

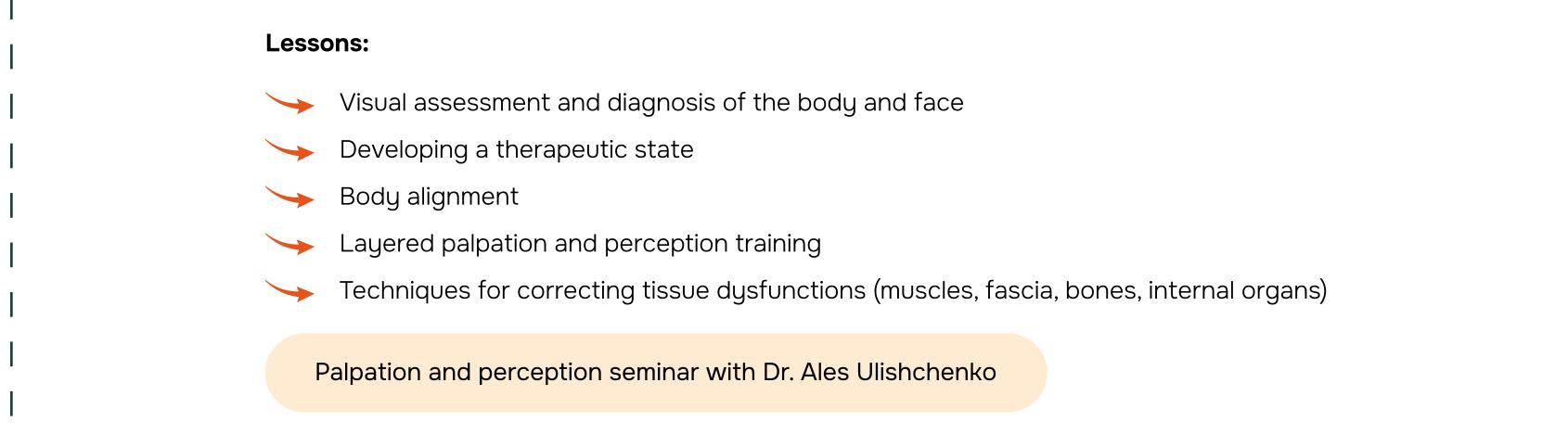
Certified Faceplastica™ Practitioner (CFP)

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

Duration: 6 weeks

Start date: February 16, 2026

Module 2: Faceplastica™ Professional Certification

Duration: 10 weeks

Start date: summer 2026

Final exam & certification

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

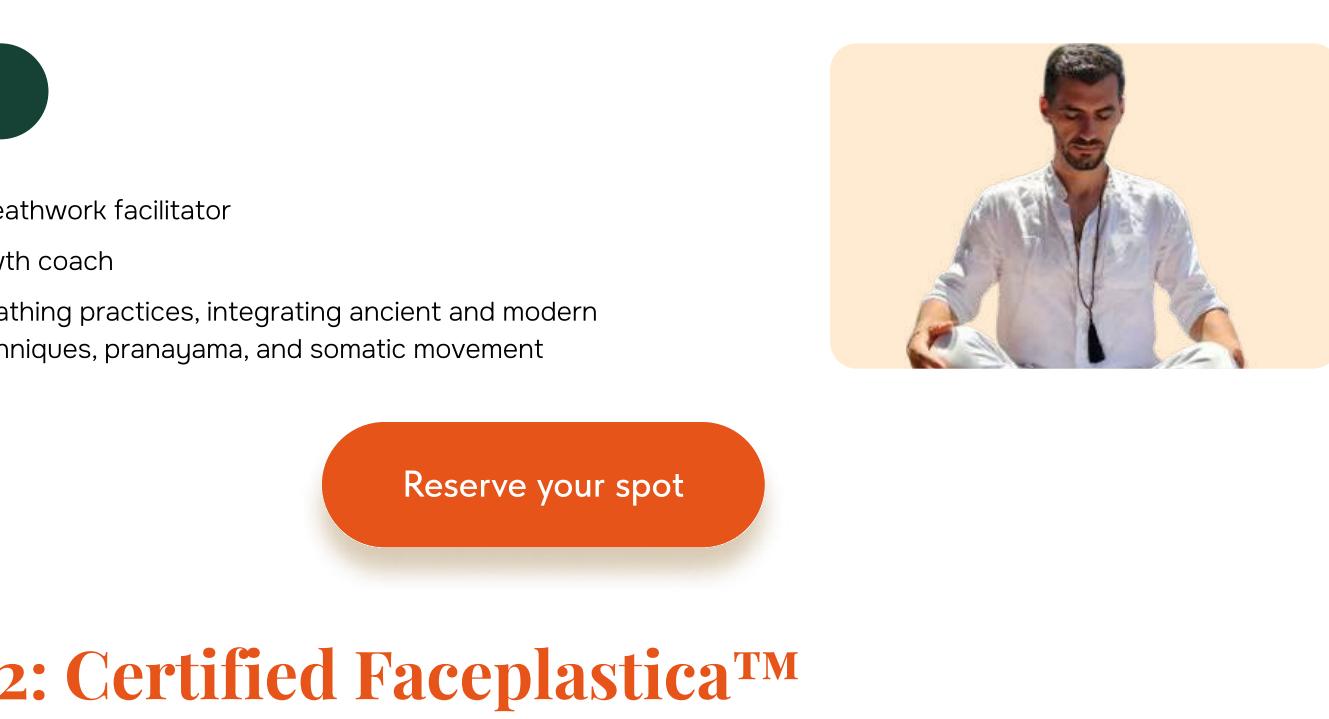
Foundations of Osteopathy and Faceplastica™

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 Ulyshchenko



Week 2

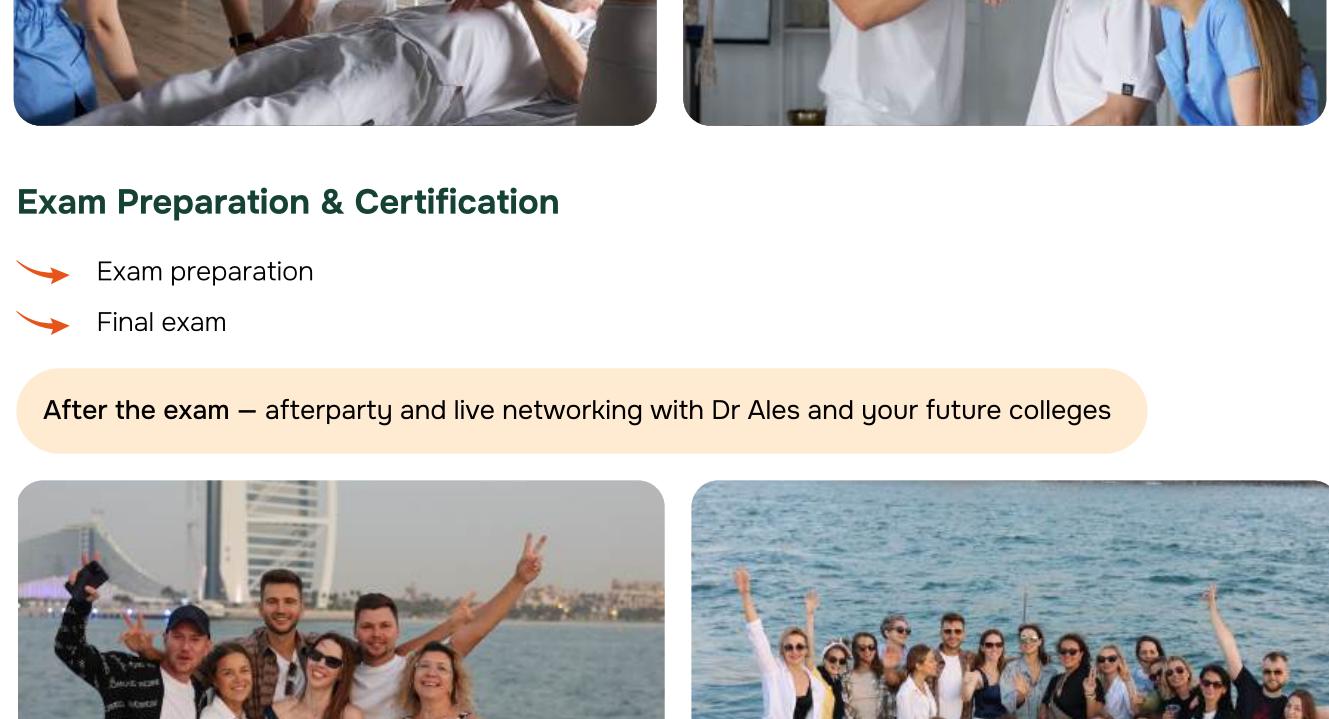
Pelvis, Spine and Posture

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

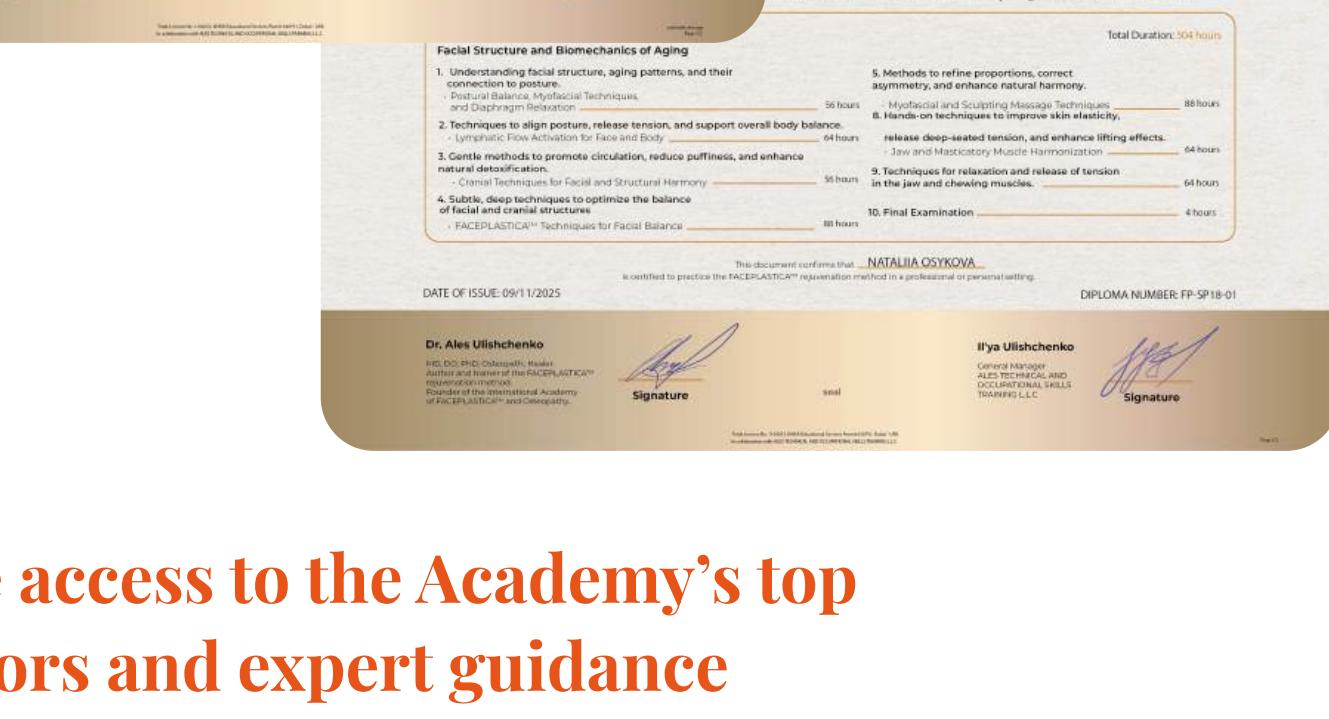
Diaphragms, Internal Organs and Fluid Systems

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

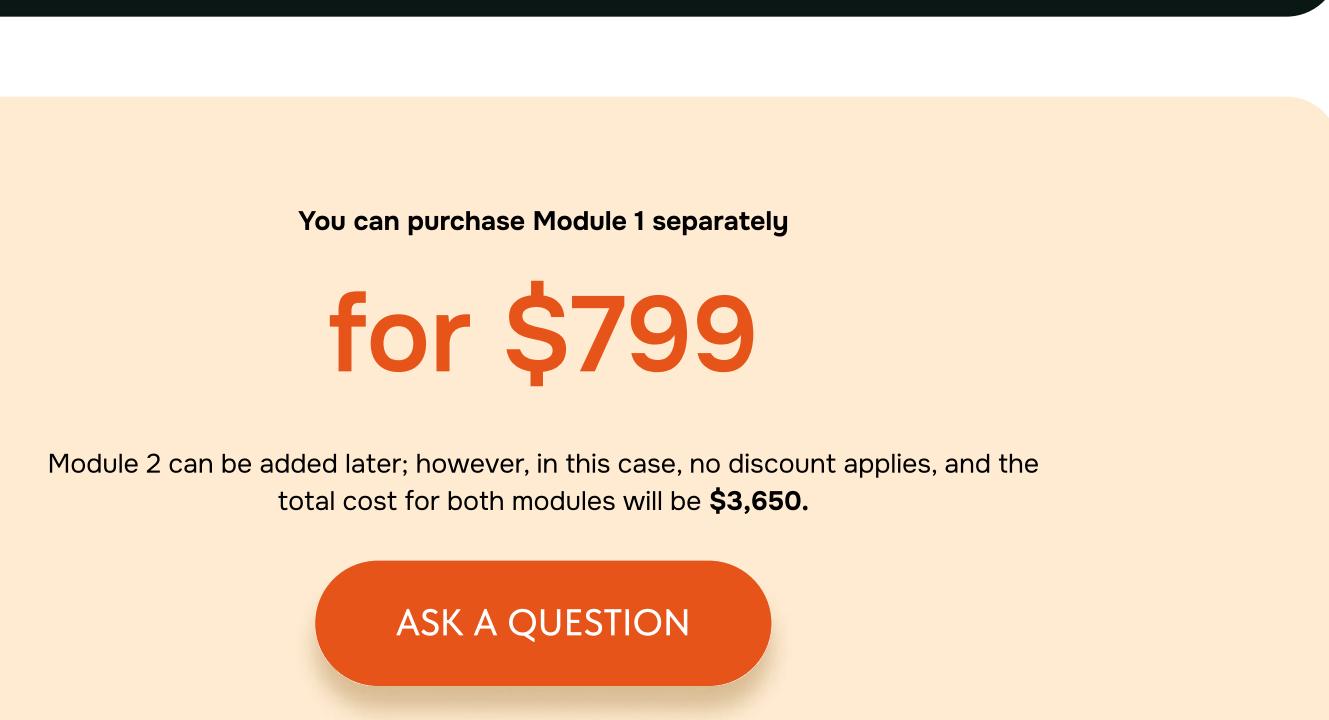
Face

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

Javiera Diaz & Andrea Terramaga

- Bioblocking Experts
- Founders of Hikari OS – a bioblocking platform for smart devices

Paul Manea

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

Cranial bones seminar with Yulia Komarenko

Reserve your spot

You will gain in-depth knowledge of Faceplastica™ Rejuvenation Method and how to work with another person.

Start date: summer 2026

Access to materials: 6 months after completion

Step 1

Online Training

Duration: 10 weeks 90 video lessons

2 live online practical seminars

Faceplastica™ Protocol by Dr. Ales Ulyshchenko

Body alignment & correction

Body & face integration

Massage techniques

Cranio-sacral system (CST)

TMJ & neurocranial asymmetries

Massage Techniques

Techniques

Lymphatic drainage massage

Buccal massage

Sculptural massage

Gua Sha massage

Shiatsu massage

Step 2

In-Person Seminar in Dubai

Duration: 9 days 09:00–16:00

You will practice all learned techniques hands-on, working with real models

All instructors are practicing osteopathic physicians and clinic specialists

In-person seminar: practical training with real models

Practical training with real models