

Summer shoes SURVIVAL GUIDE!

How do the stars run around in sky-high heels and sexy sandals without destroying their feet? With these secrets for breaking in shoes!

BREAK 'EM IN

Tips from Meghan Cleary, author of *The Perfect Fit: What Your Shoes Say About You*



STRETCH Bend shoes in the middle to flex soles, sides and heels.

LOOSEN STRAPS With shoes on, mist straps with water until damp; that will form-fit them to feet after the leather dries.

GET A BETTER GRIP Rub soles with fine-grain sandpaper until they feel rough.



HIGH
HEELS
101

EYE-CATCHING

Who needs an ankle bracelet? Turquoise beads on these 3 3/4" T-straps play up sun-kissed feet

J. Renee, \$89
jrenee.com