

## BALL ACHE

It's time to put on your dancing shoes but as *Sex and the City* star Kim Cattrall once said: 'Comfort never involves shoes'. However, that doesn't mean you have to grin and bear the aches and pains. Rule one: buy your shoes wisely. 'You will never break in your shoes. They will break in your feet,' says podiatrist Emma Supple. 'If a shoe is not comfortable when you try it on, it will never be comfortable.' Make the most of the trend for T-bars, round toes and peep toes by treating yourself to shoes from a dance shop. 'High-heeled dancing shoes are made for movement, have a flexible leather sole and a 'restraining mechanism' that helps to avoid overloading the forefoot, making them a perfect party shoe,' says Emma.

Always prep your feet by applying a rich moisture cream daily in the run-up to a big night. Try **Johnson's Baby Soothing Naturals Intense Moisture Cream, £1.49 for 100ml**. 'Skin that's well-moisturised is in great condition and less likely to be affected by excess stresses and blisters,' says Emma. If you do suffer a rub, **Scholl Party Feet, from £3.99**, has some brilliant silicon shields in different shapes and sizes that you pop on to heels and sore spots to protect your feet. And for a quick fix during a night out, rub a shot of vodka over your tootsies. The alcohol will cool and disinfect any cuts or blisters. **Post Party Fix...** Wash your feet with soap and water. 'Giving them a good clean helps prevent infections,' advises Emma. If you have a blister, pierce it with a sterile needle and use a blister pad to speed up the healing process.

## BUFFET BLOW-OUT

You wouldn't usually snack on a bumper bag of crisps and sausage rolls but come party time, you're practically living on them. 'We tend to indulge in whatever we fancy at Christmas,' says Lisa Blair, nutritionist at The Food Doctor. 'It's fine if you adopt the 80%/20% rule and do it once or twice a week but every day will lead to quick weight gain and low energy levels too.' If you know you're more likely to be

Dancing queen:  
Put on your party shoes and kick up a storm

50%/50%, fill up before you go out so you don't end up stuffing your face. 'A mini-meal that combines protein with slow-digesting carbohydrates is ideal,' advises Lisa. 'Something like a turkey sandwich made with wholegrain bread and a glass of semi-skimmed milk will fill you up and line your stomach so you're less likely to snack later.' If you really can't resist, stick to the healthier canapés – fish and chicken skewers, crudités and sushi are going to be far less fattening than vol-au-vents (a mini sausage roll contains up to 200 calories – choke!). And avoid fruit-based cocktails. 'They're packed with appetite-stimulating sugars that'll make you crave naughty foods as well as upping your calorie intake by as much as 300 calories a drink,' advises Lisa. If you do fancy something sweet, have a little bit of cake or chocolate – you'll feel more satisfied.

**Post Party Fix...** If you're feeling like Jabba the Hutt after last night's do, go lightly the next day. There are no quick

fixes but starting the day with an energising smoothie, packed with berries and wholegrains (try a few handfuls of **Kellogg's Kashi Muesli, £1.99**) will help you get back on track.

## BLOBBY BITS

Fitness is likely to be right at the bottom of your 'to-do' list when you've got parties, socialising and family-do's to attend. 'Don't think you've failed if you miss a session or two,' says Nick Lawrence, LA Fitness Personal Training Manager. 'There's no set rule on how many times you should visit the gym and it should fit in with your lifestyle, not the other way round.' Remember too that everything adds up. 'You'll be surprised at how many calories you'll burn just from sneaking in five minute walks



# Sole diva

Whatever your favourite fashion shoes, Scholl podiatrist Emma Supple explains how you can sashay from party to party in style and comfort



## SLINGBACKS

Sassy slingbacks always look gorgeous, but the thin strap can cause a lot of friction on vulnerable skin. Emma recommends keeping slingback straps or wedge heels anchored firmly in place to prevent rubbing or chafing, with ultra-thin **Scholl Party Feet Slingback Strips, £3.99 for four.**



## ROUND TOES

Burlesque-inspired, girly round toes are *de rigueur* for fashionistas this season. 'They're also more kind to the natural shape of your feet,' says Emma, 'and far less likely to cause foot problems such as bunions.' To make sure your shoes don't slip off mid-boogie, pop on **Scholl Party Feet Heel Shields, £3.99 for a pair.** These clear, cushioning gel pads fit into the heels of your shoes to keep them on and protect the backs of your shoes from rubbing.



## STILETTOS

They look great and can even be good for you – in moderation! 'Helping your foot form the arched position it makes when walking can be beneficial – especially if you have flat feet,' says Emma. However, skyscraper heels put pressure on the balls of your feet, so pop some **Scholl Party Feet Gel Cushions, £4.75 for a pair,** in your shoes. 'Invisible, reusable and washable, they help to prevent that burning sensation you get at the end of the night,' she says.



## STRAPPY

Revealing perfectly pedicured toes in a strappy sandal is the height of sexiness, but minced toes from hours of shoe rub certainly isn't. 'Open sandals often rub the soft skin at the sides of your feet, causing blisters or raw patches,' says Emma. Before you go out, apply **Scholl Party Feet Gel Sore Spots, £3.99 for six,** to any pressure points in your shoes. These slim, gel discs put a protective barrier between your shoes and your feet to prevent any troublesome rubbing. Keep some in your bag in case of emergencies and you'll soon be back on the dancefloor.

## PEDI-READY

Keep your tootsies cool to prevent blisters – Emma says they love hot and sweaty feet. Freshen up with **Scholl Party Feet Cool & Refresh Spray, £2.99 for 75ml.** To perk up exhausted feet, wash them and then apply icy-cool **Scholl Party Feet Cool & Crackle Gel, £5.49 for 150ml.** Use **Scholl Party Feet Smoothing Foot File, £4.49,** to buff away rough skin.



# spirit

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*It's party time!*

Superdrug 