

**THINNER
BY TONIGHT
DRESS
YOURSELF
SLIM
TRICKS**

**20
AMAZING
HEELS—
YOU CAN
WALK
IN!**

**PERFECT
SKIN
The Best
Concealer
For You**
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**425
PAGES OF**

**Spring
Fashion.**

**BEST NEW TRENDS
& HOW TO WEAR THEM**

**PLUS!
6 KEY PIECES YOU'LL**

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Flats

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.



An elastic band accommodates low and high insteps. A small heel provides a more natural position for the foot to rest.

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

Flexible rubber soles and shock-absorbing cork lining buffer foot from hard surfaces. Cutouts let it breathe.



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. Like Mom always said, make sure you can move your toes (even in pointy styles).
- Soft leather or suede insoles are the most breathable against the foot, and they cause fewer blisters than synthetic options.
- A casing of soft napa leather, suede, or microfiber with 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. Pilner, designer; Colleen Sherin, fashion director, Saks Fifth Avenue

