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100% Effective Natural Hormone Treatment
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Impair Healthy Healing In People Over The Age Of 30!

How To Walk In High Heel Womens Dress Shoes

By Bowe Packer

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Although many women love high heels, others don't wear them very often. Womens dress shoes, especially high heels, are very intimidating. But, high heeled shoes for women don't have to have this effect on your decision to wear them.

So, when a "high heel occasion" presents itself, many women will run and hide making every excuse in the book why not to attend the event. These famous heel high shoes for women don't have to send you running for the hills. Don't let fear keep you from wearing the dress shoe of your choice and having a great timeout dancing the night away! Walking in high heels doesn't have to be such a challenge and with a bit of practice, you'll be stepping out and dancing in the high heels of your choice in no time.

Stepping Out In High Heels – Shoes For Women:

First practice just standing in high heels. Put yourself in front of a full length mirror, standing for a while, then turning slightly from side to side. You will not only be able to check your posture and profile, but just standing in high heels will help remove some of your apprehension and let you get accustomed to the extra inches in the heels. A woman's dress shoe is about feeling comfortable in her own minds eye.

Try the high heel out by taking a few steps. If possible, do this at first on a hard floor or in a room with low carpeting. Then if possible try them out on thicker or padded carpeting. But, keep in mind this is a progression, don't just jump right to thick carpeting. High heel dress shoes for women are fun once you learn how they feel.

OK, now as you walk in high heels, remember to keep your legs straight and as close together as possible. Start yourself off with slow, determined steps at first, being extra conscientious of each step and the placement of each foot. As your confidence and experience build, walking in high heels will become much more natural. Walking in high heel shoes for women will become second nature the more you walk in them.

When it comes to actually walking comfortably in your womens high heels – practice, practice, practice is what it will take. Wearing high heels is a totally different walking experience, and if you take it for

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granted or think you know how, you'll not only end up with sore feet, but possibly an injury. And if your first experience is bad will you ever return for a second try? Most likely not, leaving you doomed to flats forever. So, when your are shopping for those designer dress shoes like stuart weitzman and claudia cuiti remember to buy the ones you like and have fun!

Bowe Packer is the Webmaster and content provider for <http://www.clothes-4u.com>. His website: <http://www.clothes-4u.com> is dedicated to providing free fashion advice and tips for women. Offering excellent tips and strategies for women to look good in the areas of Casual, Petite Size, Plus Size clothing, as well as dress, athletic and casual shoes. You can reach him at: bowe@clothes-4u.com.

Choosing A High-Quality Pair Of Womens Dress Shoes

By Bowe Packer

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Let's face it, women love shoes. And most women spend more money than they sometimes want to on womens dress shoes. Well, it is no secret, you don't have to spend a fortune on dress shoes to buy a quality shoe that fits comfortably. The only pre-requisite is you know what to look for.

Ensuring Fit in Your Dress Shoes

Follow theses tips to help you in your quest for the perfect fit in womens shoes:

Be sure to ask your friendly salesperson to measure both your feet, because as you know, many times the right and left foot sizes differ slightly. You are also creating a rapport with this person. He or she will then be more willing to help you find that perfect fit in the nine west shoes or the dsw shoes.

Try on shoes with socks of appropriate thickness. If you will be wearing nylons, bring nylons, depending on the type of dress shoe you're thinking of buying a thicker sock might be more suitable. When looking at the selection of shoes for women keep in mind each pair of womens shoes will almost always be different in size. Example: the 7 in dc shoes will probably fit different than the 7 in the steve madden shoes.

This almost goes without saying, but you need to walk around the shoe store. Especially with dress shoes on and feel how they fit around your heels, upper sole, insteps, balls and toes. Women's shoes, as said before almost always have a different feel between shoe stores and manufacturers.

Now for the most important point to selecting dress shoes for women. The dress shoes should feel comfortable from the start; yes, I know, but there so cute. Today shoe stores an manufacturers have come a long way and are producing cute women's shoes that are built for comfort.

Guaranteeing True Quality In Designer Womens Dress Shoes

Steps for quality control in your dress shoe:

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Take a long hard look at the sole to make sure it is securely attached to the shoe. Here is a quick tip to keep in mind. Some soles on dress shoes for women are cemented to the upper shoe and others are stitched. Either type is acceptable, just knowing the difference will help you in your selection.

For women's shoes Checking the heel is very important. High-quality dress shoes have leather heels, which many times, come equipped with a layer of rubber or nylon on the back edge of the heel. On the other hand, heels on high-heeled shoes for women are usually made of plastic and then have a protective layer of leather. And of course, the higher the price, the higher quality of plastic being used. In dress shoes for women you certainly get what you pay for.

A true interior inspection is a must. Because, not all interiors of dress shoes are created equal. Leather interiors absorb foot moisture best. Good-quality womens shoes are lined from front to back and side

to side.

Finally, a rule of thumb to live by when buying dress shoes:

With an inspection of the eye, you shouldn't find a bit of glue anywhere on the shoe.

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