

GET
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Happy Feet

Take foot notes on how to save (and pamper) your soles all summer long

BY LESLIE GOLDMAN
PHOTOGRAPHS BY LEVI BROWN

- 1. PERFECT POLISH**
Your toes will croon, “Baby, baby, baby, ooh!” in these two hot hues—I’m a Belieber and Baby Blue—which are part of the “**One Less Lonely Girl!**” collection from Nicole by O.P.I. (\$7.99 each, Walmart or Target)
- 2. CLEAN CUT**
Need a trim? Employ the **Tweezerman Satin Etched Zebra Stainless Steel Straight-Edge Toenail Clipper**. Clip straight across each nail, fighting the urge to dig down into corners, which can cause painful ingrowns. (\$15 for set of toenail and finger-nail clippers, tweezerman.com)



- 3. BRING FLEXY BACK**
Designed to fit the female anatomy, **SOLE Women’s Sport Flips** mold effortlessly to your feet, helping them expand and relax after a tough workout. Odor-control technology keeps your extremities stank-free. (\$65, yoursole.com)
- 4. HEAD OVER HEELS**
The orange- and berry-sherbet-colored **Teva Olowahu Mush Sandal** (in Diago Pink) features a comfy strapping system that will keep these flip-flops from flying off while you’re chasing after that Frisbee. (\$24, teva.com)
- 5. GO TOE-TO-TOE**
These **Keen Waimea H2 Water Sandals** (in Raya White) were made for walking—on land or liquid. Curled-up soles protect your paws from scratches and from stub-inducing rocks in the road. Bonus: They’re machine washable. (\$50, keenfootwear.com)
- 6. GOOD FOR YOUR SOLE**
PETA would be proud of these puppies! No animal products were used to manufacture **Simple’s Flippee Microperf Sandals** (in Blue Atoli), which are made of recycled paper and water-based glue and have biodegradable soles. (\$30, simpleshoes.com)
- 7. TAN-FREE TOOTSIES**
Skin cancer can affect any body part, including your feet. Arm yourself with **Coppertone Sport Continuous Spray SPF 50**. Apply it to both the tops and soles of your feet so that they don’t burn when you’re busting a move at the beach. (\$9.99, target.com)
- 8. SKIN-TERVENTION**
Serena Williams, Mia Hamm and Amanda Beard are among the world-class athletes who had a hand—and foot—in creating **Mission Skincare Foot Rehab Cream**, a minty, rejuvenating balm with odor-fighting ingredients. (\$8.99, missionathletecare.com)



- 9. MELLOW YELLOW**
Your feet will sing in these canary yellow **Brooks Infiniti Double Tabs**, which are made of a special polyester that sucks up moisture. The flat toe seam also reduces blisters. (\$14.99, brooksrunning.com)
- 10. AIR DOWN THERE**
Barking dogs can breathe easy in these **Champion Double Dry High Performance No-Show socks**, thanks to their ventilated mesh panels. Strategically placed cushioning carries you through high-impact workouts. (\$11 for a three-pack, championusa.com)
- 11. FLOWER POWER**
The colorful **SmartWool Ultra Light Cushion Mini Crew** is ideal for trail running and hiking. The itch-free wool hugs you at the ankle, the arch and the upper and lower instep while keeping your feet cool. (\$15.95, smartwool.com)
- 12. BOUNCE WITH ME**
Über-dense cushioning in these **Asics Kayano Classic Low Cuts** makes you feel like you’re walking on little clouds; high-tech yarn in the heel and toe protects your soles and prevents slippage in your sneakers. (\$14, asics.com)

- 13. ON THE RIGHT FOOT**
New Balance NBX Ladies Technical Lo-Cut socks come with “left” and “right” markers to ensure an anatomically correct fit. Plus, a moisture-managing fabric keeps your dogs Sahara-dry. (\$12, shopnewbalance.com)



Tell us on Facebook (ESPN RISE GIRL) what summer item you can't live without.