

My 5 FOOTWEAR PET PEEVES

As we know, I am a girl who adores my high heels. I love the extra height. Trust me, at 5'1" I will do anything for a boost.

Impractical Footwear

However, if you are going to prop yourself up to toddle around, be sure to select a heel you can actually walk in. Occasionally, I see girls waddle/stumble in slow motion down the block because she chose shoes that clearly aren't meant for walking.

Not only is it agonizing to watch, I imagine it is a painful experience for the wearer.

I have heard of brides spraining their ankles during their photo shoot in their attempt to gain some height in their heels outdoors. Now, is that worth it?

Shoe savvy Tai-Tais put their heels in the boot of their car. They drive in their crummy slippers and change out of them and sashay to their high tea venue for a tête-à-tête with their girl friends.

Although many people think that it is better to wear lower heels, but research shows that footwear that are too low (under a half-inch) may not provide adequate shock absorption. A thicker heel will enhance ankle stability. So, if you are still insecure, go for heels with ankle straps. With more practice, you can then progress to thinner ones.

Unpainted Toe Nails in Open Toed Heels

So why not just put a little paint on those tootsies???

It greatly improves the presentation. If you buy yourself a luxurious pair of shoe, what's spending a little bit more on nail polish to complete the look?

Self Conscious Girls

It's an insecurity issue... a lot of girls feel that they have imperfect feet... but clearly it's all about camouflaging your flaws.

If you have:

- Toes that open like chicken claws
- Prominent Varicose Veins
- Scarring and bruises
- Find a style with straps that hides your toe cleavage
- Pick style that covers the mid-foot section
- Dap facial makeup concealer and blend

If you find someone staring hard at your feet, take it positively, they could be admiring your shoes.



Toes Hanging Off the Edge.

Choose the right footbed for yourself. All of us have different foot structures. Some squarish, round, squishy and fleshy whilst others boney, pointy and long...

It's so unhygienic to have toes clawing out and wiping the floor.

If you have long toes or feet, choose a style that has some detail at the centre. This draws the eye away from your toes and creates width rather than length.



People Who Don't Take Off Their Shoes When Entering a Home.

It's nothing personal, but YES - the underside of your shoes are most likely dirty and gummy. (I despise vacuuming as well, so the no shoes policy cuts down on that chore)