

cheat's guide to high heel survival

Here's how to wear killer heels and dance all night

"December is the ultimate party season, so your feet need to go from hiding in boots to full-on glamour in an instant," explains Emma Supple, creator of Supplefeet, a London-based clinic. Try Emma's tips to become a sole survivor:

STEP #1 FANCY FEET

"Keep your feet in ready-to-go condition with regular pedicures, even through the winter months. Have a fabulous pedicure with a deep purple or flame red polish. A good pedicure is not just a lick of varnish, though; it transforms feet and nourishes the thicker skin on the soles of the feet. At Supplefeet, the PodPed, £58, treats your feet and removes any rough skin, then there's a one-hour pamper pedicure. Or try a paraffin wax treatment, £48, to warm tired feet and nourish the skin."

STEP #2 STRAP HAPPY

"Don't wear open-toed shoes outside in the winter; wear your boots to the party and change into your party shoes there. Try not to wear stratospheric heels for more than six hours, and don't walk long distances in them. Wearing heels for prolonged periods can lead to shortening of the heel cords (calf muscles and

Achilles tendon). You can undo the damage by ensuring you stretch your calf muscles before and after wearing heels."

STEP #3 BAG ESSENTIALS

"Keep some clear blister plasters to hand for emergency use, and put gel pads in your shoes to cushion the balls of your feet – more useful than an emergency sewing kit! In fact, Scholl's Party Feet range is a must to stop sandals chafing or sore areas becoming unbearable. Plan not to be the one dancing barefoot just because you have to."

STEP #4 POST PARTY

"Kick off those high heels and massage the arch of the foot by rolling it over a tennis ball. Better still, get your date to rub your feet for you. It's not normal to suffer from pain in your feet, so see a podiatrist to get a full assessment on effectively sorting out foot concerns."

Fancy feet

- OPI Happy Holly-days! Nail Polish, £8.95
- Creative Spa Callus Smoother, £35.95

Strap happy

- Sally Hansen Airbrush Legs, £9.95
- Nyce Legs Natural Leg & Skin Moisturizer, £8.95

Bag essentials

- Scholl Party Feet Slingback Strips, £3.99
- Compeed Anti-Blisters Stick, £4.39

Post party

- Model Co Cool Feet Airbrush Catwalk Heels Instant Cooling Spray, £20
- The Sanctuary Spa Covent Garden Foot Soak, £4

COSMOPOLITAN

£2.99 DECEMBER 2005

**943
HOT PARTY
LOOKS**
(including the knickers)

Give Sexy

this Christmas

With Cosmo's his 'n' hers
sex cheques (Santa, look away now)

**THE DIET ALL THE
CELEBS SWEAR BY**

**GET INTO THAT PARTY
DRESS IN 7 DAYS**

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Countdown to

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- ☑ THE RIGHT UNDIES FOR EVERY OUTFIT

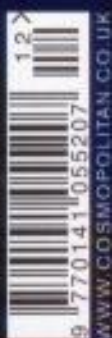
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COSMO LOVES
Fernanda Tavares

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(PS: not by marrying one)