatologist, Azaryan Medical Clinic Member of the Latvian and European Association of Dermatovenereologists, Latvia

PRESENTATION: The potential of exosomes in aesthetic medicine: an evidence-based approach

10.30 – 10.50 **Alena Soha**

Dermatologist, Aesthetic Medicine Specialist, ONDA Coolwaves Technology Expert, Latvia

PRESENTATION: Next-Generation Microwave Technology for Non-Invasive Facial and Body Skin Correction – ONDA Coolwaves

10.50 – 11.10 **Rūta Grunte**

Certified Beauty Specialist in Cosmetology, Latvia

PRESENTATION: Maderotherapy in beauty care and improving human well-being

11.10 – 11.30 **Janīna Vasiljeva**

Cosmetologist, SPA and Aromatherapy specialist and trainer, Latvia

PRESENTATION: Sculpting buccal facial massage

11.30 – 11.50 **Kristīne Pētersone**

Cryotherapy specialist, Head of the KRIO Center with over 15 years of experience in applying cryotherapy methods in aesthetic cosmetology and sports rehabilitation, Latvia

PRESENTATION: Cryostimulation procedures in practice: short-term and long-term effects of cold on skin, tissues, and patient well-being

11.50 – 12.10 **Ludmila Stavro – Feiberga**

Cosmetologist, Clinic "Panacea Premium" manager, KRX aesthetics company representative, Latvia

PRESENTATION: Korean Green Sea Peel

12.10 – 12.30 **Terēze Belkova**

Cosmetologist, leading trainer of GMT BEAUTY brand, Latvia

PRESENTATION: The importance of seasonal skin care in developing professional skin care protocols: clinical, physiological, and environmental factors

12.30 – 14.00 **COFFEE BREAK** (Building 1, Room 206)

MASTERCLASSES FOR BEAUTY PROFESSIONALS (COSMETOLOGY)/ BEAUTICIANS(Building 1, 1st floor hall)**14.00 – 16.00 I – MASTERCLASS FOR BEAUTY PROFESSIONALS (COSMETOLOGY)/ BEAUTICIANS****Ludmila Stavro - Freiberga***Cosmetologist, Clinic "Panacea Premium" manager, KRX aesthetics company representative, Latvia*

MASTERCLASS: Vidējais pīlings ar 3 miljons adatām, kuru var veikt visa gada garumā

II – MASTERCLASS FOR BEAUTY PROFESSIONALS (COSMETOLOGY)/ BEAUTICIANS**Lina Pilkauskiene***Body and facial care device trainer in the Baltic States, with more than 16 years of professional experience in aesthetic cosmetology and device-based procedures, Lithuania***Irina Sapiego***Owner of a beauty equipment company (UAB "Grozio gidas"), distributor of European-manufactured aesthetic equipment in the Baltic States (Italy, Spain, Germany), Lithuania*

MASTERCLASS: Application of High-Intensity Pulsed Light (IPL) in Aesthetic Cosmetology: Theory and Practice

III – MASTERCLASS FOR BEAUTY PROFESSIONALS (COSMETOLOGY)/ BEAUTICIANS**Kristīne Pētersone***Cryotherapy specialist, Head of the KRIO Center with over 15 years of experience in applying cryotherapy methods in aesthetic cosmetology and sports rehabilitation, Latvia*

MASTERCLASS: Cryosimulation practical demonstration in body volume correction, reduction of edema, inflammation, and pain

MASTERCLASSES FOR MASSAGE THERAPISTS

(Building 6, Room 305)

14.00 – 16.00 I – MASTERCLASS FOR MASSAGE THERAPISTS**Oksana Smirnova***Masseuse, winner of the 4th Massage Championship of the Nordic Countries, Latvia*

MASTERCLASS: Classical and deep tissue massage combined with cupping. Elements of Tibetan massage with fire

II – MASTERCLASS FOR MASSAGE THERAPISTS**Janīna Vasiļjeva***Cosmetologist, SPA and Aromatherapy specialist and trainer, Latvia*

MASTERCLASS: Sculpting buccal facial massage

III – MASTERCLASS FOR MASSAGE THERAPISTS**Rūta Grunte***Certified Beauty Specialist in Cosmetology, Latvia*

MASTERCLASS: Maderotherapy for body contouring

16.00 – 16.30 CONFERENCE CLOSING. ISSUE OF CERTIFICATESCONFERENCE IS
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