

# Chic galleria

ARTS & ENTERTAINMENT | BETH ANDERSON | BODY & MIND

Original Link: <http://www.chicgalleria.com/2013/04/beths-shoe-week-pluggz-flipflops/>

My featured shoe this week are *Pluggz* gold metallic flip flops. These super chic spring/summer shoes combine comfort, [style](#) – and, are great for your body. I can't believe it's flip flop season already! Besides desperately needing a pedicure, I think I'm ready to release by feet to warmer weather!



*Pluggz* offer extreme comfort and the new spring line's bright colored flats and metallic flip-flops are perfect for spring and summer fashion! They have a men's line too! These unique shoes provide an "earthing"/ "grounding" effect which is the #3 Spa Trend for 2013.

*Pluggz* exclusive technology reconnects people with the natural energy source of the earth. Each pair of shoes contains black plugs made from a custom formulated carbon and rubber compound

that sit under a weight bearing part of our feet ensuring electrical contact between the earth and our bodies. This proprietary plug feature allows people to get grounded when walking on grass, sand, soil — even concrete city sidewalks.



Being grounded is scientifically proven to be beneficial to one's overall well-being. Who knew? I have to admit that the plug took some getting used to. It wasn't uncomfortable in any way, but I did notice it when I was walking. These will definitely be my new beach/pool flip flop this summer.