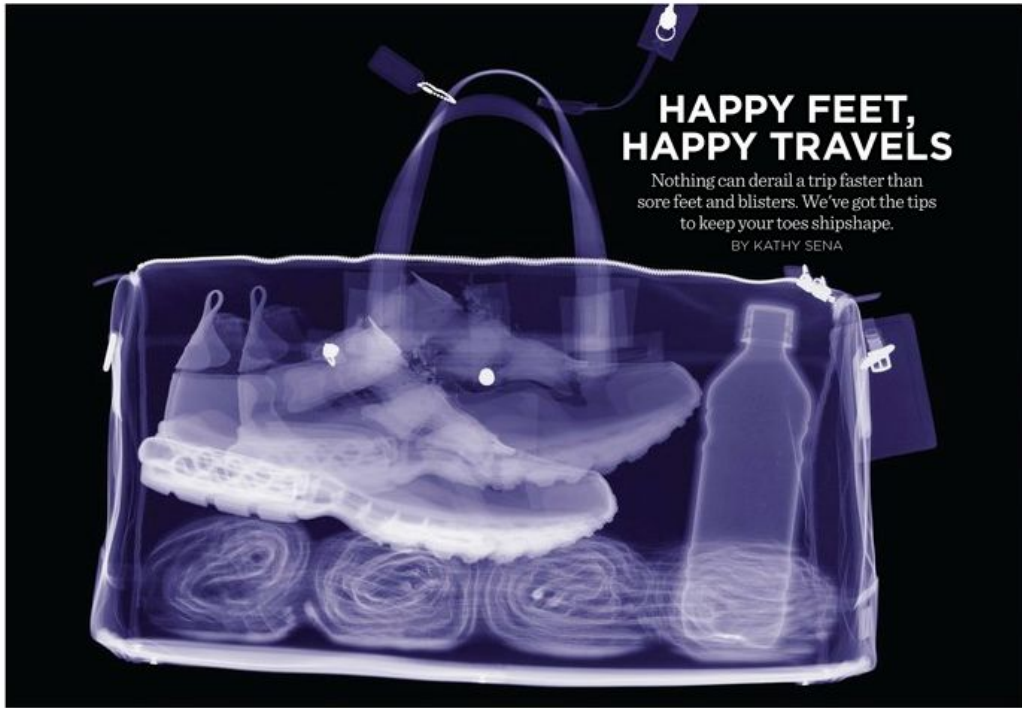


WELL-BEING



HAPPY FEET, HAPPY TRAVELS

Nothing can derail a trip faster than sore feet and blisters. We've got the tips to keep your toes shipshape.

BY KATHY SENA

When you're a frequent globe-trotting traveler, there's nothing more important than taking care of overworked feet. These simple foot-pampering tips will help ensure comfortable travels for years to come.

GET SHOE-SMART

"Never risk traveling with a pair of new shoes that isn't road tested," says Irene S. Levine, Ph.D., freelance travel journalist and producer of MoreTimeToTravel.com. "You want to take shoes along that are comfortable for walking more than usual. If your shoes get wet, you'll

also want a dry pair as a backup," she adds. But don't take too many pairs and bulk up your suitcase. Err on the side of sensible shoes with support rather than looking for high fashion, Levine suggests.

"Always have at least two different pairs with you so you can alternate use. That way your feet will be supported in different ways and stress or pressure will be distributed over different areas of your feet." Alternate the type of socks you wear so they don't rub your feet in the same way, and choose cotton over non-breathing synthetics.

If you're traveling with sandals, choose a pair with great arch

support. Many have a flat foot bed that you'll come to regret by lunchtime when you're on the move.

FOOT-CARE TRAVEL KIT

"Recently I spent a week in Las Vegas for a conference and my feet subsequently looked like I'd walked cross-country barefoot," says Beth Foss, owner of My Travel ELF travel agency in Naples, Florida. "I forgot to pack my foot-care kit. I usually don't travel without it."

Some suggestions for your kit: stick-on pads for the inside of heels; moleskin or pads for toes in case something rubs; a small pair of scissors for trimming the pads to fit

(borrow a pair from the hotel front desk if you're not checking bags); antibiotic ointment (to prevent infection in case of blisters); adhesive bandages; and ingrown toenail pain-relief gel. "Since my days as a country-club caddie, I always carry 3M Nexcare Active Strips to deal with blisters, new shoes rubbing, etc.," says frequent traveler Stefan Krasowski, manager of the travel blog RapidTravelChai.com. "They're padded, water resistant and do not fall off."



Foss also recommends Dr. Scholl's Blisters Defense Anti-Friction Stick and, for pampering after a long day on her feet, The Body Shop's Peppermint Cooling Foot Lotion. "The first goes on before I put the shoes on and the second goes on when they come off," she says.

Pack a tennis ball and roll each foot on it at the end of the day, either while sitting or standing. This helps relax the tension in the feet after a long day.

PRE-TRIP FOOT CARE

"Make sure your toenails are trimmed before a trip so they don't hit against your shoe," suggests Levine. And now's also the time to visit your regular doc or podiatrist to take care of any nagging foot



issues. Addressing problems, such as bunions or ingrown toenails, will help ensure a more comfortable trip.

UP IN THE AIR

It's common for legs and feet to swell a bit during air travel, and it's typically harmless, according to the Mayo Clinic. Swelling is usually caused by inactivity, and the position of your legs and feet causes fluid to move into those tissues more easily. To help reduce foot swelling, wear loose clothing, take a short walk every hour or so, and flex and extend your ankles and knees while seated. Avoid crossing your legs and shift your position in your seat now and then. Drink plenty of fluids to help avoid dehydration. Avoid alcohol and sedatives. These can make you less likely to get up and walk around the cabin. Foot swelling will generally be minor and won't last long. If you experience excessive swelling that persists for several hours after your flight, seek prompt medical attention.

"Dancers are very aware of their feet," says Ashley Wheeler, artistic director of The Joffrey Ballet in Chicago. "We spend much of our career tending to their special demands. We also spend much of our time away from home. I have learned by experience how to take care of my feet while traveling."

Lace-up shoes are better than slip-ons, says Wheeler. Given that feet swell when traveling, "it is good to provide 'space' for the changes one experiences when in the air or on the road." Foot exercises can help

relieve pressure, he adds. "I roll my ankles, flex my feet and stretch my plantar fascia and hamstrings." Long stockings provide even support along the calf and shin, Wheeler notes. And at the end of the journey, there's "nothing better than a long soak in a warm salt bath."

MID-TRIP PAMPERING

A pedicure can be just what your feet need after days of business travel or exploring on vacation. "I love to get foot massages or pedicures when I'm on vacation," says Jennifer Moody, who manages the travel blog JetsettersHomestead.com. "In fact,



in some places, I seek them out. I've been known to relax for an hour or two in a reflexology spot when traveling in Southeast Asia. I take my book and read. It's better than a full body massage!" If you want to take your foot pampering a step further, ask your hotel's spa professional whether acupressure and reflexology treatments are available, too. □

"NEVER RISK TRAVELING WITH A PAIR OF SHOES THAT AREN'T ROAD TESTED."

SALLY WILLIAMS PHOTOGRAPHY/GETTY IMAGES, VEGETARIAN/GETTY IMAGES, ARTTERMINES/GETTY IMAGES, NICK VEALE/GETTY IMAGES

FOR CONTINUOUSLY UPDATED INFORMATION ON OUR PASSIONS OF ART, FOOD, WINE AND WELL-BEING, VISIT US AT [FACEBOOK.COM/JWMARRIOTT](https://www.facebook.com/jwmarrriott) AND [TWITTER.COM/JWMARRIOTT](https://www.twitter.com/jwmarrriott).