



INTERNATIONAL COLLEGE
OF COSMETOLOGY

BOOK OF ABSTRACTS

6th International Scientific
Conference: Science of Sustainable
Living in Healthcare

and

5th International Scientific
Conference: Innovations In
Gerontology, How To Age Harmoniously

Scientific Editor: Ph. D.med., Līga Balode

Editor: MBA, Mudasir Arafat

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Modern society faces challenges. A sustainable environment and health care are two important spheres that not only interact with each other but also create the basis for quality of life and future possibilities. This conference brought together like-minded people from various industries to discuss and share the latest research and practices related to sustainable environments and healthcare.

A sustainable environment plays a central role in addressing global challenges such as climate change, resource depletion, and environmental pollution. However, for this sustainable development to be truly effective, it is also important to consider human health and care aspects. A healthy person is the foundation of society, and sustainable healthcare includes not only disease treatment, but also prevention and lifestyle changes that promote people's health and well-being.

At this conference, we looked for solutions where the fields of sustainable environment and healthcare converged. By combining environmentally friendly technologies, socially responsible business, and innovative medical practices, we can create a society where people live not only longer but also with better quality. Conference participants will share their experiences and ideas, looking for ways to promote sustainable living and improve health, ensuring balanced development for the benefit of our world.



*Director of International
College of Cosmetology
Inguna Kalke*

“
*A sustainable environment is not only where we live but also our legacy for future generations.
A person who understands his place in this vast ecosystem not only adapts to nature but also
actively contributes to its well-being. Sustainability is not simply a choice but a responsibility
towards the world we live in. We inherit and share it with others and future generations of
people.*

”

ICC RIGA

6th International Scientific
Conference

10th May 2023

BOOK OF ABSTRACTS

ONLINE:

**Science of
Sustainable
Living in
Healthcare**

Author: MBA, Mudassir Arafat, International College of Cosmetology (Latvia)

Topic: Benefits of Topical Hyaluronic Acid for Skin Quality and Signs of Skin Aging

Abstract

This article presents the study of the natural acid produced by the body that is a gooey, slippery substance it is produced throughout the body, especially in eyes, joints, and skin, and is known as Hyaluronic Acid. This article takes a deeper dive to investigate how effective, safe, and beneficial hyaluronic acid is for the skin when applied or taken externally, what effects can it create for the skin, what skin types can be treated, and how long one needs to use it to see the effects. It has been observed from the literature that Hyaluronic acid is safe to use and has various substitutes as well further it helps in making the skin look hydrated and fresh and reduces the process of skin aging.

The research concludes the pattern that hyaluronic acid helps in many ways and can be used in the form of drugs and oral applications.



There is however, a significant number of people who are not aware of the use and benefits of hyaluronic acid and the study can be used as a source of information for anyone looking forward to starting to use Hyaluronic Acid for their skin problems.

Author: Kinga Kołodziejska, Student at Akademia Mazowiecka (Poland)

Topic: A legal problem in patients with rosacea..



Abstract

Acne rosacea is a chronic, inflammatory disease of the facial skin. It primarily covers the central part of the face, where erythema and telangiectasia appear (i.e., dilated blood vessels), followed by papules and pustules. Multifactorial etiopathogenesis of the disease and the impact it has not only on the condition of the skin but also on the mental health of patients pose a serious therapeutic challenge. The assumption of the work is to emphasize the importance of psychotherapy in the fight against the disease. For patients with rosacea, a multidisciplinary, holistic approach to a person affected by dermatosis. The combination of different forms of combat with disease gives promising results in both the visual and mental spheres.

WEDNESDAY, 10 MAY 2023

Author: Ph.Oec., Liga Brunina, International College of Cosmetology (Latvia)

Topic: Exploring the Benefits of Replacing Synthetic Ingredients with Naturally Derived Polymers and Antimicrobial Agents in Cosmetic Formulations for Enhanced Skin Protection

Abstract

The thesis aims to investigate the advantages of incorporating naturally derived polymers and antimicrobial agents in cosmetic formulations to improve skin protection. The use of synthetic ingredients in cosmetics has been a concern due to their potential adverse effects on the skin and the environment. As such, the thesis proposes the replacement of these synthetic ingredients with natural alternatives, such as polymers derived from sugars and antimicrobial agents, to enhance skin protection.



Through an extensive review of existing literature and experimental data, the thesis explores the benefits of these natural ingredients in cosmetic formulations. Specifically, the thesis highlights the anti-inflammatory, moisturizing, and microbiome-modulating properties of these ingredients, which can improve skin barrier function and minimize the risk of skin infections.

By emphasizing the advantages of using natural ingredients in cosmetic formulations, this thesis seeks to promote the development of safer and more effective cosmetic products that can protect the skin from environmental stressors and promote healthy skin function.

*Riga
Latvia*



WEDNESDAY, 10 MAY 2023

Author: Natalia Grzebisz-Zatońska, Pani (Poland)

Topic: Effect of Seasonal Variation during Annual Cyclist Training on Somatic Function, White Blood Cells Composition, Immunological System and Selected Hormones

Abstract

Stress management is a principal factor in maintaining quality of life and protecting health. In addition to the mental sphere, stress has a significant impact on the health and exercise capacity of professional athletes. The aim of this study was to evaluate hormonal, and immunological changes during the macrocycle of cyclists.



(9 well-trained men, age 25.6 ± 5.2 years and body weight 72.4 ± 7.35 kg). During the training macrocycle, four exercise control tests were carried out, and biochemical markers were measured in the laboratory. Seasonal training changes did not significantly disturb resting somatic and functional parameters, physical capacity (VO₂ max), body weight, the number of leukocytes, and selected hormones. The secretory system of the organism did not respond significantly to the exercise stress in the training process, even with the increasing share of anaerobic processes in the subsequent periods of the macrocycle. Future research would be complemented by the assessment of stress and postexercise changes in the cyclists' macrocycle and expanding the research group to other athletes, including women.

*Riga
Latvia*



Author: Vitalija Gerikienė & Eslanda Mockevičienė, Šiauliai State University & Klaipėda State University of Applied Sciences (Lithuania)

Topic: Quality of Beauty Services & Satisfaction, Trust and Behavior of the Customer

Abstract

The aim of the research is to analyze the quality of beauty services and the satisfaction, trust, and behavior of customers. The results show Communication with customers, high competence and polite behavior are the biggest advantages in the field of beauty services these days. Customers like to be relevant and feel connected by communicating in a variety of ways. The location of beauty services is very important and customers increasingly pay attention to the environment in which the beautician works. The price list and social networks also influence the opinion of customers when choosing a beauty salon or service. The appearance of a beauty service provider is one of the most important factors attracting the attention of customers when choosing a beautician.



Author: Weronika Kłosińska, Masovian Academy in Płock (Poland)

Topic: Problems and cosmologic treatment in atopic dermatitis

Abstract

The reason for writing my thesis was to show methods supporting the treatment of atopic dermatitis in a cosmetology office. At work, I tried to show treatments and treatments that will improve the well-being and appearance of the client

and will not worsen his skin condition. The research was carried out on 120 people struggling with the problem of atopic dermatitis, on the face skin area. Treatments such as needle-free mesotherapy, oxygen infusion, and phototherapy were performed and substances such as niacinamide, shea butter, ceramides, allantoin, and hyaluronic acid were used. The results of the above actions were hydration, revitalization, and improvement of skin tone, reduction of discolorations. The above substances play a very important role in the skin with atopic dermatitis. These are mainly substances with a soothing effect. Substances that could induce severe conditions of atopic dermatitis, such as microneedle mesotherapy and salicylic acid, were not used. The patient felt an improvement in the condition of the skin and an improvement in mental state.

WEDNESDAY, 10 MAY 2023

Author: Dr.Ramya Vijayakumar, Universiti Geomatika (Malaysia)

Topic: Utilization of underutilized red pitaya peel extract for the development of anti-aging nano emulsion.



Abstract

With the modernization of the cosmetic industries in recent times, not only the health and safety features of the active substances incorporated in their skincare are being primary concerns to the consumers, but other details regarding to their origin, ethical value, processing techniques, potency, and environmental footprint are also given great attention. Consequently, the popularity of plant-derived active ingredients with appropriately assessed bioactivities is experiencing a positive shift as dermatologists are adopting multiple strategies for the innovation of plant-active-based neoteric formulations. However, a major proportion of activities utilized in the preparation of cosmetic products, especially anti-aging skincare are being acquired from synthetic sources

which lead to multiple skin disorders and severe health complications. This situation demands a natural source of plant-derived anti-aging active that is both efficacious and poses minimal to no risk of adverse reactions on the human skin. Thus, this present study will be focusing on evaluating the potentialities of the peels of the red pitaya fruits to act as an effective ingredient in the topical anti-aging formulation.

Author: Dr. Leszek Zakrzewski, University of Business & Management in Ciechanów (Poland)

Topic: Carboxytherapy treatments in cosmetology



Carboxytherapy – therapeutically applied carbon dioxide injections have been used in balneotherapy since 1932, thanks to the balneotherapists from the French Royat Spa. Since then, the number of publications dealing with carboxytherapy has been increasing every year, advocating the great effects of this therapeutic modality. In balneotherapy, the said “gas injections” are applied predominantly to treat joint problems and impaired blood circulation in the lower extremities (ischemic disease) and in the skin of diabetic patients, but also in some patients with systemic vascular diseases and diseases of the heart (bradycardia, low blood pressure).

WEDNESDAY, 10 MAY 2023

Author: Agata Wiśniewska, Masovian Academy in Plock (Poland)

Topic: Androgenic alopecia in women from the point of view of cosmetology.

Abstract

Androgenic alopecia is one of the most common forms of alopecia in women – it mostly affects 20–60% of women before the age of 60 and in the postmenopausal period when the amount of estrogen in the body decreases. Hair loss may be a symptom of a skin disease or other internal disease. Therefore, people should be made aware of the importance of medical diagnosis, pharmacological or dermatological treatment. In order to eliminate



androgenic alopecia, various methods are used: invasive, pharmacological, and cosmetic procedures, which can be divided into more or less complex ones.



Androgenic alopecia is a chronic genetically conditioned disease that leads to non-scarring alopecia caused by the miniaturization of hair follicles. Both topical and general preparations should be used for the treatment of alopecia.

Of great importance in the treatment of androgenic alopecia are trichological treatments performed on the scalp, which stimulate blood circulation, contribute to better nutrition and blood circulation of hair follicles, and support regeneration processes.

Modern methods in trichology and cosmetology, such as carboxytherapy or needle mesotherapy, can stop hair loss and in some cases reverse it. The most effective method of treatment of androgenic alopecia is combined therapy. Numerous studies and observations have also shown that there is a link between androgenic alopecia in women and the impact on their self-esteem and overall well-being



WEDNESDAY, 10 MAY 2023

Author: Dita Bērziņa , International College of Cosmetology (Latvia)

Topic: Sustainable massage practices.

Abstract

Sustainability has become a crucial consideration in various domains, including businesses, lifestyles, and work practices. When it comes to the practices of being a masseur, focusing on environmental, economic, and social sustainability, can have numerous benefits. Here is a breakdown of each aspect:

Environmental Sustainability: By adopting environmentally friendly practices, masseurs can minimize their impact on the environment.



This can involve using natural and organic products that are free from harmful chemicals, reducing water and energy consumption, and implementing recycling and waste management systems.

Additionally, choosing sustainable materials for equipment, such as massage tables and linens, can further contribute to environmental sustainability.

Economic sustainability: Masseurs can ensure economic sustainability by maintaining a viable and profitable practice. This involves setting fair prices for services that reflect the value provided while considering the local market. Implementing efficient business practices and managing resources effectively can help minimize costs and maximize revenue. Additionally, investing in ongoing professional development and staying up-to-date with industry trends can help maintain a competitive edge and secure long-term success.

Social sustainability: involves considering the well-being, and impact on individuals and communities. Masseurs can strive to create a safe and inclusive environment for their clients, respecting their privacy, & diversity. It is essential to prioritize the health and safety of clients by maintaining cleanliness and adhering to professional standards & ethics. Additionally, providing opportunities for skill development & fair employment practices can contribute to social sustainability within the masseur practice.



WEDNESDAY, 10 MAY 2023

Author: Kristine Petersone, International College of Cosmetology (Latvia)

Topic: Difference between water immersion & whole-body cryotherapy. Conclusions on effects from studies and practical experiences.

Abstract

This was a presentation made by Kristine Petersone for the research work done by The authors: Andrej T. Klimeki, Anna Lubkowska, Zibgniew Szygula, Barbara Fraczek, Monika Chudecka

Title of Article: The Influence Of Single Whole Body Cryostimulation Treatment On The Dynamics And The Level Of Maximal Anaerobic Power DOI 10.2478/s13382-011-0017-z



For many years in sports medicine, different type of coldness has been used as an activator for recovery processes after injuries and training.

One of the quite popular and often discussed cold procedures for speeding up recovery is whole-body cryotherapy. The aim is to measure the influence of a single whole-body cryo-stimulation treatment on the dynamics and the level of maximal anaerobic power. The objective of this work was to determine the dynamics of maximal anaerobic power (MAP) of the lower limbs, following a single whole-body cryo stimulation treatment (WBC), in relation to the temperature of thigh muscles.

Methods: The subjects included 15 men and 15 women with an average age (\pm SD) of 21.6 ± 1.2 years. To evaluate the level of anaerobic power, the Wingate test was applied. The subjects were submitted to 6 WBC treatments at -130°C once a day. A single whole-body cryostimulation may have a minor influence on short-term physical performance of supramaximal intensity, but it leads to improvement of velocity during the start as evidenced by the shorter time required to obtain maximal anaerobic power.



WEDNESDAY, 10 MAY 2023

Author: Ph. D. biol., Uldis Berzins, lecturer at International College of Cosmetology (Latvia) and also the Head of the BIOCHIP

*SCIENTIFIC LABORATORY in Riga (Latvia)
Topic: Evidence-based cosmetics.*

Toxicological evaluation of chemicals and cosmetics on a microfluidic chip.

Abstract

Cosmetics may have some benefits in terms of promoting skin and even whole-body regeneration, acting against aging, and improving one's appearance, but they should not be considered a replacement for a healthy lifestyle or medical treatments for any underlying health conditions. It is not stipulated in any EU document that cosmetics can get deeper into the skin



However, it does not make any claims about the depth at which cosmetics can penetrate the skin. It is important to note that the efficacy and safety claims

of cosmetic products should be supported by scientific evidence and comply with the applicable regulations. To justify any specific cosmetic effect, such as anti-aging, cosmetic manufacturers need to provide adequate evidence of the product's efficacy. Overall, the use of evidence-based cosmetics and microfluidic chip technology in toxicological evaluation is an important step in ensuring the safety and effectiveness of cosmetic products. There are various methods that can be used to evaluate the anti-aging effects of cosmetic products. Here are some commonly used methods: Skin hydration, Skin roughness and wrinkle measurements, Skin tone and pigmentation measurements, Collagen and elastin measurements.



WEDNESDAY, 10 MAY 2023

Author: Weronika Górzyńska, Student at Akademia Mazowiecka w Płocku (Poland)

Topic: Active substances in the care of acne skin.

Abstract

Acne vulgaris is the most common dermatological disease nowadays. This dermatosis is characterized by a wide variety of clinical forms, numerous skin eruptions, a chronic course, and difficult, long-term treatment. Acne vulgaris is both a major medical and psychological problem for a person suffering from this condition. Acne vulgaris is one of the most common dermatological diseases. Research shows that over 90% of the population between the ages of 11 and 30 experiences ailments related to this dermatosis.



Author: Dr. Danielle Gamboa, Practicing Physician in Farmersville Texas (U.S.A)

Topic: Vegetarianism Explained.

Abstract

This is a presentation from the BOOK Vegetarianism Explained by Author Dr. Natasha Campbell-McBride Vegetarianism Explained was presented by Dr. Danielle Gamboa, the book is a rational, science-based, common-sense explanation of how our bodies use food, that will allow all of us – healthy people, sick people, parents raising children to understand the role of our food choices, what different foods do in our bodies and what our bodies need. The current diatribe against animal agriculture and meat consumption needs to tangle with a formidable foe: the human gut.

*Riga
Latvia*



ICC RIGA

5th INTERNATIONAL SCIENTIFIC
CONFERENCE

ONLINE:

**INNOVATIONS IN GERONTOLOGY,
HOW TO AGE HARMONIOUSLY**

9th June 2022



**BOOK OF
ABSTRACTS**

**International
Scientific
Conference**

WEDNESDAY, 09 JUNE 2022

Author: Kamilė Nakrošytė & Vasiliki Galiatsatou , SMK University Lithuania & University of West Attica (Lithuania & Greece)

Topic: Alternative therapies for aging .

Abstract

Aging is an inevitable process that is accelerated by exposure to many external factors such as oxidative stress, sunlight, ozone, air pollution, systematic medication, and their local application, the use of cosmetics, and individual factors, such as smoking, lifestyle, alcoholism, and drugs. Besides those, a major factor in skin aging is collagen atrophy. Our body to protect itself from such factors creates oxygen free radicals which cause premature signs of aging.



Anti-aging is a process in which we try to delay aging to normal that is, damage to the body internally and externally that is affected as the years go by and leads to a

progressive deterioration of the condition of the tissue cells of the organs and the natural deterioration of all the abilities of an individual

Over time there is a progressive decrease in water from the layers of the skin. In Cosmetology there is various mechanical and chemical means are used to combat the external signs of aging, but if we want to prevent or even delay aging, we must look deeper. Alternative therapies such as meditation, Thai Chi, yoga, Ayurveda, shiatsu, acupuncture, reflexology, aromatherapy, herbal therapy, thalassetarapy, sauna, and rejuvenate are a solution that has been widely known for thousands of years.

*Riga
Latvia*



Author: Elisabete Roldão, Health Sciences School - Polytechnic of Leiria (Portugal)

Topic: Internal and external benefits of thermal water in healthy aging .

Abstract

The water is an essential element in the composition of our body. When the level of water decreases in the body, the muscle-skeletal system starts to have problems, cognitive functions get slower and inaccurate, and the tegmental system deteriorates progressively. Thermal water is used since the 15th century in Portugal and has several types of recommendations according to its characteristics. At a time when the use of natural products and well-being are increasingly important, the use of thermal waters is a safe and effective alternative to various conventional therapies.



This work, through a nonsystematic revision of the existent documents (narrative), intends to identify the use of thermal water in Portugal. Its characteristics, and the specificity to act in health problems.



Author: Vivian Voulgarak- Pure Philosophy P.C. (Cosmetic company) (Greece)

Topic: EUDAIMONIA: The Key to Living Well-Lived Life .

Abstract

When we nowadays try to articulate the purpose of our lives, it is to the word of "happiness" we commonly have recourse. But what does it mean to be truly happy in life? We tell ourselves that the ultimate rationale for our jobs, our relationships, and the conduct of our day-to-day lives is the pursuit of happiness. Happiness can also be that we might find a sense of purpose in life through our positive relations with others. One of the most commonly used approaches to understanding happiness and well-being is eudaimonia. In this research, we will present some interesting findings on how much eudaimonic well-being people experience in their lives and what actionable steps we need to take to promote it.

WEDNESDAY, 09 JUNE 2022

Author: Dr. Leszek Zakrzewski University of Humanities and Economics in Lodz (Poland)

Topic: Care and healing treatments for the skin of elderly people.

Abstract

The article shows the specificity of the skin of people of senior age. It indicates problems such as dry skin, ringworm, chafes, and bedsores. It indicates ways of skin care for the elderly and treatment methods, including needle mesotherapy. The skin of seniors with age becomes dry, thinner, and more sensitive. Inadequate care or underestimation of skin problems can lead to unpleasant and even health-threatening ailments. When caring for the skin of the elderly, it is especially important to use products properly adapted to the needs of mature skin



Their composition and concentration of active ingredients have been selected in such a way as to support the prevention and treatment of skin problems typical of the elderly and bedridden.

For cleansing the skin, depending on the needs, it is worth choosing damp care wipes or foams (which are ideal for cleansing the skin of lying people). In order to protect the skin, it is worth reaching for protective creams. For prophylactic purposes, a cream with arginine will work best, which deeply moisturizes the skin and leaves a transparent protective layer on it, allowing you to observe the condition of the skin on an ongoing basis. However, if we need a product for an already formed chafing – it is worth reaching for a cream with zinc oxide.

Online Conference

SKK
STARPTAUTISKĀ
KOSMETOLOGIJAS
KOLEDŽA

V INTERNATIONAL
SCIENTIFIC CONFERENCE

"INNOVATIONS IN
GERONTOLOGY -
HOW TO AGE
HARMONIOUSLY"

09.06. - 10.06.22

*Rīga
Latvia*



WEDNESDAY, 09 JUNE 2022

Author: Ph. D. biol., Uldis Berzins, lecturer at International College of Cosmetology (Latvia) and also the Head of the BIOCHIP SCIENTIFIC LABORATORY in Riga (Latvia)

Topic: Biochip in cosmetology: testing of substances

Abstract

Dielectrophoresis is a method that creates a polarization of cells as a response to an electric field gradient. In the framework of this project, the method will be optimized in such a way that permits its applicability in selecting adipose tissue-derived, viable, non-labeled mesenchymal stem cells from a heterogenous stem cell population according to their telomere length on a microflow biochip which is a novelty.



The selection of viable, non-labeled stem cell populations with long telomeres can be beneficial for therapeutic purposes, as replicative aged cells with low potency

and increased risk for oncogenesis would be removed. Stem cell subpopulations sorted by telomere length can be utilized also for the development of organ 3D models ("Skin-on-a-chip", "Organ-on-a-chip") in order to study aging processes and age-related diseases such as cardiovascular diseases, diabetes, and cancer. A properly optimized dielectrophoresis method can be applied in conventional and precision (personalized) medicine, the pharmaceutical industry as a tool for drug development, as well as cosmetology to test different cosmetic substances.

*Riga
Latvia*



WEDNESDAY, 09 JUNE 2022

Author: Baiba Beāte Ūdre and Diāna Georgijčuka are students of The International College of Cosmetology in Riga (Latvia)

Topic: Platelet-rich plasma: secret for youthful skin

Abstract

In recent years, platelet-rich plasma (PRP) has emerged as a promising autologous biological treatment modality for use in aesthetic and regenerative medicine. PRP is a high concentration of platelets derived from whole blood which is isolated by centrifugation to separate and concentrate platelet-containing plasma from red blood cells.



PRP comprises hundreds of bioactive proteins, including growth factors, peptides, and cytokines that stimulate the healing of skin and soft tissues.



Attractive features of PRP are the extended-release of various growth and differentiation factors from activated platelets, tissue regenerative, and healing capabilities, as well as the lack of problems associated with immunogenicity. Because of the unique biological features of this whole blood-derived biological agent, multiple clinical uses for PRP exist for aesthetic and regenerative medicine.

*Riga
Latvia*



STARPTAUTISKĀ KOSMETOLOĢIJAS KOLEDŽA

5. starptautiskā konference

10. Jūnijs, 2022

**Kā harmoniski novecot. Inovācijas
gerontoloģijā**

**Konferences
kopsavilkumi**

10. JŪNIJS, 2022

Autore: Bc.paed. B.Grīna

*Starptautiskās kosmetoloģijas koledžas
lektore, Rīga (Latvia)*

*Tēma: Vizuālā tēla nozīme harmoniskā
novecošanas procesā*

Kopsavilkums

Pasaules Veselības organizācijas (The World Health Organisation) DzK grupa (WHO 1997) definē DzK kā "indivīdu uztveri par dzīves pozīciju saistībā ar kultūras un vērtību sistēmām, kurās viņi dzīvo, un attiecībā uz saviem mērķiem, cerībām, standartiem un bažām. "Dzīves kvalitāte ir jēdziens, kas atspoguļo cilvēka vēlamos dzīves apstākļus, kas saistīti ar astoņiem galvenajiem dzīvi aspektiem: emocionālo labklājību, savstarpējām attiecībām, materiālo labklājību, personīgo attīstību, fizisko labklājību, pašnoteikšanos, sociālo integrāciju un tiesībām." (R.L.Schalock Three Decades of Quality of Life 2000,



Hastings college)

Kamins (2000) nosaka dažus "izziņas aizsardzības faktoros", proti, pašcieņa, uztveres kontrole un optimisms, kas darbojas kā rezerves, lai pielāgotos pārmaiņām, kas saistītas ar novecošanās procesiem, un- uzlabotu dzīves kvalitāti. Globāli ir aprēķināts, ka šī vecuma iedzīvotāju uzplūds no 524 miljoniem 2010. gadā pieaugs līdz 1.5 miljardiem 2050. gadā.

Mērķis: Izcelt, izskaidrot vizuālā tēla nozīmi novecošanās procesā, parādīt, ar kādiem rīkiem, paņēmieniem iespējams uzturēt cilvēka imidžu aktuālu, mūsdienīgu, laikmetīgu.

Metodes: Sistemātiska pētījumu pārskata metode, uz pierādījumiem balstītas prakses apkopošana.

Rezultāti: Cilvēkam novecojot, grumbiņas sejā ir mazāk pamanāmas kā izmaiņas kopumā - stāja, auguma forma, gaita, matu, zobu stāvoklis, acu mirdzums, balss. Vizuālo tēlu veido ne tikai apģērbs, bet tieši cilvēka personība, dzīvesstils, temps, hobiji, arī dzīvesvieta, prioritātes, sociums, draugi, aktivitātes. Un arī manieres, žesti, kustības, stila, krāsu izjūta, lietu pasaule, kas iekļauj.



10. JŪNIJS, 2022

Autore: Kristīne Pētersone, Starptautiskās kosmetoloģijas koledžas lektore, Rīga (Latvia)

Tēma: Biopsihosociālā pieeja veselības uzturēšanā un krioterapijas ietekme uz ķermeni

Kopsavilkums

Biopsihosociāla pieeja veselīga organisma uzturēšanai ilgtermiņā ir mūsdienās aktuāla nepieciešamība. Krioterapija ir fizikālās medicīnas terapija, kas aktivizē ķermeņa atjaunošanās procesus, tādejādi stimulējot ķermeņa atveseļošanos un lēnāku novecošanos. Prezentācijas ietvaros tiks apskatīti visa ķermeņa krioterapijas vispārējās iedarbības mehānismi īstermiņā un ilgtermiņā, kā arī pētījumi par krioterapijas ietekmi uz ķermeni fizisko un psihoemocionālo stāvokli.



Autore: Marija Dilo, Starptautiskās kosmetoloģijas koledžas studente, Rīga (Latvia)

Tēma: Kā neapmaldīties digitalizācijas džungļos 21. gadsimtā

Kopsavilkums

21. gadsimtā, kad viss strauji mainās un haotiski attīstas, ir grūti tikt līdz tendencēm. Mēs nevaram ignorēt digitālo vidi, internetu un visu, kas ar to ir saistīts, jo realitātē tie tagad aizņem lielu daļu no mūsu dzīves.

Neieinteresētība attīstīt savas prasmes interneta vidē ir sastopama visās paaudzēs. Galvenais arguments ir grūtības atrast nepieciešamo informāciju tik lielā apjomā, kādā to piedāvā internets, kā rezultātā rodas grūtības atšķirt patiesu un noderīgu avotu no spama.

Interneta lietošana var ne tikai atvieglot ikdienas uzdevumus, bet arī pozitīvi ietekmēt smadzeņu plastiskumu, ja to lieto pareizi.

*Rīga
Latvia*



10. JŪNIJS, 2022

*Autors: Pēteris Urtāns, ergoterapeits,
RigaBrain, smadzeņu treniņu centra vadītājs*

Tēma: Cilvēka prāta spēju treniņš

Kopsavilkums

Pasaulē, popularitāti gūst neiroloģiskās atgriezeniskās saites metodes smadzeņu darbības līdzsvarošanai – procedūras, ar kuru palīdzību cilvēka centrālā nervu sistēma un smadzeņu darbība tiek tuvināta iespējami optimālākam stāvoklim. Mērķis: Noskaidrot vai neiroloģiskās atgriezeniskās saites metode uzlabo kognitīvās funkcijas. Metodes: Pētījuma dalībniekiem tika veikts sākotnējais un atkārtotais kognitīvo spēju mērījums; starp tiem katrs no viņiem apmeklēja vienu RigaBrain® procedūru.



*Autore: Santa Domkova,
Starptautiskās kosmetoloģijas
koledžas studente*

*Tēma: Cilvēka psiholoģiskā stāvokļa
ietekme uz fizisko veselību*

Kopsavilkums

Darba autore darba gaitā vēlas izpētīt, vai cilvēkam ir nepieciešama ilggadīga dzīve vai svarīgāka ir tās kvalitāte un pilnvērtīga tās aizvadīšana. Kā teicis: Seneka Jaunākais (Romiešu filozofs) "Vēlme nodzīvot līdz 100 gadiem ir muļķīga, jo, lai arī cik ilgi cilvēki dzīvotu, viņi iznieko lielāko daļu savas dzīves, tāpēc, ja viņi nodzīvotu tūkstoš gadus, viņi tik un tā izšķērdētu lielāko daļu tās."

Aplūkojot pētījumu "Dzīvot vai mirt: ko vēlas 100 gados un vecāki" no aptaujātajiem simtgadniekiem, dati liecina, ka 30,6% nevēlas dzīvot, 38% nezina atbildi un 31,4% izteica vēlmi dzīvot ilgāk. Kā domā Latvijā dzīvojoši seniori un kādi ir sociālā darbā iesaistīto novērojumi.

Mērķis: Aplūkot, kā cilvēka psiholoģiskais stāvoklis ietekmē fizisko veselību, vai ar pozitīvu attieksmi un fiziski aktīvu dzīves veidu var pagarināt dzīvildzi. Šis pētījums atspoguļos faktiskos datus par reālo situāciju Latvijā, kā dzīvo seniori, kādi ir viņu ieteikumi ilgmūžībai. Noskaidrosim sociālo darbinieku pieredzi un to, kas ir svarīgāks kvalitatīvi nodzīvota dzīve vai gadskaitlis.

Pētījuma metode: Kvalitatīvā pieeja, kvantitatīvā analīze

10. JŪNIJS, 2022

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*Tēma: Iekaisuma veicināta novecošanās
(inflamm-ageing), ikdienas paradumi tās
profilaksei*
Kopsavilkums

Pēdējā gadsimta laikā ir pieaudzis pasaules iedzīvotāju dzīves ilgums, un pašlaik tas ir augstākais, kāds bijis. Tomēr, neskatoties uz dzīves garumu, dzīves kvalitāte senioriem diemžēl nav daudz uzlabojusies. Daļēji tas saistāms ar zemas pakāpes iekaisumu (inflamm-ageing), kas paātrina novecošanās procesu.

Mērķis: Noskaidrot modificējamās ikdienas faktorus, kas varētu mazināt inflamm-ageing un ar to saistītās problēmas.



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*Tēma: Iekšķīgi lietojama kolagēna
ietekme uz novecošanās procesiem
ādā*

Kopsavilkums

Pasaulē un Latvijā arvien lielāku popularitāti gūst dažādi līdzekļi, kas kavē, aptur vai samazina novecošanos. Pie šādiem līdzekļiem tiek pieskaitīts arī iekšķīgi lietojams kolagēns gan tablešu, gan pulveru, gan šķidrā formā.

Mērķis: Izpētīt, kā kolagēna iekšķīga lietošana ietekmē novecošanās procesu ādā.

Metode: Pētījumu metaanalīze

Rezultāti: Daudzos pētījumos ir pierādīta iekšķīgi lietota kolagēna korelācija ar ādas hidratāciju, elastību, krunkām, fotonovecošanos

*Rīga
Latvia*



The International College of Cosmetology (ICC) a private college founded in 2003, specializes in delivering expert teaching and training to students interested in Aesthetic cosmetology and Therapeutic massage, accredited both in the study field of Health Care (accredited until December 2028, according to the Higher Education Law).



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09.06.2021 International Research Conference of the International College of Cosmetology

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