

Tips for wearing high heels all day without worrying about foot pain

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Place high heels in the refrigerator



Place the high heels in the refrigerator for about 30 minutes. When wearing cold shoes, you will clearly notice how the shoe material adapts to your warm feet. You can also put water bags inside your shoes, then put them in the refrigerator. The ice will stretch your shoes a bit.

Pair of socks and hot water



Use hot water to wet cotton socks, then stuff them into your shoes before wearing. Just leave them like that for a while, then take them out. The shoe will stretch a bit and may make it easier for you to wear it.

Double-sided adhesive tape

Stick the sole of your foot to the sole of the shoe with double-sided tape. This trick will keep your feet firmly in the shoe, but most importantly, it prevents blisters and toe pain.

Use special high heel soles

Specifically designed for shoe insoles, often made of silicone or fabric, these little socks will prevent your feet from moving forward, reducing toe pain and blisters. Add silicone pads if you wear open-heel shoes. The silicone parts are 'invisible' under the foot but will protect your feet from pain or discomfort when walking.

Apply moisturizer

Applying a little moisturizer to your feet before wearing high heels can also reduce friction and limit pain or blisters on your toes, especially when wearing new and tight shoes.

Baby powder

If you have baby powder at home, try sprinkling a little on your shoes. It will prevent your feet from sweating too much and slipping, thereby minimizing friction and damage.

Apply tape to your toes



All you have to do is tape the third and fourth toes together to relieve pressure on those two painful toes.

Don't let your heels slip

Even if your heels hurt, don't let them out of your shoes. You may get some relief, but your heels can easily swell immediately, so put your whole foot in the shoe to avoid further pain.

Wear high heels at home

Wear high heels at home for at least a week before wearing them out, especially newly purchased shoes. This way, your feet will get used to the new shoes and they will also stretch a bit.

Deodorant

Before putting on your shoes, roll some deodorant on the area that has the most friction with the shoe to avoid scratches or discomfort.

Above are some tips to help you wear high heels all day without pain. Hope the article is useful to you.

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