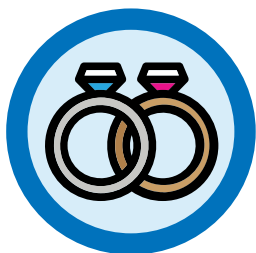


Are you bare below the elbows?

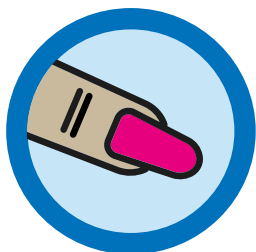
Sleeves rolled up



No stoned rings



**No artificial nails
or varnish**



**No wrist jewellery
or fitness trackers**

