

New Year's Foot Fixes

As the ball drops and rings in another exciting New Year, many enthusiastic revelers will sport their favorite pair of sassy slingbacks and other types of fashionable high heels. However, American women often pay a hefty price for their New Year's footwear – resulting in blisters, arch and heel pain and much more!

Start the New Year off on the right foot with these sole-saving, New Year's footwear solutions from the [American Podiatric Medical Association](#):

Problem: Burning sensation on the balls and toes of the feet.

Solution: Douse foot flames with **Heaven4Toes' Alba Round Toe Cushion***. The first-ever soft cushion insert designed especially for toes, these toe cushions are made of durable polyurethane for long-lasting comfort, and are virtually invisible in any pair of haughty heels. With footwear cushions designed for both women and men, these protect against painful skin abrasions and help to quell irritation and discomfort caused by friction.



Problem: Shoe soles can be hard on feet, especially near heels.

Solution: **SOLE Custom Footbeds***, a product designed to provide custom-fit shock absorption in footwear. SOLE Footbeds feature a deep, cushioning heel cup and adjustable arch support that help to protect tootsies on the dance floor.



Problem: Slingbacks can dig deep into heels, leaving blisters and painful abrasions.

Solution: Provide a protective barrier between the strap and your skin by using moleskin or **FootPetals' Strappy Strips*** to prevent blisters and strap slippage, so you can comfortably party into another successful New Year.



*These items have been tested by a team of APMA podiatric physicians, and have been awarded the APMA's Seal of Acceptance.