

How to Choose Good Quality Comfortable Heels

Most women admit high heels make their feet hurt, but they tolerate the discomfort in order to look taller, stylish and more professional. In fact, it is so prevalent that according to a report by Ogilvy, 78% of women in UK admit to wearing heels despite the agonies caused by them. Are you one of them?



Jessica Simpson Heels

Tips in Choosing a Comfortable Pair of Heels

They may be called "killer heels", but your heels do not have to kill. Here are some tips in choosing a comfortable pair of heels.

1) The Base of the Sole

Place the shoe on a flat surface at eye level and observe the sole. The base of the sole should start at the ball of your foot (or the area before your toes). This is the stronger part of your foot which can support your weight more comfortably.

If the base starts further forward near the toes, your weight will be thrown forward, making it more difficult for you to balance and walk properly. This "killing" factor increases significantly if they are closed-toe or court shoes, as your toes will be crushed against the front part of the shoe by your entire body weight!

2) The Toe Cap

A good pair of shoes has a gentle upward arch at the top cap so that the wearer's body weight is distributed to the ball of the foot. If this slight upward arch is missing, the body weight will concentrate at the toes, again causing unnecessary strain to them.

How to Choose Good Quality Comfortable Heels (cont'd)

3) A Flat Sole

Assert a slight pressure on the inner corner of the sole base. If the shoe starts rocking from right to left, it means the right and left side of the sole is not in contact with the ground. This will affect your sense of balance and make your feet more prone to sprains. A good shoe has a flat sole which remains stable without rocking.

4) The Toe Box

Although a narrow and pointy pair of heels look more fabulous and sexy, they are extremely torturous for your feet, so leave such heels for special occasions. Go instead for a wider toe box especially if you have broad feet. A narrow shoe is not going to stretch that much even when you "break it in".

5) The Breast

The further forward the arch of the shoe, the more stable it is.

6) The Heel

Go for thicker heels for everyday wear as they offer greater stability and shock absorption than stilettos. Heels that measure 1-1.5 inch are also more comfortable.

7) The Material

Ideally, the shoe is made of a soft, natural material like leather.

More Comfort = More Style

You do not need to trade comfort for style. Being comfortable in your heels will not only make you feel good, but also enable you to stride gracefully and you will look even more fabulous!



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