

## SHOES

## Happy Feet

## SIX SANDALS THAT SIDESTEP YOUR FOOT FLAWS

It's that time of the year when we bare our feet to the world. *Real Simple* staffers tried on more than 100 pairs of casual-dress sandals to find flattering selections for every foot—and foot fault.

## WHAT TO LOOK FOR

Certain essential elements make the difference between a comfortable sandal and a closet-bound shoe. Taryn Rose, an orthopedic surgeon and shoe designer in Los Angeles, knows what to look for in a sandal:

- Get a rubber sole to provide traction, shock absorption, and flexibility.
- If the insole feels hard when you step in it, it won't be comfortable to wear for long periods.
- Try to find a sandal with an arch built in to the sole, especially if you are flat-footed.
- Your foot should rest on a piece of leather, which absorbs moisture well.
- Fabric sandals should have some stretch in them so they give when you move.

■ Heels should be no taller than two inches. "High heel sandals are OK for occasional use," says Rose. "They are like dessert: Have them once in a while but not every single day."

## FIVE SHOPPING TIPS

When test-driving new sandals in the store, use these pointers to bypass blind spots:

1. **SHOP FOR SANDALS AT THE END OF THE DAY.** You'll get a better sense of how the straps are going to feel when your feet are at their most swollen.
2. **WALK AROUND THE STORE.** Be wary of buying sandals that rub (especially on your heel, the tops or sides of your toes, or underneath the straps); you could get blisters.
3. **AVOID PLATFORMS.** Avoid ankle injuries.
4. **BUY SOFT LEATHER.** Then there's no need to break in the shoes.
5. **ORTHOTIC ALERT.** If you wear orthotics, you already know it's almost impossible to fit them into sandals. But Benefoot has a promising pro-

## RED-HOTS

Consider deep red to be your new neutral. It goes well with khaki, black, white, navy, and even some pastels. Read on for the results of *Real Simple*'s sandal road test. All of these shoes are also available in black or natural.

## ONE SANDAL FIXES ALL

Of all the sandals our staff slipped on, this Tommy Hilfiger slide with an adjustable band [below] was the most popular. It's good-looking and comfortable, and it can be worn day and evening. And it also works with wide feet, bunions, corns, and flatfeet; \$59, for store locations call 877-866-6922.

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"We take about 10,000 steps a day and millions each year—each one should be comfortable."

—CHERISE DYAL,  
ORTHOPEDIC SURGEON,  
WAYNE, NEW JERSEY





**WHAT'S RIGHT WITH RED**

These three shades of nail polish go best with the deep red sandal:

- Chanel Rose Baby works because pink and red is a timeless color combination; \$21.50, for store locations go to [www.chanel.com](http://www.chanel.com).
- OPI's Soho Nice to Meet You is neither too brown nor too red; \$6, for store locations call 800-341-9999.
- Bobbi Brown's Champagne Shimmer is a great neutral if you don't like color but don't want to go unpolished; \$12.50, [www.bobbibrown.com](http://www.bobbibrown.com).

**HOW TO HEAL CRACKED HEELS**

Use this formula by New York podiatrist Howard D. Zaiff: Gently rub your heels with a pumice stone when you bathe. Before bed, apply a rich moisturizer to your heels (our favorite is Bag Balm; \$4.25 for one ounce, [www.bagbalm.com](http://www.bagbalm.com), 800-232-3610 for store locations). Then wrap them loosely in plastic wrap, and slip on socks. Wear overnight. See a podiatrist if you have deep cracks (fissures).

