

Put a comfortable foot forward at your wedding



Some say shoes make the woman, but if they're uncomfortable, shoes very well may break the woman — especially at a wedding. From the bride to the guests, choosing the wrong shoes could sideline you from dancing or cause pain through the night. A smarter step is to put just as much thought into the shoes you will wear as you will into other parts of your wardrobe.

Unless you're wont to go anywhere without high heels, your feet may be unaccustomed to them for long durations of time. At a wedding, where it's all about mingling and dancing, comfort should be considered just as much as style.

That doesn't mean you have to forgo an attractive shoe just for something comfortable. It's possible to

have the best of both worlds. Here are some considerations.

*** Wedge heels:** Unlike other types of heels that put the brunt of the pressure on the ball of the foot, wedge heels distribute body weight evenly throughout the foot.

Therefore, you might find these are some of the most comfortable types of heels around. Designers make them in all styles, including more formal versions perfect for weddings and other special events.

*** Ballet pumps:** Ballet pumps, once made famous by style icon Audrey Hepburn, can be worn with skirts or slacks. Their low profile helps keep feet comfortable, and they may come as flats or with a tiny heel. Embellished with bows, flowers or ribbons, these

shoes will dress up any outfit.

*** Sandals:** Particularly for warm-weather events, sandals can be quite comfortable and fashionable. Giving a peek of toe and ankle can be just as sexy as stilettos, without the pain.

*** Flip-flops:** Many brides choose to don flip-flops under their gowns simply because they can be so comfortable. Flip-flops needn't be the run-of-the-mill rubber kind found in the discount bin. They can be dressed up to match your gown or purchased with gemstones and other decor already attached.

For those who prefer heels for photo ops and looking fabulous, consider bringing along a change of shoes just in case foot pain flares up later in the evening.

*Before you take that first step down the aisle,
blissfully melt away and relax.*

Enjoy a couples massage with your fiancé. Pamper your bridesmaids with facials.

Our full-service spa offers everything from massages to facials to waxing for the brides-to-be and their wedding party or guests.

Avera 
Sacred Heart
Massage Therapy

501 Summit Street | Yankton, SD | (605) 668-8376