

herworld magazine

July 2008 issue

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"The heel of the foot doesn't always land directly over the centre of the sandal's heel. When this happens, skin folds over the edge of the shoe, stretching the tissues and causing the heel to crack," Sue says. Daily moisturising can help improve the look of cracked heels and dry feet by restoring suppleness. You can also use a shoe with an enclosed heel

counter, which helps to protect and cup the heel.

On a more practical level, strappy sandals also come with an increased risk of foot trauma. Hardly surprising when you consider they provide zero protection against any kind of assault. This could be anything, from cracking a toenail against a step to having a paperweight dropped on the foot. It's impossible to guard against such accidents, but you can certainly reduce the odds of them happening by cutting back on the amount of time spent in skimpy sandals. Think of it this way: Who'd want to wear an itty-bitsy bikini around all the time?

Covered shoes: It's a wrap

They have less trouble staying on than flats and don't leave feet vulnerable like strappies. But the thing about covered shoes – other than odour prevention – is that their fit has to be just right, as there's no room for error, literally.

Sue says that a lot of women often buy shoes that are one size too small. To get a fit that's comfortable without feeling like the shoe is about to come off when you walk, she says it's preferable if they have some adjustable means of holding onto the foot. "A shoe with a lace, buckle or Velcro fastening can be fitted to support the rear of the foot but still allow the toes room to move," she says.

If the shoes are raised, then apply the same basic preventative measures as you would with high heels. These include keeping toenails trimmed and regular moisturising to prevent calluses – especially important since the entire foot gets rubbed against the shoe. If possible, avoid the deadly combination of covered shoes that have sky-high skinny heels and a sharp pointy front. **HW**



Feet treats

SCRAPETIT

Scholl Surgical Steel Callus Removal Tool, \$38.90. This surgical steel tube scrapes away hardened skin, but stops working once normal skin is exposed and there's no more friction to do its magic. From Guardian, Watsons and Unity Healthcare.

Scholl Party Feet Invisible Gel Toe Post Cushions (\$11) and Invisible Gel Toe Post Strips (\$5.50). The re-usable gel cushions prevent sandal-clad feet from slipping and sliding while the strips wrap around toe posts so skin doesn't get rubbed raw.

The Body Shop Peppermint Purifying Foot Mask, \$24.90. The cooling effect of peppermint is an instant pick-me-up for hot, tired feet. It also fights odour.

Finala Footsoft Cream, \$9.80. Unlike some heel creams which are thick and greasy, this one sinks into skin almost right away and leaves no oily residue. From Guardian.

Yoga Sandals, \$49.90. They're worn as regular sandals, not for yoga practice. The four toe separators purportedly help spread out the bones of the feet, making them more flexible, improving balance and relieving fatigue. From www.yog sandals.sg.



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