

## Shop It! | SHOES

Low doesn't always mean comfy. Built-in padding and a slight heel ensure walkability.

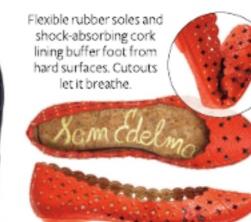
Cut from a single piece of soft suede, these loafers with high vamps and sides keep foot securely in place. Rubber traction means no slippage.



Suede, Tod's, \$395; at Tod's boutiques.



Satin, Candela, \$173; saks.com.



Embossed leather with metal studs, Sam Edelman, \$134; at Bloomingdale's.

## **SHOPPING TIPS** FOR HAPPY FEET

- . For the best fit, keep in mind that feet swell up to 20 percent during the day (as well as after long walks and runs).
- Walk around the store to gauge the fit. insoles are the most make sure you can move your toes (even in pointy styles).
- Soft leather or suede A casing of soft Like Mom always said, breathable against the or microfiber with foot, and they cause fewer blisters than synthetic options.
- napa leather, suede. Lycra ensures the most comfort by adapting to your foot.

-GRACE LEE

Our Experts James Christina, director of scientific affairs, American Podiatric Medical Association; Jennifer Gosselin, vice president and general manager, Piperlime; Ivan Herstik, section chief of podiatric surgery, St. Vincent's Hospital in N.Y.C.; Miriam Kelly, managing director of product development, Taryn Rose; David Mesquita, co-owner of Leather Spa in N.Y.C.; Donald J. Pliner, designer; Colleen Sherin, fashlon director, Saks Fifth Avenue