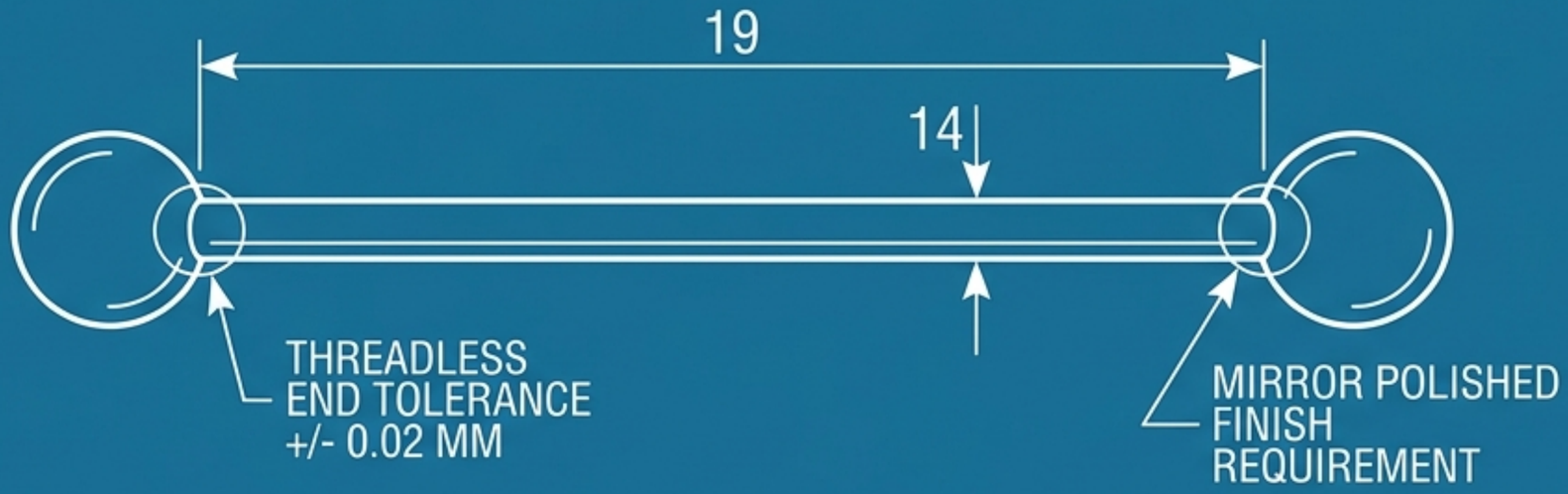
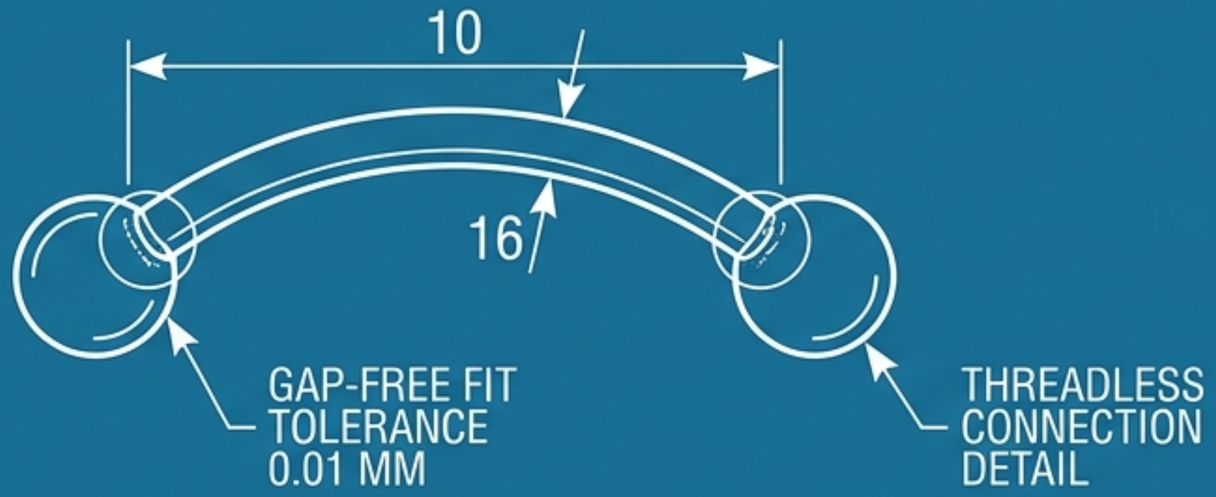


Tongue placement needs a straight barbell.

Barbell posts must be mirror polished.



Navel placement needs a curved barbell.

Threaded ends must fit without gaps.

Initial piercing jewellery must be internally threaded or threadless.

NO EXTERNAL THREADS ALLOWED.