

# MY *fash* AVENUE

Thursday, August 15<sup>th</sup> 2013

Whether you are heading to work or for a casual outing, flats are an essential item, however, most aren't so comfortable.

When I was introduced to [Pluggz](#) I was anxious to test them out as these flats weren't just chic looking, they came with benefits too! They give that great feeling like you're walking in barefoot on grass or sand with their proprietary grounding technology that is in the form of a carbon and rubber plug embedded into the sole of each shoe. Once I slipped my feet into these stylish flats, I instantly felt comfort and balanced! I knew the "grounding" effect kicked once I realized I forgot to take them off when I got home! I am very pleased with these shoes and will continue to wear them for my casual outings!





- See more at: <http://myfashavenue.com/2013/08/5928/#sthash.YdSuDAJ5.dpuf>

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