

Certified Faceplastica™ Trainer (CFT)

Our students have access to two amazing career options:

- You can become a **Certified Faceplastica™ Practitioner (CFP)**
- Or a **Certified Faceplastica™ Trainer (CFT)**

Each professional program starts with a first module: **Faceplastica™ Advanced: the foundational module that every specialization begins with**

How the training works

1	2	3
Module 1: Faceplastica™ Advanced	Module 2: Faceplastica™ Professional Certification	Final exam & certification
Duration: 6 weeks Start date: February 16, 2026	Duration: 10 weeks Start date: summer 2026	Submission of practical assignments and online testing

Module 1: Faceplastica™ Advanced — training program

Online format	Duration: 6 weeks	Content: 25 lessons 90 video lessons weekly online seminars
Start date: February 16, 2026	Access to materials: 6 months after completion	

Lessons open daily at 6:00 AM Eastern Time (ET).
All lessons are recorded and can be watched at any convenient time. Many students choose to study on weekends and watch multiple lessons at once

Training takes place on the **AXL platform** with Telegram support

One lesson per day, each lasting 15–30 minutes

More than 5 live online expert lectures, each lasting 1–1.5 hours – recordings included

5 live online practical seminars (2–3 hours each), focused on real-time practice of facial and body correction techniques, as well as perception and palpation skills – recordings included

Telegram chat with practicing clinic specialists and osteopathic doctors.
Ask questions, discuss techniques, and receive expert support daily from 10:00 AM to 9:00 PM

After completing the course, you will receive a **printable-style manual** with detailed descriptions of all techniques and high-quality anatomical illustrations

Week 1

Foundations of Osteopathy and Faceplastica™

Holistic approach to diagnosis and correction of age-related tissue dysfunctions. Development of palpation skills and therapeutic state. Learning core techniques.

Lessons:

- Visual assessment and diagnosis of the body and face
- Developing a therapeutic state
- Body alignment
- Layered palpation and perception training
- Techniques for correcting tissue dysfunctions (muscles, fascia, bones, internal organs)

Palpation and perception seminar with Dr. Ales Ulishchenko

Week 2

Pelvis, Spine and Posture

Dysfunctions and correction techniques.

Lessons:

- Fundamentals of working with the pelvis, spine and sacrum
- Lumbar spine. Lumbar lordosis. Herniated discs
- Thoracic spine and shoulder girdle. Thoracic kyphosis. Asymmetry of scapulae and clavicles. Dowager's hump
- Cervical spine. Muscle trigger points and neck pain. Shortening and asymmetry of the neck
- Atlanto-occipital joint. Improving cerebral blood flow

Bodywork seminar: spine with Daria Krasnopol'skaya

Week 3

Diaphragms, Internal Organs and Fluid Systems

Working with diaphragms, visceral organs, lymphatic and vascular systems. Correction techniques.

Lessons:

- Thoracoabdominal diaphragm and diaphragmatic breathing
- Abdominal work and internal organs
- Pelvic organs. Elimination of congestion and organ lifting
- Lower limbs. Correction of myofascial tension
- Lymphatic and vascular systems. Prevention of stagnation and lymphatic stimulation

Bodywork seminar with Daria Krasnopol'skaya: internal organs

Week 4

Skull and Craniosacral System

Diagnostic and correction techniques.

Lessons:

- Neurocranium: Sphenobasilar synchondrosis
- Neurocranium: Temporal bone
- Neurocranium: Parietal bones
- Neurocranium: Frontal and ethmoid bones
- Facial skeleton. Dentofacial system

Cranial bones seminar with Yulia Komarenko

Week 5

Face

Structure, function and rejuvenation techniques.

Lessons:

- Introduction: age-related facial changes. Correction of oral diaphragm muscles
- Masticatory muscles
- Facial expression muscles
- Eye area and extraocular muscles
- Classical facial self-massage

Facial muscle seminar with Svetlana Kloster

Final Assessment

Online testing

Reserve your spot

Bonus: Extra expert-led seminars with top speakers

Olga Danishouk

- Plastic Surgeon
- Head of the Plastic Surgery Department
- Lecturer at a Research and Clinical Center

Daria Krasnopol'skaya

- Faceplastica™ Lead Trainer
- Certified Coach
- Author of Natural Rejuvenation Programs
- Former TV Host

Derek Doritis

- Certified Yoga and Meditation Teacher
- Over 15 Years of Professional Experience
- Trained in yoga in India

Javierra Diaz & Andrea Terramagna

- Biohacking Experts
- Founders of Hikari OS – a biohacking platform for smart devices

Paul Manea

- Rebirthing Breathwork facilitator
- Personal growth coach
- Master of breathing practices, integrating ancient and modern breathing techniques, pranayama, and somatic movement

Reserve your spot

Module 2: Certified Faceplastica™ Trainer (CFT)

You will gain in-depth knowledge of the Faceplastica™ Rejuvenation Method, learn how to create content for trainings and social media, and work with your own body.

Duration: 10 weeks	250 video lessons	16 live seminars	Study guides
Tests and homework assignments	Start date: summer 2026		
Access to materials: 6 months after completion			

WEEK 1

Lesson 1 – Faceplastica. Body Work Protocol

Meditation, techniques for correcting the thoracoabdominal and pelvic diaphragms, posture and slouching, neck traction, and a lymphatic drainage complex.

- Meditation. Explanation
- Exercise for the thoracoabdominal diaphragm. Diaphragmatic breathing. Explanation
- Lifting internal organs and relaxing the pelvic diaphragm. Technique
- Opening the pelvic diaphragm. Technique
- Spinal twist "Crocodile" in a seated position. Technique
- Seated spinal twist with arm traction. Technique
- Shoulder opening and neck traction. Technique
- Stretching of the pectoralis minor muscle
- Anti-slouching technique
- Technique against neck hump and slouching
- Exercise against neck hump. Technique
- Activation of the supraclavicular areas
- Lymphatic drainage heel vibrations. Technique
- Lymphatic drainage exercise "Cockroach" lying on the back. Technique

Lesson 2 – Popular Rejuvenation Methods. Taping

- What facial taping is and how to use it
- Types of tapes and how to choose them
- Rules for using tapes
- Preparing the face for taping 2.5 Rules for tape removal
- Contraindications
- Basic functional anatomy of the face

Lesson 3 – Online Faceplastica Seminar (Small Groups)

Topic: Review of Lesson 1 exercises and individual hands-on practice with the instructor

WEEK 2

Faceplastica – Neck and Décolleté Work Protocol

Techniques for correcting the trapezius muscles, platysma, and SCM. Improving venous outflow

Lesson 4 – Neck and Décolleté Work

- Trapezius muscle correction. Technique
- SCM relaxation. Technique
- Neck twist. Technique
- Relaxation and stretching of the posterior neck surface
- Improving venous outflow from the skull. Technique
- Neck lymphatic drainage. Technique
- Décolleté area correction techniques
- Platysma correction technique

Lesson 5 – Popular Rejuvenation Methods. Taping

Lymphatic drainage of the face and neck (including Venus rings)

Lesson 6 – Online Faceplastica Seminar (Small Groups)

Topic: Review of Lesson 2 exercises and individual hands-on practice with the instructor

WEEK 3

Lesson 7 – Faceplastica. Neurocranium Correction, Part 1

Work with the cranial base and craniosacral system (CSS). Correction of cranial sutures.

- Working with the skull. Introduction
- Skull structure. Introduction
- Craniosacral system. Anatomy
- Work with the cranial base and CSS
- Diagnostic and correction techniques for the skull and CSS
- CSS correction in rotation
- CSS correction in flexion (compression)
- Cranial sutures
- Temporo-occipital suture. Correction
- Pterion correction
- Squamous suture. Correction
- Coronal suture. Correction
- Sagittal suture. Correction

Lesson 8 – Popular Rejuvenation Methods. Taping

- Forehead taping (horizontal wrinkles)
- Glabellar taping (vertical wrinkles)
- Temporoparietal area taping (drainage technique)
- Eye area taping for puffiness (drainage technique)
- Taping wrinkles around the eyes (muscle technique)

Lesson 9 – Online Faceplastica Seminar (Small Groups)

Topic: Review of Lesson 2 exercises and individual hands-on practice with the instructor

WEEK 4

Lesson 10 – Faceplastica. Neurocranium Correction, Part 2

Correction of the temporal, occipital, and parietal bones, TMJ, and cerebellar tentorium.

- Temporal bone correction
- Occipital bone relaxation
- Occipital muscle relaxation
- TMJ and cerebellar tentorium correction
- TMJ correction at the skull base
- Parietal bones correction
- Parietal bone lift
- Scalp aponeurosis massage
- Neck and posterior myofascial chain traction technique

Lesson 11 – Popular Rejuvenation Methods. Taping

- Nasolabial fold taping (muscle and drainage techniques)
- Nose area taping (horizontal wrinkle under the nasal bridge)
- Masseter muscle taping (jowls)

Lesson 12 – Online Faceplastica Seminar (Small Groups)

Topic: Review of Lesson 2 exercises and individual hands-on practice with the instructor

WEEK 5

Lesson 13 – Faceplastica. Facial Skeleton Correction

Work with facial asymmetries, frontal bone, maxilla, TMJ. Techniques for facial proportion harmonization, nose correction, and cheekbone lifting.

- Metopic suture relaxation
- Frontal bone straightening
- Nasal bridge relaxation
- Fronto-maxillary suture relaxation
- Upper jaw relaxation
- Expansion of the upper jaw
- Facial harmonization and forward advancement of the maxilla
- Cheekbone lift
- Nose correction
- Fronto-zygomatic suture
- Lower jaw relaxation (intraosseous pumping)
- Lower jaw traction

Lesson 14 – Popular Rejuvenation Methods. Taping

- Lip taping (purse-string wrinkles)
- Chin taping (horizontal wrinkle)
- Taping of downturned mouth corners (marionette lines)

Lesson 15 – Online Faceplastica Seminar (Small Groups)

WEEK 6

Lesson 16 – Faceplastica. Facial Muscles. Part 1

Correction of the oral diaphragm, double chin, masticatory muscles, and restoration of the angle of youth.

- Oral diaphragm. Correction of the sublingual muscle group
- Oral diaphragm. Correction of the oral diaphragm and pharyngeal constrictor muscles
- Tongue muscle correction
- Relaxation of the oral diaphragm muscles and correction of the double chin
- Diagnosis of the masticatory muscles
- Relaxation of the masseter muscle
- Intraoral relaxation of the masseter muscle
- Temporal muscle correction
- Restoration of the angle of youth
- Correction of the lateral pterygoid muscle

Lesson 17 – Popular Rejuvenation Methods. Taping

- Facial contour (oval) taping – comprehensive approach
- Which rejuvenation techniques can be combined with taping

Lesson 18 – Online Faceplastica Seminar (Small Groups)

Topic: Review of Lesson 2 exercises and individual hands-on practice with the instructor

WEEK 7

Lesson 19 – Faceplastica. Facial Muscles. Part 2

Correction of nasolabial folds, zygomatic and buccal muscles, depressor muscles, orbicularis oculi and oris muscles, glabellar wrinkles, and release of tension from the extraocular muscles. Facial work protocol.

- Relaxation of the muscles elevating the nasal wing
- Post-isometric relaxation of the muscles elevating the nasal wing and upper lip
- Post-isometric relaxation of the minor and major zygomatic muscles
- Post-isometric relaxation of the buccinator muscle
- Correction of the depressor muscles
- Post-isometric relaxation of the orbicularis oris muscle
- Relaxation of the orbicularis oculi muscle ("glasses" and "slingshot" techniques)
- Upper eyelid release
- Massage of the corrugator supercilii muscle
- Post-isometric relaxation of the corrugator supercilii muscle
- Relaxation of the fronto-occipital muscle
- Post-isometric relaxation of the extraocular muscles

Lesson 20 – Popular Rejuvenation Methods. Massage

- Vacuum cupping massage. Introduction. Step-by-step protocol with explanation

Lesson 21 – Online Faceplastica Seminar (Small Groups)

Topic: Review of Lesson 2 exercises and individual hands-on practice with the instructor

WEEK 8

Lesson 22 – Popular Rejuvenation Methods. Massage

- Acupressure massage "Shiatsu." Introduction. Step-by-step protocol with explanation

WEEK 9

Lesson 23 – Popular Rejuvenation Methods. Massage

- Sculptural facial massage. Introduction. Step-by-step protocol with explanation
- Buccal facial massage. Introduction. Step-by-step protocol with explanation

WEEK 10

Lesson 24 – Popular Rejuvenation Methods. Massage

- Japanese massage "Asahi"
- Gua Sha massage

Reserve your spot

International Academy Certificate

FACEPLASTICA™ DIPLOMA

FACEPLASTICA™ REJUVENATION METHOD

This certifies that

NATALIIA OSYKOVA

has successfully completed a 504-hour training program in the FACEPLASTICA™ rejuvenation method, a non-invasive rejuvenation method that naturally lifts, sculpts, and restores facial harmony. This unique approach combines gentle, healing, deep techniques to work with the skin, muscles, fascia, diaphragms, and cranial structures.

DATE OF ISSUE: 09/11/2025

Dr. Ales Ulishchenko

Prax Ulishchenko

FACEPLASTICA™ SUPPLEMENT

FACEPLASTICA™ REJUVENATION METHOD

This certifies that

NATALIIA OSYKOVA

has successfully completed a 504-hour training program in the FACEPLASTICA™ rejuvenation method, a non-invasive rejuvenation method that naturally lifts, sculpts, and restores facial harmony. This unique approach combines gentle, healing, deep techniques to work with the skin, muscles, fascia, diaphragms, and cranial structures.

DATE OF ISSUE: 09/11/2025

Dr. Ales Ulishchenko

Prax Ulishchenko

Lifetime access to the Academy's top instructors and expert guidance

Telegram chat with practicing clinic specialists – ask questions, discuss techniques, and receive expert support daily, even after the course is completed.

Regular clinical case reviews – free of charge

THE ACADEMY IS ACCREDITED BY ITEC

KHDA License

*Knowledge and Human Development Authority, Dubai, UAE

حكومة دبي
GOVERNMENT OF DUBAI
DUBAI
المعرفة Knowledge

Each graduate is added to the public registry

of Certified Faceplastica™ specialists

\$3000 **\$2490**

Reserve your spot

You can purchase Module 1 separately

for \$799

Module 2 can be added later; however, in this case, no discount applies, and the total cost for both modules will be **\$3,000**.

ASK A QUESTION