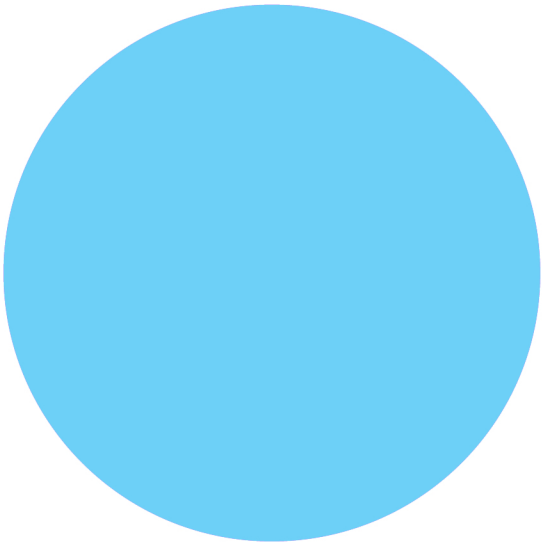
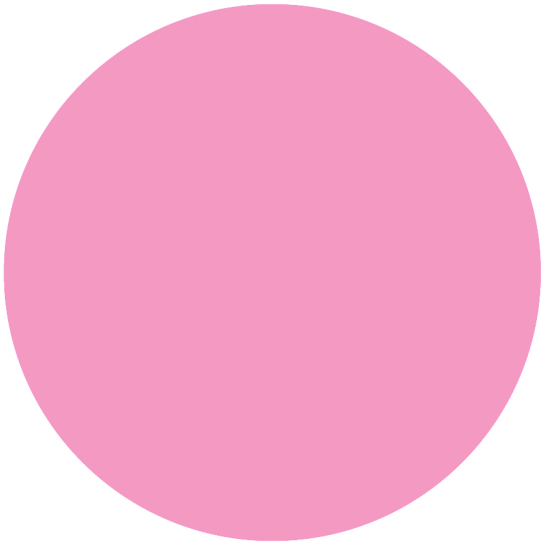

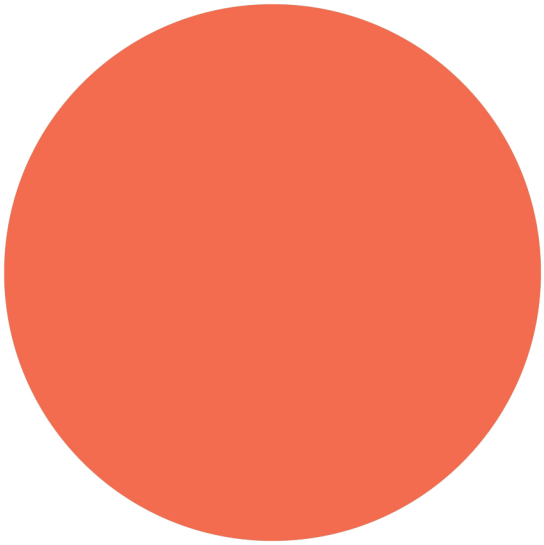
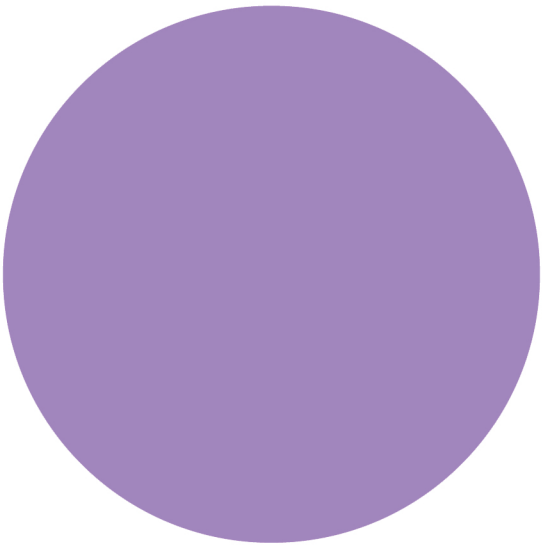
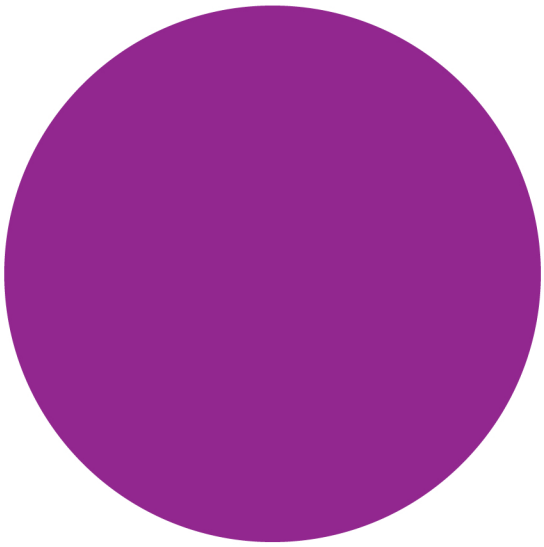

idee-maitresse.fr