

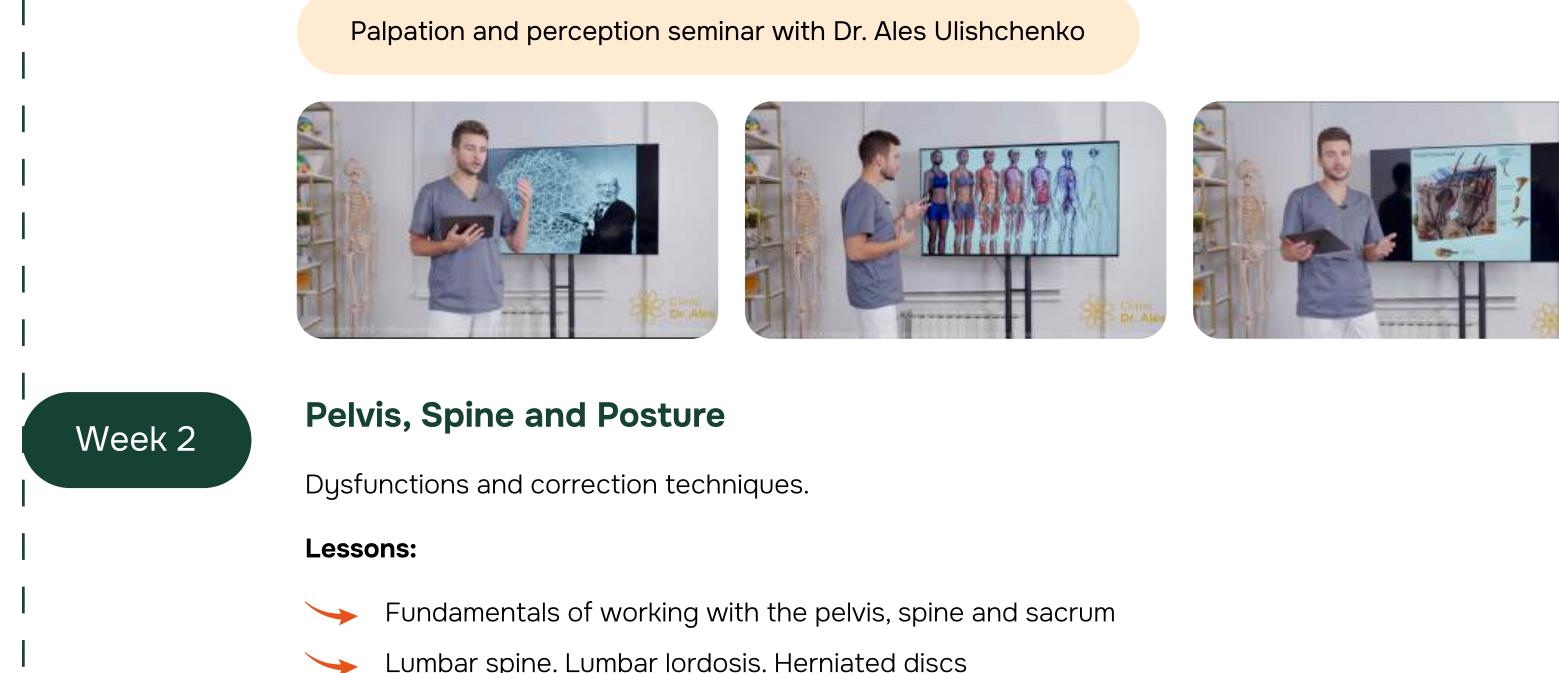
## Certified Faceplastica™ Trainer (CFT)

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



### 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 clinician 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.

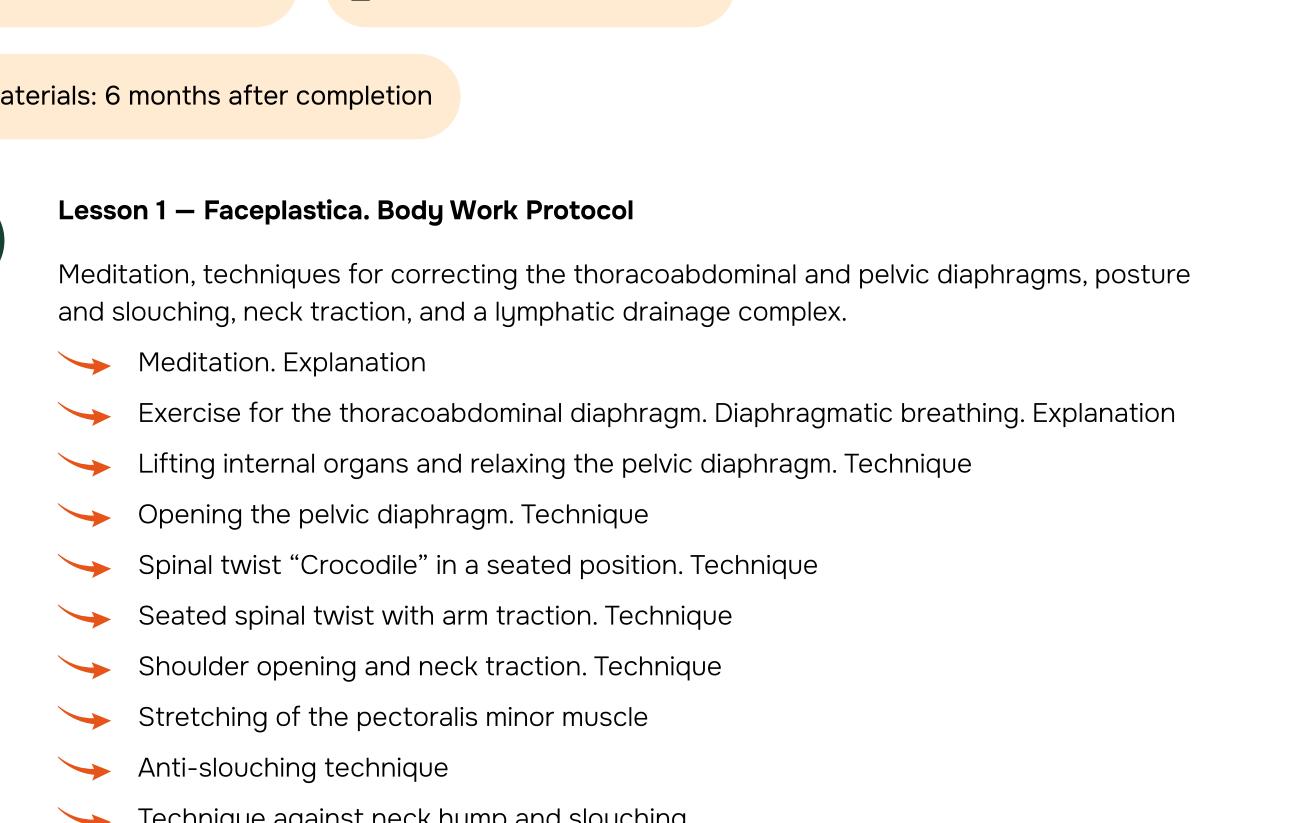
#### Foundations of Osteopathy and Faceplastica™

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 Uliushchenko



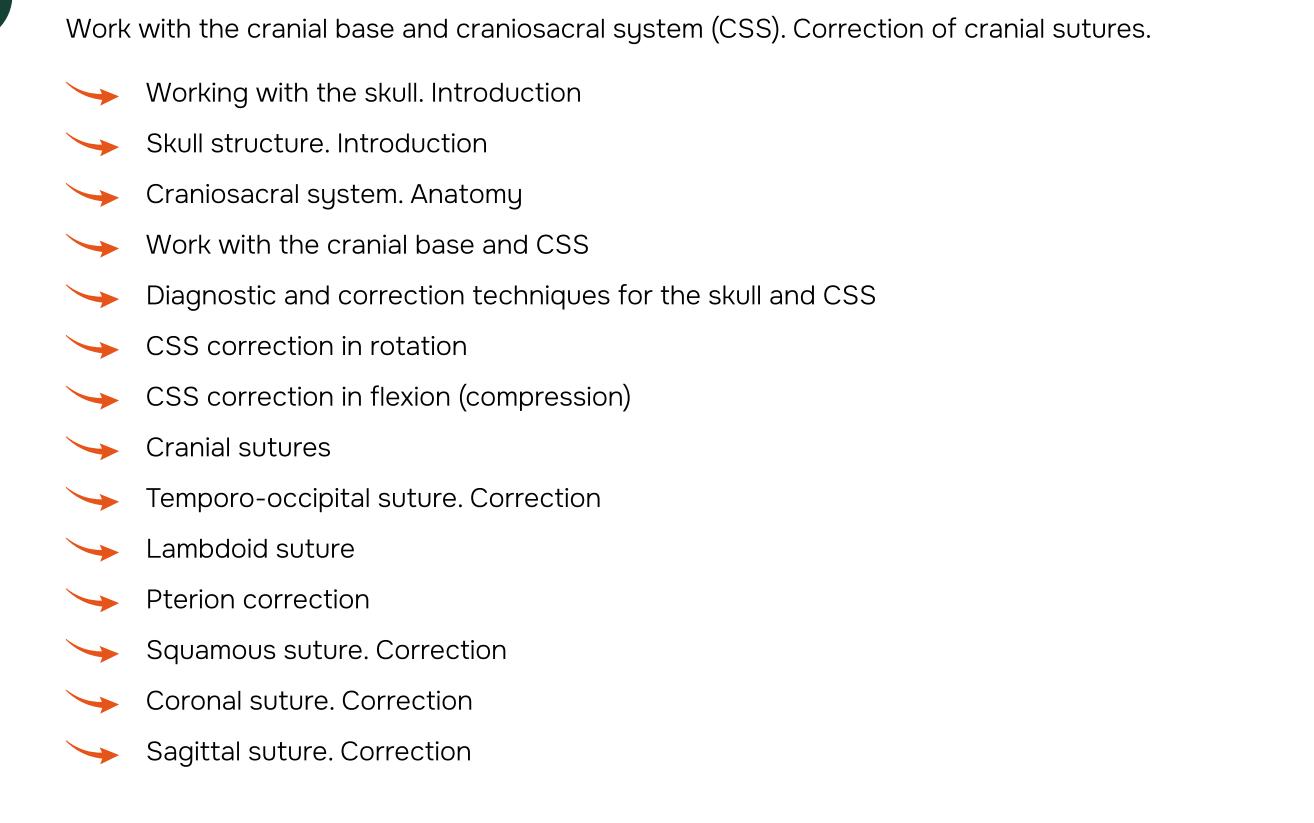
#### Pelvis, Spine and Posture

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 spine.
- 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



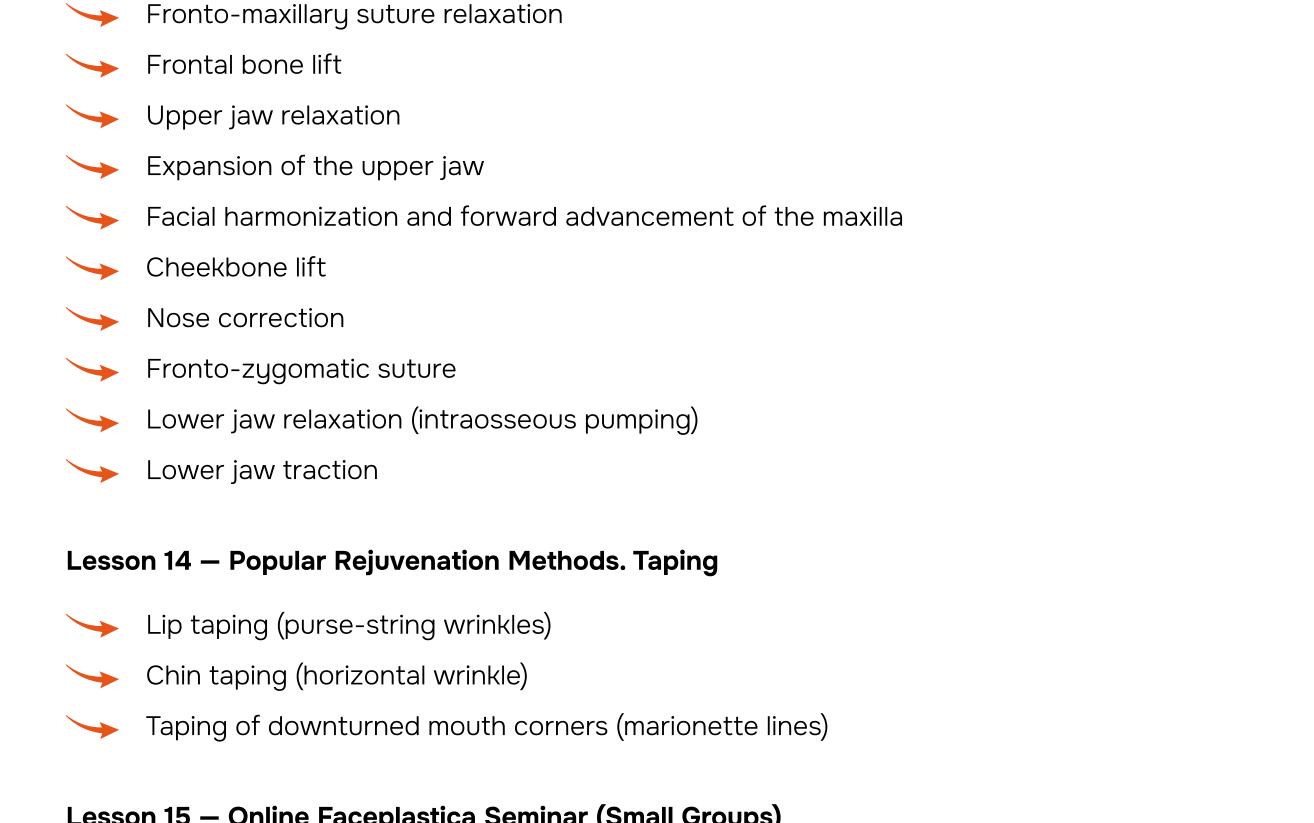
#### Diaphragms, Internal Organs and Fluid Systems

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



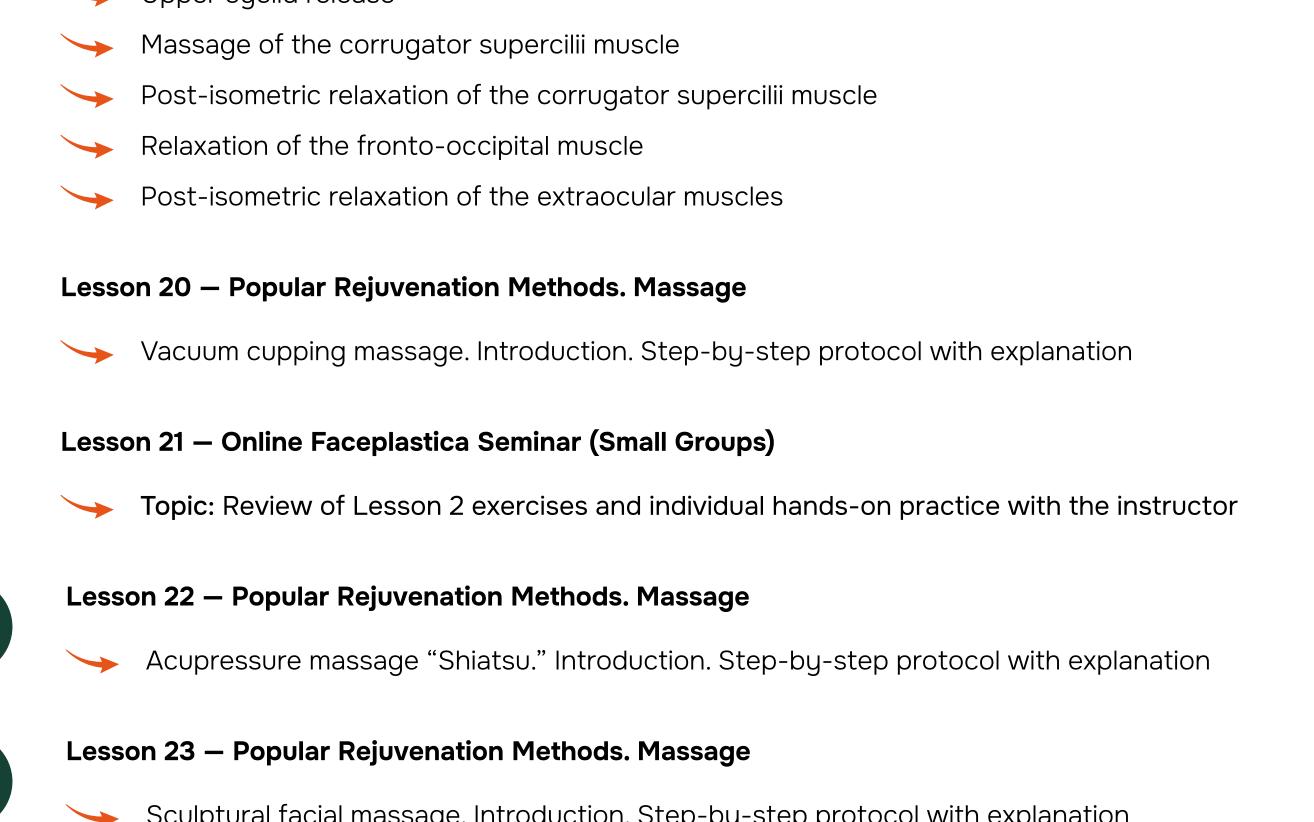
#### Skull and Craniosacral System

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



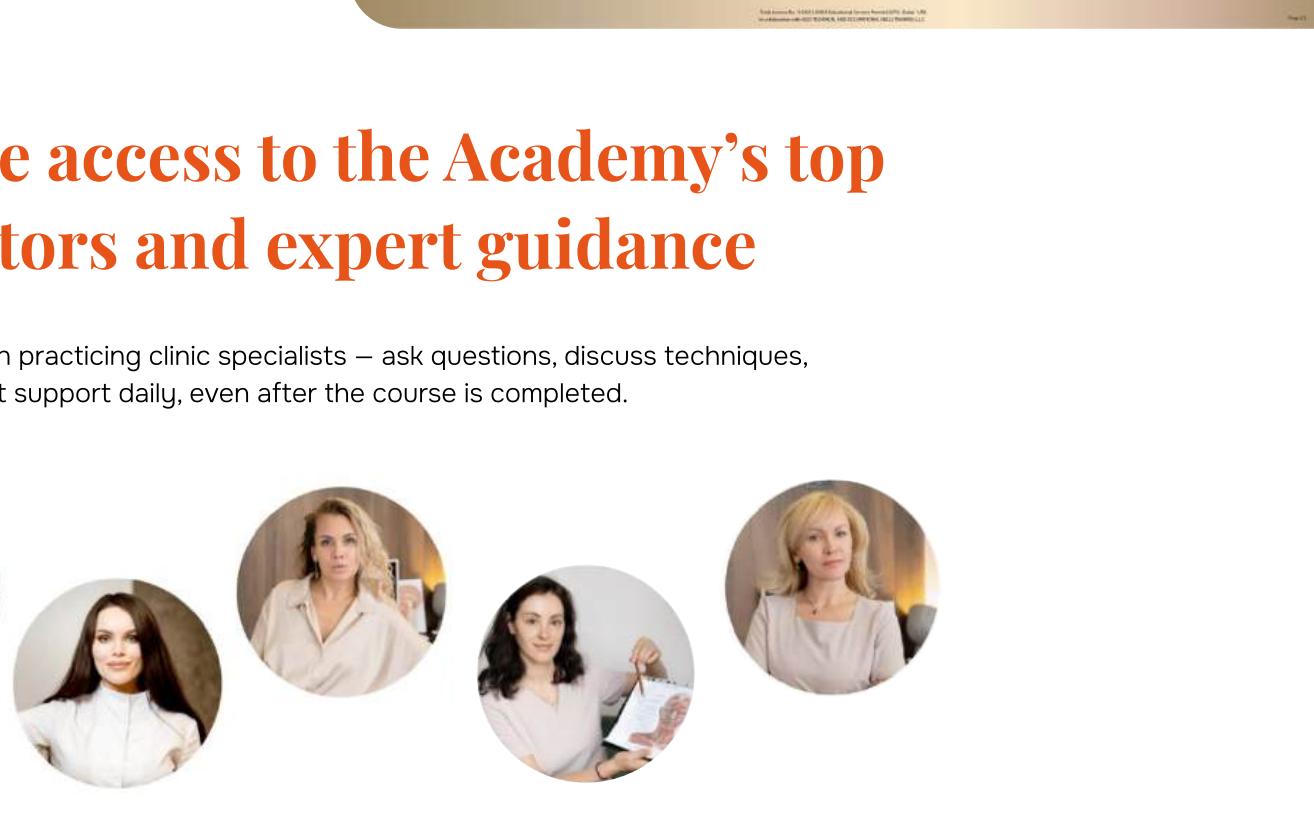
#### Face

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

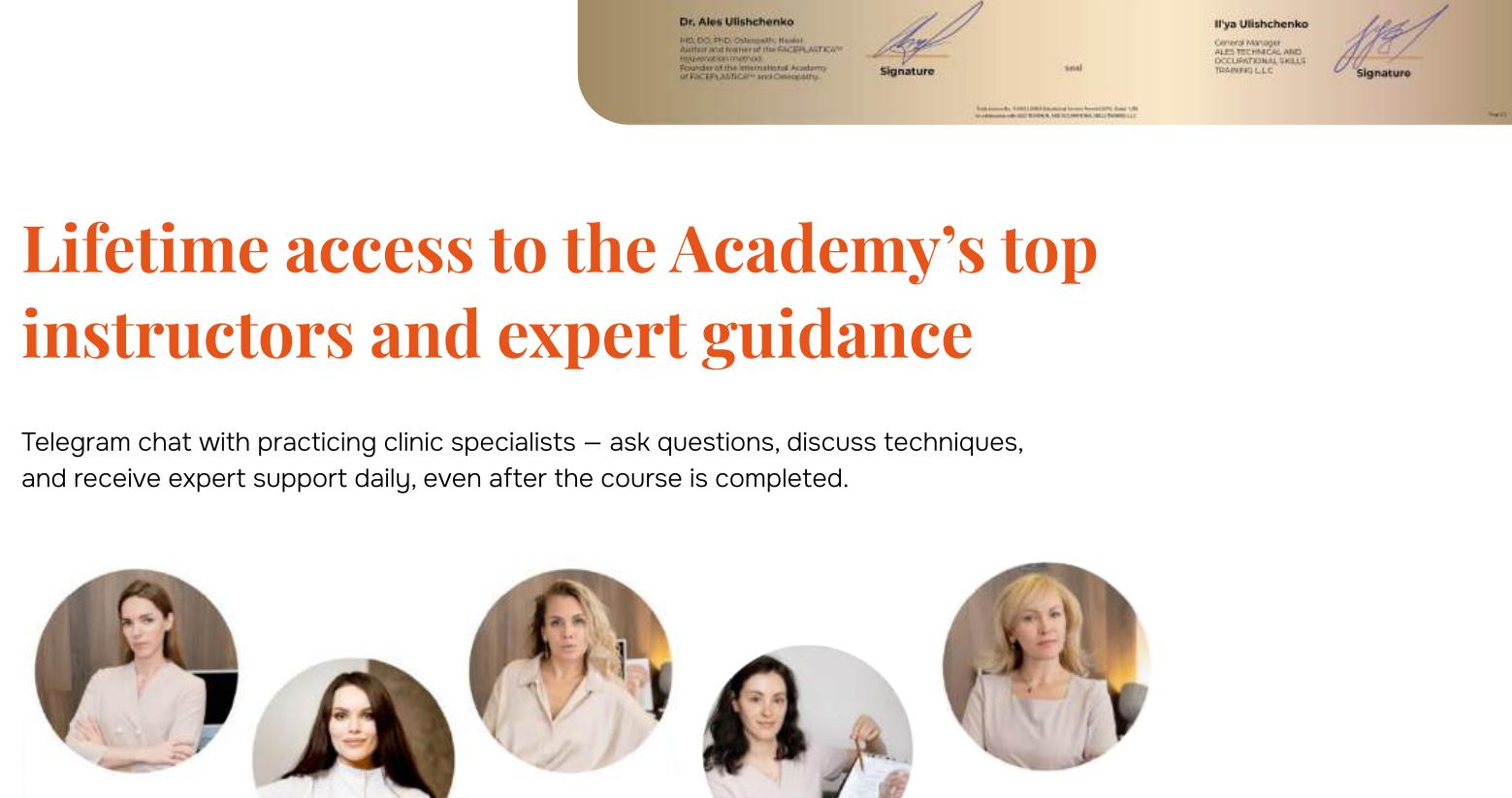


#### Final Assessment

#### Online testing

Reserve your spot

You will gain in-depth trainings andocial Faceplastica™ work with your own body, learn how to create a face that is in line with your personality, and how to work with your own body, learn how to create a face that is in line with your personality.



#### Lesson 1 – Faceplastica. Body Work Protocol

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

##### Lessons:

- Meditation. Explanation
- Exercise for the thoracoabdominal diaphragm. Diaphragmatic breathing. Explanation
- Opening the internal organs and relaxing the pelvic diaphragm. Technique
- Spinal twist "Crocodile" in a seated position. Technique
- Shoulder opening with neck traction. Technique
- Stretching the pectoralis minor muscle
- Anti-tucking techniques
- Technique against neck hump and slouching
- Exercise against neck hump. Technique
- Activation of supraclavicular areas. Technique
- Lymphatic drainage "clock" 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. Rules for tape removal

Contraindications for taping

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

#### Lesson 4 – Neck and Décolleté Work Protocol

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

#### Lesson 5 – Popular Rejuvenation Methods. Taping

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

Masseter muscle taping (owl's eyes)

Taping of downturned mouth corners (marionette lines)

Lesson 6 – Online Faceplastica Seminar (Small Groups)

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

#### Lesson 7 – Faceplastica. Neurocranial Correction, Part 1

Work with the cranial base and neurocranial system (CCS). Correction of cranial sutures.

#### Lesson 8 – Popular Rejuvenation Methods. Taping

Cranial correction in flexion (compression)

Cranial correction in extension (traction)

Temporal bone correction

Frontal bone correction

Nasal bone correction

Lower jaw correction (intraosseous pumping)

Lower jaw traction

Lesson 9 – Online Faceplastica Seminar (Small Groups)

Topic: Review of Lesson 3 exercises and individual hands-on practice with the instructor

#### Lesson 10 – Faceplastica. Neurocranial Correction, Part 2

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

#### Lesson 11 – Popular Rejuvenation Methods. Taping

Nasal bridge taping (nose bridge technique)

Nose bridge taping (horizontal bridge)

Masseter muscle taping (owl's eyes)

Lesson 12 – Online Faceplastica Seminar (Small Groups)

Topic: Review of Lesson 4 exercises and individual hands-on practice with the instructor

#### Lesson 13 – Faceplastica. Facial Skeleton

Work with facial asymmetries, frontal bone, maxilla, TMJ, and cerebellar tentorium.

#### Lesson 14 – Popular Rejuvenation Methods. Taping

Frontal bone straightening

Frontal bone relaxation

Maxilla correction

TMJ correction

Frontal bone correction

Lesson 15 – Online Faceplastica Seminar (Small Groups)

Topic: Review of Lesson 5 exercises and individual hands-on practice with the instructor

#### Lesson 16 – Faceplastica. Facial Muscles, Part 1

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

#### Lesson 17 – Popular Rejuvenation Methods. Taping

Oral diaphragm. Correction of the oral diaphragm and pharyngeal constrictor muscles

Tongue muscle correction

Relaxation of the masticator muscle

Intercrural relaxation of the masseter muscle

Temporal area relaxation (drainage technique)

Taping around the eyes (puffiness technique)

Taping around the mouth (marionette lines)

Lesson 18 – Online Faceplastica Seminar (Small Groups)

Topic: Review of Lesson 6 exercises and individual hands-on practice with the instructor

#### Lesson 19 – Faceplastica. Facial Muscles, Part 2

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

#### Lesson 20 – Popular Rejuvenation Methods. Massage

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

#### Lesson 21 – Online Faceplastica Seminar (Small Groups)

Topic: Review of Lesson 7 exercises and individual hands-on practice with the instructor

#### Lesson 22 – Popular Rejuvenation Methods. Massage

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

#### Lesson 23 – Popular Rejuvenation Methods. Massage

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

#### Lesson 24 – Popular Rejuvenation Methods. Massage

Japanese massage "Aashi". Introduction. Step-by-step protocol with explanation

#### Lesson 25 – Online Faceplastica Seminar (Small Groups)

Topic: Review of Lesson 8 exercises and individual hands-on practice with the instructor

#### Lesson 26 – Popular Rejuvenation Methods. Massage

Gu Sha massage. Introduction. Step-by-step protocol with explanation

#### Lesson 27 – Online Faceplastica Seminar (Small Groups)

Topic: Review of Lesson 9 exercises and individual hands-on practice with the instructor

#### Lesson 28 – Popular Rejuvenation Methods. Massage

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

#### Lesson 29 – Popular Rejuvenation Methods. Massage

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

#### Lesson 30 – Popular Rejuvenation Methods. Massage

Gu Sha massage. Introduction. Step-by-step protocol with explanation

#### Lesson 31 – Online Faceplastica Seminar (Small Groups)

Topic: Review of Lesson 10 exercises and individual hands-on practice with the instructor

#### Lesson 32 – Popular Rejuvenation Methods. Massage