

Shoes Made for Walking

Finding cute shoes that didn't kill my feet was top priority. When traveling with Bob, I usually wear black tennies when we walk a lot. Since that simply would not do in Paris, I thought about taking my go-to, black flats. But I quickly nixed them after a 50-block test drive in New York City left blisters all over my poor feet. Ouch!



Pluggz metallic ballet slippers come in plum, pewter, bronze and black (my fav for travel) leather.

Then I remembered hearing about Pluggz flats. They're cute, cushy and designed to go the distance. Each pair contains black, carbon-and-rubber "plugs" that sit under a weight-bearing part of your feet to ensure electrical contact between the earth and your body. These plugs ground you when walking on grass, sand, soil -- even concrete sidewalks. And that is said to be good for your overall well-being.

Sounds crazy I know but guess what? It works! Pluggz' black metallic ballet flats kept me comfy and looked great (love the patent toe cap!) everywhere from strolling through Paris parks to window shopping along the Champs-Élysées. Lucky for me, they run a little small so I could wear a 6, the smallest size, even though I'm normally a 5 1/2. And since I had no pain, I was even able to give my band aids to sister travelers who were fighting blisters. (\$129.99 for sizes 6 - 11 at Pluggz.com)



An orange, polka dot Ann Taylor scarf and Pluggz flats were naturals for our stroll through Monet's gardens.

- See more at: <http://www.boomerbrief.com/2013/10/7-fall-fashions-great-for-travel.html#sthash..JRhVnaN8.dpuf>

To see the full article: <http://www.boomerbrief.com/2013/10/7-fall-fashions-great-for-travel.html>