

CONTRAINDICATIONS



THE METHODOLOGY OF FACEPLASTY IS AIMED AT ACHIEVING REJUVENATING AND HEALING EFFECT,
HOWEVER IT IS NOT A MEDICAL TREATMENT.

IF YOU HAVE ANY SHARP PAIN OR HIGH TEMPERATURE – YOU CANNOT EXERCISE.

If you have any listed diseases or similar symptoms, you need to consult your doctor.

All the techniques are safe if you follow the instructions and perform the exercises correctly. If you miss a few days of exercises, do not try to catch up in one day. If you have any questions, you can always consult a curator in Telegram chat.

Temporary contraindications:

- Various skin rashes, skin lesions in the acute stage of inflammation;
- Purulent processes, inflammation of lymph nodes and vessels;
- External or internal bleeding (nasal, intestinal, uterine);
- Acute febrile conditions, high body temperature, acute inflammatory processes;
- Acute hypertensive or hypotensive crisis;
- Heart pain;
- Acute respiratory diseases (2-5 days after them);
- Common severe conditions in various diseases and injuries;
- Alcohol intoxication;

Absolute contraindications:

- Benign and malignant tumors of various localizations;
- Gangrene, osteomyelitis, trophic ulcer;
- Blood diseases, atherosclerosis of peripheral vessels, thrombosis, thrombophlebitis;
- Mental illness with excessive agitation, significantly altered psyche;
- Renal and hepatic insufficiency;
- Active forms of tuberculosis;



Local contraindications:

These contraindications are related to specific areas of the body. They include:

- Warts, skin lesions or irritations, abrasions and cracks;
- Psoriasis, neurodermatitis, 2nd and 3rd stage couperosis, eczema
- Localized enlargement and soreness of lymph nodes
- Lumbar area and abdomen with diagnosed ovarian cysts
- Painful sensations on palpation (groping) of the abdomen,
- Abdominal organs with a tendency to bleeding, after bleeding due to peptic ulcer disease, as well as caused by diseases of the female genital system.
- If you have prostheses/implants in your spine or neck - skip the twisting exercises

NOT CONTRAINDICATED: LACTATION PERIOD, MENSTRUAL CYCLE

You should always remember that the main property of many exercises is to stimulate lymph and blood flow, and therefore, if the body is affected by infectious or virus disease (even such as acute respiratory infections) we risk contributing to the accelerated spread of viruses throughout the body, as well as their increased multiplication.

If there are years of accumulated tensions and dysfunctions in the body, aggravations may occur during practicing. It is necessary to wait until the acute symptoms are relieved and only then start practicing. You should not be frightened by this, you should give time to rebalance the whole body and be sure to follow the instructions of our curators.

Pay great attention to your health, to the feelings during practicing and be sure to ask curators any questions during training.

Remember, the responsibility for your health is always on you!

Stay healthy!

With regards from the "Doctor Ales" course team

