


FEATURED **iVillage** MSN Home | Mail **msn**

TODAY
POWERED BY
msnbc.com

- TODAY home
- allDAY Blog
- Participate
- Concert Series
- Topics
- Books
- Entertainment

Fashion & Beauty Sponsored by 

Put your best foot forward this summer

Before you slip on those sandals, prep your feet with these products

TODAY
Updated: 12:14 p.m. ET June 4, 2007

What part of your body has 7,000 nerve endings, 38 little muscles and 56 different ligaments? The answer: your foot! No wonder they hurt when you stuff them into high heels, pointy toes or wedgy sandals. Podiatrist Suzanne Levine offers some help for your weary soles.

Beauty & Style on iVillage

- [iVillage: The new Weddings channel!](#)
- [21 Great Bridal Beauty Tips](#)
- [Louis Licari: Wedding Hair](#)
- [Sexy Swimsuits for All Shapes and Sizes](#)
- [Spring Pant Guide: Best Trends](#)

Heel smoothers

The lesser-grade brands that are inexpensive may not quite do the job. They are safe, but they are not that effective. If you buy a higher quality heel smoother, which you can purchase at the higher-end brand stores and department stores, they will do a better job. The caveat: Diabetics and people with poor circulation should not use these items, as they can cause problems and burns to the skin. However, if you don't have these problems, and the treatment is not effective, try a foot facial with acid peel and dermabrasion. *Kerasal Exfoliating and Moisturizing Creams and Artemis Heel Smoother*

© 2007 MSNBC Interactive