







- 1: Pick a plump, curvy gourd (size matters tonight).
- 2: PrEP your tool, line the stencil, lock in position.
- 3: Slow, steady strokes only, babe. We're carving, not cardio.
- 4: Pop the top and light up your glow job.
- **5:** Share your handiwork and tag @getqcareplus #humpkins!