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Healthy and Happy Feet While Travelling – A Travel Expert's Advice

By News Canada

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by: **News Canada**

(NC)–Whether hiking in Canada's Rocky Mountains or admiring art at the Musée du Louvre in Paris, travelling takes its toll on the feet, and sore feet can ruin the pleasure of a vacation.

Toby Saltzman is a freelance travel writer and editor and publisher of the travel website, www.travelterrific.com. Her globe-trotting job takes her to destinations around the world and requires her to spend countless hours on her feet, visiting various tourist and cultural attractions.

After years of experience caring for and treating her feet, Saltzman has some basic tips on how to keep feet healthy and happy, no matter where travellers adventure to this summer.

1. Wear comfortable walking or athletic shoes

It may sound simple, but wearing comfortable shoes is essential when spending hours of vacation time on your feet. Comfortable shoes can help to alleviate the discomfort caused by corns and calluses and help to prevent blisters.

For those travellers with corns and calluses, plan to see your podiatrist before embarking on your trip. You may wish to ease the discomfort by packing over-the-counter cushion treatments to protect feet while on vacation. Blisters are one of the most common travelling foot injuries. Avoid missing out on enjoyable vacation excursions by using over-the-counter treatments such as Dr. Scholl's® Cushlin® UltraSlim Blister Treatment to help heal and prevent blisters.

In addition, comfortable shoes with proper arch support delay the occurrence of tired, achy feet, a common culprit that hampers the enjoyment of much anticipated travel activities, such as hiking. Many over-the-counter insoles and devices can improve the arch support of a shoe, allowing for more "on your feet" time during a vacation.

2. Do not pack shoes that need to be "broken in"

Always avoid shoes that require a break-in period and instead, purchase shoes that feel comfortable right away. This also applies to packing for a vacation. If the shoes hurt your feet at home, they'll hurt them on the road as well. Always be conscious of how vigorous the vacation activity is and how comfortable your shoes are.

3. If shoes do not have sufficient padding or support, improve the performance of your shoes by adding inserts/devices

Quite often the shoes that "best match" a vacation outfit – whether for an afternoon shopping in New York City or an evening of entertainment on a cruise ship – are not beneficial to our foot health. Wear shoes that support feet, allowing for ease of movement wherever your vacation adventure may take you. For additional support, there are a variety of over-the-counter inserts that provide additional

cushioning and support, such as Dr. Scholl's® Advantage® PowerWalk Insoles.

4. Soak feet nightly

Treating feet each night with a specially designed soak such as Dr. Scholl's® Smooth Touch® Instant Foot Bath will help to ease the discomfort of tired, achy feet. It also moisturizes and softens corns, calluses and rough, hard skin; a luxurious comfort that can be enjoyed in the privacy of a hotel room that will prepare your feet for a comfortable travel adventure the following day.

5. Moisturize and exfoliate feet

Moisturizing and exfoliating feet can help to reduce the build up of dead skin that results in corns and calluses. It is also a nice, relaxing treat at the end of a long day of sight-seeing. Dr. Scholl's® Smooth Touch® Peppermint Foot & Leg Lotion softens skin, as well as provides a soothing peppermint fragrance.

For more information on footcare visit

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Will You Need Travel Insurance?

By Peter Sterling

Most people book a vacation thinking that it will be a relaxing getaway. This isn't always the case – you can end up paying incredibly overpriced medical bills or lose a significant amount of money if you lose your wallet.

1. Travel Insurance

Insurance makes sure that if you do encounter an unexpected circumstance you will be reimbursed. If you don't have travel insurance, your trip might even be cancelled. Insurance can even be useful if you don't end up travelling due to illness. Instead of losing a lot of money you will get a full refund for your tickets.

2. Travelling Abroad

9 times out of 10, any and all insurance that you currently have is not going to be applicable when you travel internationally. You won't be covered on your medical expenses, in an emergency, or other dangerous situations. With the proper travel insurance you can rest assured that you will get the treatment you need if you get into things as small as a car accident or as large as a natural disaster when travelling abroad.

3. Terrorism

Terrorism isn't limited to the US, it occurs around the globe. If a terrorist act suddenly breaks out in an area that you have booked a flight to, the airline is not required to provide you with a refund if you choose not to travel to the area because of terrorism – that is, unless you have travel insurance. These events are completely random and can't be predicted, so it's better to have insurance and be safe than sorry. Even if you don't get hurt at a local cafe by someone blowing themselves to pieces, your flight can be cancelled at any time and it would be very good if you could get your money back.

4. Lost Luggage

One of the most common problems when travelling is lost luggage. You might pile thousands of dollars of goods onto a flight, especially if you are moving to a new country. Travel insurance will surely be a good investment. Travel insurance acts to insure whatever items are lost or stolen so you are able to replace your belongings.

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