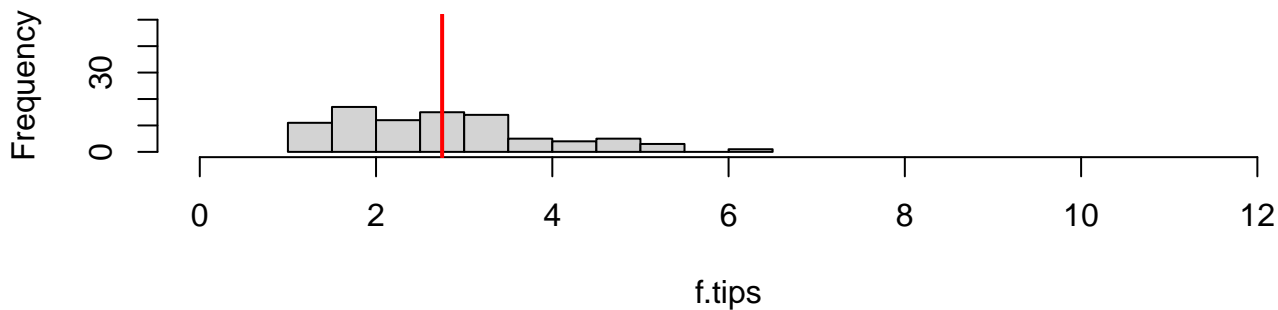


female tips



male tips

