

ENDS AND TRENDS WITH KIM AND KAREN

Kim's Tip: Ways to Avoid Common Shoe Problems

- **Scuffed Leather** – Have a scuff on your new shoes? Don't fret, reach for the shoe polish! Polishing your shoes often will help prevent scratches from forming. Try using a cream based polish and soft cloth to buff shoes.



- **Heels Sinking in Grass** – Going to an outdoor event but thinking twice about wearing heels? Wedges are always a good choice, but you can also try a heel cap for your skinnier heels to lower your chances of sinking in the ground.



- **Arch Pain** – Arch pain is caused from shoes that don't provide enough support to the middle of your foot. Try using shoe inserts for the extra support needed.



- **Blisters** – Adding moleskin foam to your shoes or feet helps create a cushion between your foot and shoes to help prevent blisters.



- **Worn Shoe Soles** – Some dressier shoes are more prone to soles scuffing and wearing out fast. You can fix this problem by adding sole protectors or rubber soles to help extend the life of your soles and shoes.



