

Choose the Right Sandals and Your Feet Will Thank You

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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

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By Maureen Renard

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Summer's almost here and the warm weather gives us permission to take off the heavy socks and let our feet breathe in sandals for every occasion. The varieties are nearly endless.

For all of you working women, look for support and ample straps to give you a comfortable platform when walking the hallways and offices in your business lives. Stay away from high heels and particularly thin heels as your backs and legs tire quickly with the uneven stress those styles can create with all-day wear. Save the very high style strappy sandals for parties and dates as the limited time standing will help your feet survive the ordeal.

Platforms are big this season. They will typically attract the younger set but can be a fun change from the more conservative styles you might have only thought you could wear. Be careful if you have weak ankles. These high risers are great for the stout and strong but not for those of us who trip a lot over sidewalk cracks and toys left around the house. Huaraches are another good choice and the heavier Doc Martens are great for long walks and shopping marathons. Inexpensive styles are good to give you lots of choices to wear with different outfits. Or, of course if your budget allows, invest in several styles that fit your various needs from casual beach sandals to those that will serve you best at dressy occasions.

Above all, choose a style that is comfortable. You'll get more use from a sandal that feels good than from one that you can barely wear without a supply of Band-Aids for blisters. If you are one of those women who wear one favorite pair of shoes all season long, spend a bit more to buy a sandal you really love in a color you will be able to use with most of your summer wardrobe. If on the other hand you love to match your sandals to your outfits, choose several colors to compliment those shorts, tanks and sundresses and you'll be set with cool, stylin' feet

Maureen Renard teaches English and rides her horse for fun when she's not writing. Maureen is an occasional contributor to <http://www.wholelottashopping.com> of other shopping guides and articles.

Why Do We Love Sandals?

By Mike Yeager

Comfortable sandals are what everyone enjoys in the summer. Your feet are open to the sun and breeze which just makes you feel that much better. Not only can your sandals be light and easy to wear, but sandals are also fashionable and stylish. Many people wear dress sandals when dining out or visiting friends.

Whether you're considering teva sandals, born sandals, or rainbow sandals, you'll definitely be comfortable at home, work or stepping out when wearing comfortable airy sandals.

In prehistoric times skins or hides were probably tied around the foot for protection and warmth. The sandal, probably the earliest form of shoe, was worn in Egypt, Greece, and Rome; an early form of the boot was also known in Greece and Rome. The characteristic shoe of the Middle Ages was the soft, clinging moccasin, which extended to the ankle. It was highly decorated and was of velvet, cloth of gold, and, increasingly, of leather. Today the choices of shoes are great...wonderful styles and comfort.

Choose only the best sandals, so that you can always feel comfortable. Quality invites comfort, confidence and style.

Mike Yeager
Publisher

Why Do We Love Sandals?

Birkenstock Boots – Durable Footwear With Sole To Boot

Why Ladies Craze For Women's Sandals?

Kayaking footwear

Keeping Feet One Step Ahead

Battle At Sea

How To Improve Blood Circulation

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Start your Own Wedding Videography Business

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