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## Dancing on earth in pluggz ballet flats

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pluggz, the folks who brought us earth-friendly flip flops have reinvented another iconic shoe, the ballet flat. The Classic collection of flats offers a variety of color combinations that compliment jeans, skirts and shorts, as well as [pluggz](#) proprietary grounding technology designed into slip-resistant rubber soles.



Last summer, I wrote about [pluggz](#) original line of [flip flops](#), which look much classier than your typical beach footwear and are far more comfortable.

That's also true of the ballet flats, which are nicely detailed and crafted from supple leather or linen, dressed up with snappy patent leather or matte grain leather toe caps. (MSRP: \$129.) Every gal who is on her toes style-wise should own a pair.

Each pair contains black plugs made from a custom carbon and rubber compound positioned under the weight-bearing part of our foot. The goal is to ensuring electrical contact between us and the earth. These plugs are designed to conduct free electrons from the earth to our bodies. The idea is bonding — aka “earthing” — and facilitating a flow of energy.

Features also include padded arches and heels with memory foam, moisture wicking, anti-microbial lining and trampoline heels for extra comfort and support.

The ballet flats are available in full and half sizes 6-10 and size 11. Note: pluggz run a tad small so you might want to size up.

<http://smithreports.com/eatshopgo/2013/06/21/dancing-on-earth-in-pluggz-ballet-flats/>