

SAFETY

Wellness Disclaimer

GlowUP - Face Yoga helps you organize a gentle practice. It does not diagnose conditions, treat disease or replace medical care.

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Not a medical service

Programs, reminders, quiz results and tips are for general information and wellness purposes only. They are not a diagnosis, a prescription, a medical opinion or physical therapy, and they do not guarantee any change in appearance.

When to stop

- Stop moving right away if you feel pain, numbness, dizziness, changes in vision, difficulty breathing or any unusual reaction.
- Do not increase range of motion or pressure to keep a streak, beat a timer or chase a promised result.
- In an emergency, contact your local emergency services (in the U.S., call 911). The app is not designed for emergency communication.

When to talk to a professional

Before you start, consider getting individual advice from a qualified professional if you have an injury to the face, neck or jaw, a recent procedure or injections, neurological symptoms, a skin condition, chronic pain, are pregnant, or have any other medical restriction.

Results and claims

Individual experiences and changes vary. Testimonials, images and wellness language should not be read as typical or guaranteed results. Any objective claim about effect or safety requires separate evidence and legal review before publication. A disclaimer alone does not fix a misleading advertising claim.