

THE 8th INTERNATIONAL SCIENTIFIC CONFERENCE  
**HEALTH.  
PLEASANT SENSATION.  
PRACTICE.**

April 3, 2025  
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 – 1. floor hall)

### 1<sup>st</sup> PART OF THE CONFERENCE

**10.00 – 10.15**     **OPENING OF THE CONFERENCE** (Building 1 – 1. floor hall)

**10.15 – 10.35**     **Inese Kokare**

*Doctor – Certified Acupuncturist, Doctor of Physical and Rehabilitation Medicine, Certified Algologist, Lecturer at Riga Stradiņš University, Latvia*

PRESENTATION: Needle therapy

**10.35 – 10.55**     **Kristina Bružē**

*Practicing physiotherapist, therapeutic massage specialist, and somatic movement educator, Lietuva*

PRESENTATION: The importance of diaphragmatic breathing for beauty and health

**10.55 – 11.15**     **Gabriela Kronberga–Pitura**

*Resident physician in dermatology and venerology, Latvia*

PRESENTATION: Innovative solutions for shockwave therapy in aesthetic medicine

**11.15 – 11.35**     **Gīta Rēriha**

*Cosmetologist, Carelika professional - cosmetology methodologist, Latvia*

PRESENTATION: Carboxytherapy with succinic acid technology: a new standard in skin care

**11.35 – 13.00**     **COFFEE BREAK**

**13.00 – 13.20**     **Kristīne Jākobsons**

*Bc.sc.sal., Certified beautician, Latvia*

PRESENTATION: Types of exosomes and applications in aesthetic cosmetology

**13.20 – 13.40**     **Anastasija Anikina–Lomunova**

*Higher education in health care, nurse with specialisation, certified trainer of aesthetic medical technologies, representative of Baltic Lasers (Estonia): Termosalud (Zionic), Endospheres, Viora, Latvia*

PRESENTATION: Compressive microvibration and EMS: the benefits of a combined approach to balance health and beauty

**13.40 – 14.00**     **Ieva Zvīgule**

*Doctor of Sports Science, certified physiotherapist, Latvia*

PRESENTATION: Physical activity for health and beauty harmony: current trends, recommendations and their impact on the body

**14.00 – 14.20**     **Baiba Garance**

*Master's degree in Business Administration, Personal Growth Coach, Resource Coach, Business Coach, NLP Consultant, Entrepreneur, Mentor, Latvia*

PRESENTATION: Does beauty and health always = happiness? A balance between need, want and enjoy

**14.20 – 15.00**     **COFFEE BREAK** (Building 1, Room 206)

**MASTERCLASSES FOR BEAUTY PROFESSIONALS (COSMETOLOGY)/ BEAUTICIANS**

(Building 1, hall)

15.00 – 18.00 **I – MASTERCLASS FOR BEAUTY PROFESSIONALS (COSMETOLOGY)/ BEAUTICIANS**

***Terēze Beļkova***

*Cosmetologist, leading trainer of GMT BEAUTY brand, Latvia*

MASTERCLASS: Innovative solutions in ACNE THERAPY

**II – MASTERCLASS FOR BEAUTY PROFESSIONALS (COSMETOLOGY)/ BEAUTICIANS**

***Anastasija Anikina-Lomunova***

*Higher education in health care, nurse with specialisation, certified trainer of aesthetic medical technologies, representative of Baltic Lasers (Estonia): Termosalud (Zionic), Endospheres, Viora, Latvia*

MASTERCLASS: Compressive microvibration and EMS: practical solutions for a balance of health and beauty

**III – MASTERCLASS FOR BEAUTY PROFESSIONALS (COSMETOLOGY)/ BEAUTICIANS**

***Gabriela Kronberga-Pitura***

*Resident physician in dermatology and venerology, Latvia*

MASTERCLASS: Innovative solutions for shock wave therapy in aesthetic medicine. An effective method of body reshaping

**MASTERCLASSES FOR MASSAGE THERAPISTS**

(Building 6, Room 305)

15.00 – 18.00 **I – MASTERCLASS FOR MASSAGE THERAPISTS**

***Kristina Bružė***

*Practicing physiotherapist, therapeutic massage specialist, and somatic movement educator, Lietuva*

MASTERCLASS: The importance of posture. Tech neck when it's just a beauty problem and when it's a health problem

**II – MASTERCLASS FOR MASSAGE THERAPISTS**

***Jūlija Puncule***

*Specialist in body care treatments, nutritionist, masseuse, Latvia*

MASTERCLASS: Body correction

**III – MASTERCLASS FOR MASSAGE THERAPISTS**

***Terēze Beļkova***

*Cosmetologist, leading trainer of GMT BEAUTY brand, Latvia*

MASTERCLASS: A holistic approach to the choice of methods and tools used in massage practice

**18.00 – 18.30 CONFERENCE CLOSING. ISSUE OF CERTIFICATES**