

# 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 – 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 Krasnopskaya

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 Krasnopskaya: 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 Klostser

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 Krasnopskaya

➔ 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 Terramagra

➔ 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™ Practitioner (CFP)

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

🕒 Duration: 10 weeks

📺 90 video lessons

🔗 2 live online practical seminars

**Faceplastica™ Protocol by Ales Ulishchenko**

- ➔ Body alignment & correction
- ➔ Body correction
- ➔ Body & face integration
- ➔ Massage techniques
- ➔ Craniosacral system (CST)
- ➔ TMJ & neurocranium
- ➔ Facial skull & facial asymmetries

**Massage Techniques**

- ➔ Lymphatic drainage massage
- ➔ Vacuum 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

➔ The in-person seminar is held at the Osteopathy Academy.  
All instructors are practicing osteopathic physicians and clinic specialists

Step 3

**Exam Preparation & Certification**

- ➔ Exam preparation
- ➔ Final exam

After the exam – afterparty and live networking with Dr Ales and your future colleagues

Reserve your spot

## International Academy Certificate

## 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.

## Bonus

Regular clinical case reviews - free of charge

## THE ACADEMY IS ACCREDITED BY ITEC

## KHDA License

\*Knowledge and Human Development Authority, Dubai, UAE

## Each graduate is added to the public registry

of Certified Faceplastica™ specialists

~~\$3650~~ **\$3100**

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 **\$3,650**.

ASK A QUESTION