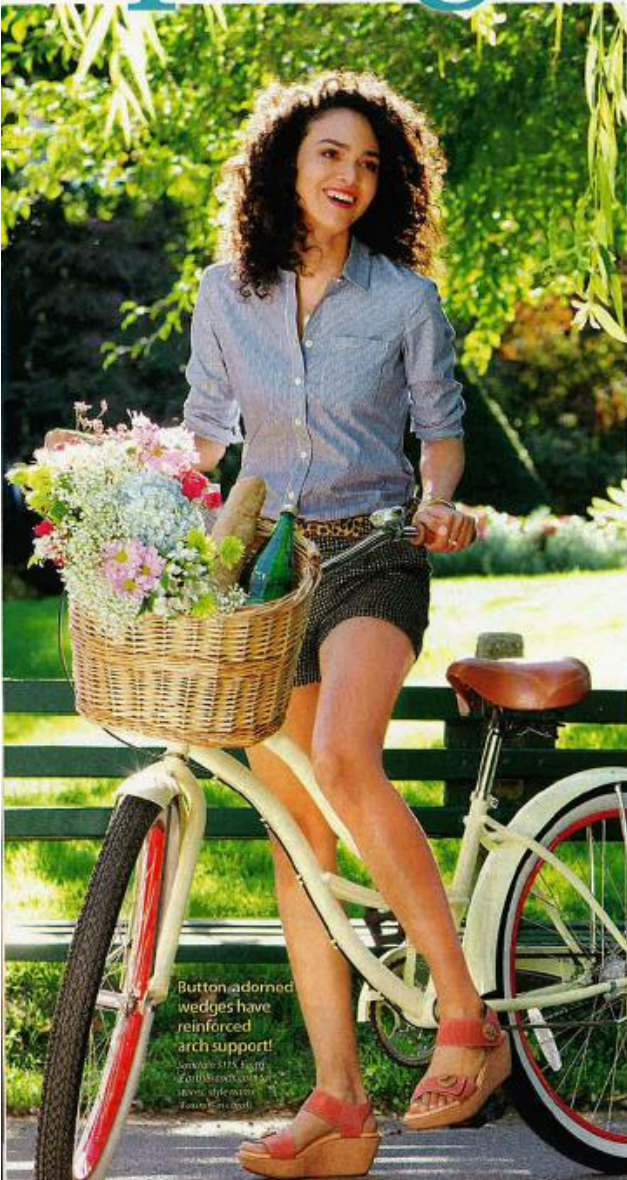


**Woman's  
World** *A great week  
made easy!*

March 31, 2014

# Spring shoes that look good and feel good



Button-adorned wedges have reinforced arch support!  
\$115, Fred Zappos.com, style name "Fawn".

There's no need to sacrifice comfort for style: From ultra-padded insoles to customizable arch support, each of these pretty pairs of shoes has a feel-good secret!



Created by a podiatrist, these sandals help realign your feet to their natural position!

\$79.95, Vionic (VionicShoes.com, style name "Pearl").



Flexible soles move with you!

\$59, Naturalizer (Naturalizer.com, style name "Clement").



Diamond cutouts in the sole act as tiny shock absorbers that soak up the impact as your foot hits the ground!

\$69, Aerosoles (Aerosoles.com, style name "Bentley" in mid blue combi).



As comfy as your favorite Keds sneakers—with cute cutouts to boot!

\$45, Keds (Zappos.com, style name "Cut-out seasonal solids" in light green).

Breezy crochet fabric lets air circulate!

\$24.98, Jodylyn Smith (JodylynSmith.com, style name "Arkena").



# Look great Feel fabulous!



Contoured arch support  
cradles your foot!

\$95, Earth (Earthbrands.com  
for stores, style name  
"Begonia"  
in platinum)



A stretchy back hugs  
your heel and keeps  
blisters at bay!

\$90, Ahnu (Ahnu.com,  
style name "Karma  
Textile" in  
bordeaux)



Approved by the American  
Podiatric Medical Association,  
this chic sandal is designed to  
reduce stress on the ball  
of your foot!

\$99.95, Aetrex  
(Aetrex.com, style  
name "Marissa")



Cushioned footbed  
is fabulous for all-day wear!

\$89.99, Clarks (ClarksUSA.com, style name  
"Dunbar Hamden" in fuchsia nubuck)

Circular nubs on  
the sole allow for  
superior traction!

\$98.95, Softt (Softtshoes.com, style name  
"Bernie" in anthracite)



Breathable lining keeps your skin dry!

\$39, Bromstad for Naturalizer (Naturalizer.com, style name "Clara")



Laser-cut wedges have a slightly wider  
footbed that's designed for comfort!

\$66.99 Spring Step (Zappos.com, style name "Abigail"  
in beige nubuck)



## Make any shoe ultra-comfortable!

### Prevent blisters!

Friction is a major cause of blisters. The easy fix? Apply an anti-rub stick (like Dr. Scholl's for Her Miracle Shield, \$6.49 at Drugstore.com) to create an invisible barrier between you and your shoes!

### Ease tightness!

Put on a couple of pairs of thick socks and walk around the house in too-tight shoes for 15 to 30 minutes to ease the fit!

### Maximize comfort!

To ease pressure on your feet when you're wearing wedges or pumps, try inserting a "ball of foot" gel cushion, like Tip Toes Technology (\$8.95 at FootPetals.com).

## Look Great!

### 1 Keep brights from running!

To keep new, vivid machine-washable clothes bright, soak them in a mixture of 3 cups cold water and 1 cup distilled white vinegar for 10 to 15 minutes (don't worry—it won't add an odor), then wash in the cold cycle. The vinegar works to set the dye!

### 2 High-tech ways to save!

Download PeachIt (Peachit.com) to your computer—the tool will install a button on your Web browser's navigation bar. Click it when you find something you like online, and it'll instantly list available coupon codes plus allow you to set a price alert! Love discounts? The Trunqshow phone app (Trunqshow.com) lets you select your favorite stores and items, then automatically updates you when your picks go on sale!

### 3 Spice up your sneakers!

For an easy wardrobe refresher, try replacing your plain shoelaces with pastel or printed versions! Keds.com and LacedUpLaces.com offer a variety of styles, and Hickles.com sells elastic clips that replace laces entirely and transform shoes into slip-ons!

### 4 Choose a slimming skirt!

Want to look 10 pounds lighter? Slip into a solid-color A-line skirt that hits just above your knees. The flowing shape skims over your hips and makes your waist seem tiny in comparison!

