



Products promise to save your sole

FROM cuts and bruises to heels that could sand furniture, our tired old feet need a little bit of help — especially if you're going to try tottering around in YSL's 5½-inch heels. We tried some of the products that promise to prevent blisters, soften callouses and cushion the pain. Perhaps you don't need to suffer as much for fashion:



Foot Petals Tip Toes, \$7
I stuck these adorable animal-print pads into my most painful shoes and hit Fifth Avenue for an afternoon of window shopping. Normally, I last between two and three hours in them. This time, the medium-size fabric pads helped me last five hours before I changed to flip-flops.



Hue Slip Resistant Sole Gripz, \$6
For the outside of your shoe, to make sure you don't slip and twist your ankle. Does the job for cheap shoes; for more expensive ones, see a cobbler.



Foot Petals Strappy Strips, \$7
The directions are simple enough — stick these gel strips to the inside of slingbacks to prevent them from slicing into your feet. It's too bad they didn't work; they fell off and were so thin they didn't help. Plus, very expensive shoes are now sticky.

Pro Foot Slik Stick Miracle Anti-Blister Block, \$5
Slik Stik is billed as a "miracle" blister prophylactic. After trying it on boots-battered feet, we cannot agree more. Forget ugly Band-Aids that always bunch up and rub off, and slather this virtually odorless salve with botanical extracts on any chafe-prone area of the foot — you will not be sorry.



Post pick!



Dr. Scholl's for Her Foot Serum, \$10
I have tried everything to soften my sandpaper-like heels — Vaseline and Saran Wrap, moisturizing gel socks at night and even olive-oil foot massages. Then I slathered some on, threw on some socks, and a few hours later my feet were noticeably softer. Heaven.



Pro Foot Toe Beds Invisible Gel Cushioning, \$5
I slapped these into a pair of open-toe shoes, and they really eased the pain. The green is a little unsightly, so be sure that they don't slip forward and expose themselves.

and expose themselves.

Hue Foot Printz Insoles, \$6

These inserts aren't the most heavy-duty — they're thin and fabric as opposed to all the other gel options — but they really add that little extra bit of comfort to shoes that may not be super-painful but could use a little extra cushioning.



Airplus for Her Steppies, \$5
Hands down my favorite one, this clear gel insert works with almost any kind of summer shoe and really helps ease the pain. Just for the balls of your feet, but it's like walking on marshmallows. I love it.

Apara Gel Slingies Open Shoe Gel Insole, \$10

None of the products that promise to cushion the back of your feet from straps or the shoe work. Period. So suck it up.



Airplus for Her Gel Comfort In-Sole, \$6

These thick gel inserts seem perfect for boots and flats. I tried them with a pair of cowboy boots that make me want to cut off my feet. They seemed like they would work if the boots were a little loose on me — they're so thick they made them tight and even more uncomfortable to wear.

Kiwi Fresh'ins Disposable Shoe Inserts, \$5

These super-thin fragrant shoe inserts are amazing. We hear that there are more than 250,000 sweat glands in an average pair of feet. So why not fight odor at the same time you cushion your feet? Great idea.



Artemis Woman Heel Smoother, \$20-\$30

Everyone getting ready to trade boots for flip-flops needs to get one of these. Like an at-home micro-dermabrasion for your feet, the heel smoother is easy to use and super-effective. Sloughing off all the dead skin beats a pumice stone — and makes your feet feel more comfortable in a shoe.

— Raakhee Mirchandani

