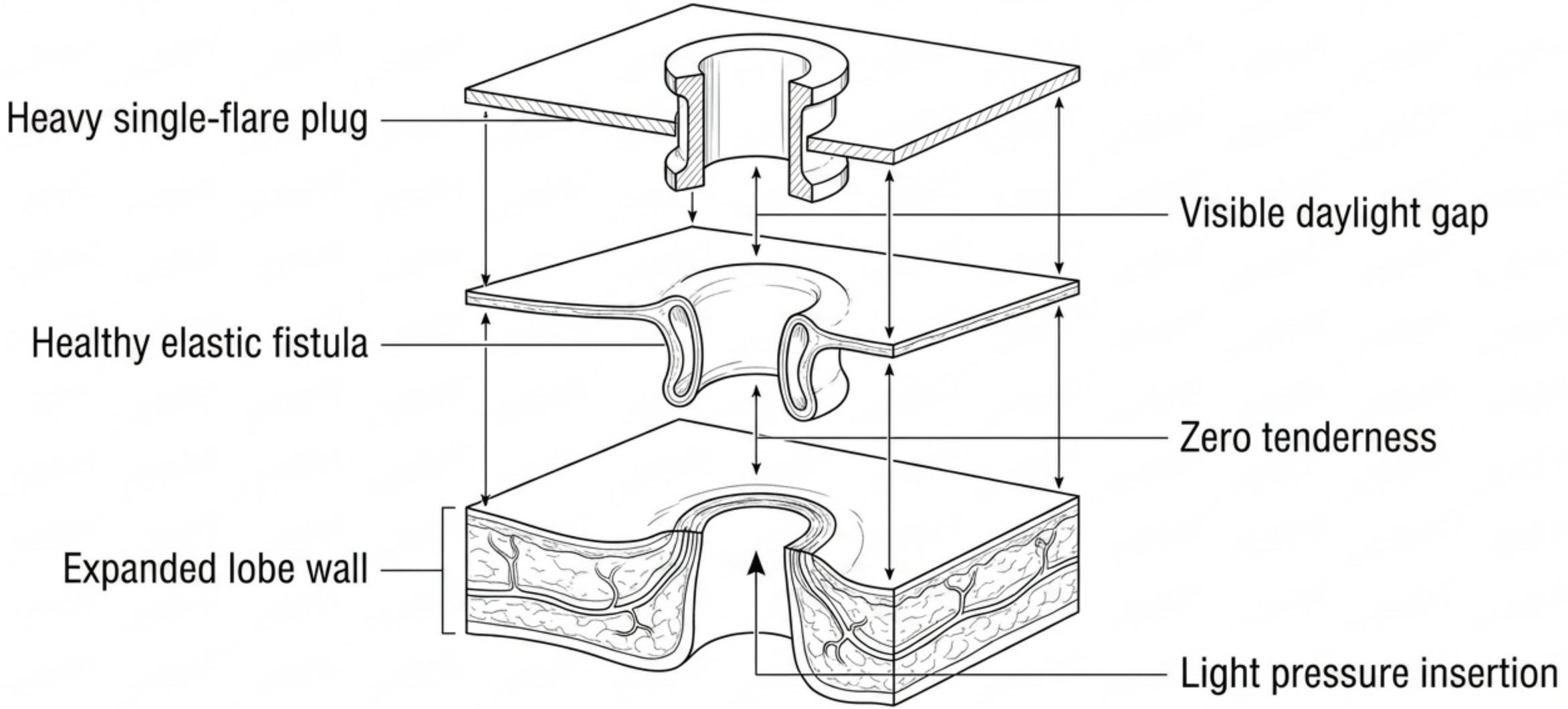


Wait until the heavy jewellery naturally relaxes the tissue to allow light pressure insertion.

LISTEN TO YOUR BODY, NOT THE CALENDAR.