



INTERNATIONAL COLLEGE
OF COSMETOLOGY

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where excellence begins



A message from the founder
MARIKA GEDERTE

I have to agree with Steve Jobs, who says that “if you do something and it turns out pretty good, then you should go do something else wonderful, not dwell on it for too long.”

Focus on the result and customer orientation, leadership and substantive goal setting, process-based management, staff development and engagement, continuous learning, partnership building, and corporate social responsibility are just some of the activities we started a year ago and continue to develop.

I have realized how important it is for ourselves to learn and expand our comfort zone, to develop critical thinking and to analyze any information.

This year, half of our staff have become students, continuing their education in various development programs. We have literally embarked on a student’s shoe to understand how a student feels today, and to look for ways to make their studies exciting and professional. Every day, we learn how to become better, more efficient and faster, how to set and achieve higher goals and to believe them.

We are still continuing what has been started, that is, being a responsible educational institution where people are the core value. Through various initiatives, we are thinking about the sustainability of our college, about diversity, about protecting the environment. But nothing can inspire me like the new dreams and ambitions that are implemented in team of people who love their job and constantly learn and develop themselves to achieve goals.

Wishing an exciting and interesting new study year,

M. Gederte

Healthy and well-groomed people.

VISION



VALUES

We are socially responsible
and thinking sustainably;
We are trustworthy;
We are competent.

MISSION

Internationally recognized, modern,
responsible and competitive college that:

- Prepares internationally demanded
specialists in the health care sector;
- Understands global tendencies;
- Does business responsibly on national
and international scale;
- Has the ability to inspire students and
academic staff for ambitious development.



Achievements

INDUSTRY

The CIBTAC Awards celebrate the amazing work and commitment of their Centres, Tutors and Students. Winning the award reassures our students that our services are recognised within the industry as first-class.



EXCELLENCE

EFQM Excellence Model is a framework created by a team of experts from industry and academia that can be used to gain a holistic view of any organisation. We are the only ones in Latvia to have received the EFQM certificate Committed to Excellence** which proves our dedication to reach sustainable organisational excellence and exceed it.



QUALITY

The ISO 9001: 2015 certification confirms that our quality management system enables us to provide a consistent service that meets the needs of students and other stakeholders.



SUSTAINABILITY

The Sustainability Index honours companies in Latvia that meet a number of criteria in strategic planning, environmental protection, the work environment and other substantial aspects.





Aesthetic COSMETOLOGY

PROGRAM LENGTH 3 or 3,5 years

LANGUAGE English or Latvian

PRICE 9240 Eur (full program)

Aesthetic Cosmetology program could be described as the mid between beauty, medicine and business. Students learn comprehensive medical courses such as anatomy and dermatology, have a glimpse in science with chemistry and biology, they develop marketing and sales skills and nevertheless use their hands and mechanical devices to treat the human body (and soul) with massages, facials, waxing... On top of that, they can get creative with makeup and manicure.

Since graduating ICC, I have worked in Latvia and Georgia and I have opened my own salon in England. What I love about this profession is that it gives us the opportunity to make people look and feel better without surgery. I have gained great experience working with very different people and I must say that the strength of diploma I received from ICC outperforms what I have observed abroad.



VILNIS KĀRKLIŅŠ
graduate

What's next?

Work in a SPA or beauty salon, open your own business or earn a bachelor's degree at one of our partner institutions:



International
Tourism in Latvia



International SPA
Management in UK



Aesthetic Cosmetology
in Lithuania

COSMETOLOGY COURSES

COURSE	ECTS	COURSE	ECTS
Labour Safety and Environment Protection	1.5	Dietetics	3
Psychology and Ethics	4.5	Chemistry of Cosmetics	3
English	4.5	Pharmacology	3
Russian	4.5	Cosmetics and Innovation	4.5
Civil Protection	1.5	Health Education and Hygiene	3
Pedagogy and Research	1.5	Manicure, Pedicure	3
Entrepreneurship	9	Basics of Mixing Cosmetics	1.5
Professional Terminology	3	Micropigmentation	1.5
ICT	3	Aesthetic Surgery and Mesotherapy	3
Make-up Stylistics	4.5	Physiotherapy	1.5
Material Science	3	Electroprocedures	4.5
Aromatherapy	7.5	Classic Body Massage and Feet Reflexotherapy	4.5
Anatomy	3	Body Cosmetic Procedures	7.5
Emergency and First Aid	6	Facial massages	4.5
Dermatology	1.5	Facial Cosmetic Procedures	9
Physiology	4.5	Basics of Operating a Salon	3
Microbiology and Genetics	3	Qualification Practice	24
Therapy	4.5	Qualification Thesis	18
		TOTAL	180



We went to hospitals and nursing homes, where we spoiled mothers of disadvantaged children



OKSANA KARPINKOVA
Graduated in 2016

Since I already had medical education, I had the opportunity to study at the International Cosmetology College with adjusted learning plan. The study courses provided an opportunity to further expand my vision and learn a lot of new things. I think it was useful to have a lot of training not only with clients but also with each other. I always try treatments on myself before I offer something to my clients. I was from those students who ask a lot of questions. I liked that the teachers were able to give professional answers. The administration always provided a quick solution to any situation. I am still going to the administration if I have any questions. During the training we not only learned, but also participated in various charity projects, for example, we went to hospitals and nursing homes, where we spoiled mothers of disadvantaged children and elderly people.

I feel competitive in the work environment

Choosing to study at the International College of Cosmetology was the right decision because I got a solid profession that opened up a lot of new doors for me! I'm happy that after giving it some thought I took the first big opportunity to take the CIBTAC exam and get an internationally recognized certificate in facial procedures! International College of Cosmetology is the only place in Latvia that offers this prestigious qualification. I also said yes to the Erasmus+ internship abroad, I gained great professional experience during this time. As a graduate, I feel competitive in the work environment because the college provided the experience and knowledge to start working right away!

ZANE KOTOVA
Graduated in 2018



The college is constantly developing



I believe that the International College of Cosmetology is a great educational institution to master the most beautiful profession - beauty specialist in cosmetology! The college is constantly developing and offering its students various development opportunities. There were times when it wasn't easy at all, but it was an exciting, challenging time of my life that I remember with a smile! I believe I am a big winner when I choose to study here because now I am doing a job that gives me great pleasure! I have taken the opportunity provided by the college to take the international CIBTAC exam and now this diploma is in my pocket! Thanks to the Erasmus + internships abroad, I was able to spend the last summer in sunny Spain, working in a fantastic place - in the spa area of a five-star hotel chain where I gained great experience and knowledge in my profession, working with clients of different cultures! Our teachers are supportive and true professionals in their field. Thank you for the opportunity!

JANA SOLOVJOVA
Graduated in 2018



Therapeutic **MASSAGE**

PROGRAM LENGHT 2 years or 2 years and 3 months

LANGUAGE Latvian

PRICE 2700 Eur per full program

Just by the use of their own hands, a masseur can do wonders to one's well-being physically and mentally. Therapeutic Massage program includes classical medicine and treatments and holistic medicine. Students learn treatments such as classical massage, foot reflex therapy, pediatric massage, sports massage, lymphatic drainage, aromatherapy, point massage, hydrotherapy, Ayurveda, hot stone massage and others.

I am very pleased to have the opportunity to combine studies with work, which is very important nowadays. The trainers are high-class professionals who help to achieve the goals set and never refuse to help with a personalized approach. The administration always supports you, smiles and never leaves you with unresolved questions. Of course, I want to emphasize a very important part of my college life - my fellow students are the best.



ALEKSANDRS
student

What's next?

The places of work vary from SPA centres to rehabilitation centres to privately owned massage cabinets. Specialize in specific treatments by attending certified courses or continue education in the fields of physiotherapy, rehabilitation or other medical fields.

MASSAGE COURSES

COURSE	ECTS	COURSE	ECTS
Communication	4.5	Physiology	3
Psychology and Ethics		Microbiology, Hygiene and Infection Control	3
Introduction to Studies and Research	1.5	General Pathology	3
Ergonomics and Working Environment	1.5	Pharmacology	3
Civil Protection	1.5	Pediatrics	3
English	3	Dermatology	1.5
Russian	3	Internal Medicine	4.5
ICT	3	Clinical Guidelines in Healthcare	3
Professional Terminology	3	Physiotherapy and Rehabilitation	3
Fundamentals of Entrepreneurship	3	Therapeutic (Healing) Massages, Clinical Skills and Methods	13.5
Personnel Management and Basics of Jurisprudence	3	Holistic Medicine and Alternative Massages	4.5
Basics of Project Management	3	Qualification Practice	24
Emergency and First Aid	3	Qualification Thesis	12
Anatomy	3	TOTAL	120





LIBRARY



CAFETERIA



DORMITORY

Located on the campus of a fine business university, we can take advantage of the surroundings like cafeteria, library, dormitories, support staff, etc., focusing our attention to our core competencies.





Our brand new multi-functional classroom is located in a business center in a 3- minute walking distance from the university, which again gives us easy access to extra facilities. The business center has a fully equipped conference room that we use for larger events and a cafeteria. We can also take advantage of the other tenants, for example, the fitness center is giving discounts to our staff and students and there's children daycare center.



EQUIPMENT



Everything is provided by the college - professional cosmetics and equipment for facial procedures, body treatments, manicure and pedicure, waxing, professional makeup, eyelash extensions, micropigmentation materials, mesotherapy materials, working robe or t-shirt, towels, gloves for treatments (face, body), disposable hygiene products (caps, gloves, panties, etc.), disinfectants, disposable nail files, tweezers, magnifier lamps, paraffin baths, hot stones, etc. The only materials we ask students to buy separately are makeup brushes and manicure tongs. We only use professional cosmetics and equipment.

more than
30
international
partners



MARTA ERNSTONE

graduate, did her internship in Spain at Dreamplace Hotels & Resorts SPA Vitanova

STUDENT MOBILITY

When I started the practice, I felt helpless. Suddenly, everything I learned in college disappeared. I shivered and didn't know what to do with a sleeping person in front of me who doesn't speak English. On the first day, I had to show my colleague a message, he didn't comment on it because he fell asleep. That's a good sign, huh? The next day, I already had to give a massage for children. For children! I still remember how nervous I was at the door and struggled to enter. After a week, I already felt comfortable and, in pair with my colleague, performed the treatments with ease. I quickly understood what goes on in the SPA and asked what's next. I sneaked in the treatment rooms to watch my professional colleagues work.



BAIBA GRĪNA

make-up teacher, visited the Kaunas University Faculty of Cosmetology

STAFF MOBILITY

You, as a human being, can indulge in the daily flow and routine of life, but you can also hear and respond to invitations that slightly disrupt your routine, make you tense and indulge in the unknown. Although tempting far-flung lands promise more exotic adventures, it has to be concluded professionally it is very valuable to share experiences within the local region - we have similar education systems, similar problems and thinking, but through the differences, we can look at ourselves from the outside.



The Confederation of International Beauty Therapy and Cosmetology has been producing beauty, complementary & spa therapy graduates of the highest calibre since 1977. They offer a wide range of world-class qualifications. CIBTAC was created from an identified need to provide relevant, high-quality training within the beauty, complementary & spa industry. They were founded, and continue to be run by, passionate industry professionals.

We are proud to be one of the CIBTAC accredited centres.

CIBTAC QUALIFICATIONS AT OUR CENTRE

- CBC11 Level 2 Certificate in Facial Services
- CBC09 Level 3 Certificate in Facial Electrical Treatments
- CMC03 Level 3 Certificate in Fashion and Photographic Make-Up
- CMD01 Level 3 Diploma in Photographic and Media Make-Up
- CBC04 Level 3 Certificate in Body Massage
- CBC07 Level 3 Certificate in Body Therapy Treatments



Our **RESPONSIBILITY**



We support charities

Lasting cooperation has built with Children Palliative Care centre and Palidzesim.lv. Our students give facial and body treatments at their events. Financial support has been given to Iespejama Misija, a contemporary teacher training program, and to students at Riga Technical University in order to develop a biochip laboratory.

We live active lifestyle

Every year our students and staff participate in the Riga TET Marathon. Teachers are encouraged to take their lessons outdoors.

We care about the environment

Our environmental vision is that in 5 years we will no longer need document folders and pens in the office because everything will be digital. The studies are also rapidly digitalized. There are numerous initiatives we have taken on to protect our home.

We invest in staff development

To constantly learn is one of the cornerstones for success. Employees are motivated and financially supported to learn new skills and advance their competencies.



We respect family values

It's ok to bring your child to the office or classroom. In fact, in once a year special activities are organized for children to learn about their parent's profession and have fun at the college.



We encourage diversity


A brave project GENDER DIVERSITY IN COSMETOLOGY has been initiated to attract men to this highly feminine industry. A Diversity club has been launched together with the international students from Turiba University. Equal opportunities are mirrored in admission procedures and job agreements.

In April 2020, the 5th Scientific Conference and the 2nd International Staff Week will take place at the college. The conference topics were different each year, but, with the emerging environmental threats, we have devoted the topic to sustainability for the 2nd year in the row. While the cosmetics and wellness markets continue growing we find it crucial to discuss ways in which we, the representatives of the beauty industry, can lessen our negative impact, and how we as an educational institution can add to the cultivation of responsible society.



SUSTAINABLE WELLNESS

*INTERNATIONAL WEEK APRIL 20-24 | CONFERENCE APRIL 23
RIGA, LATVIA, 2020*



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