

# WE

Summer 2006  
US \$4.95

Spectacular  
Summer

**WEDDING  
LOCALS**

**10 STAR  
LUXURY**

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Resort

# Denise Austin

Blond Ambition  
Inside Her Empire



# Sole Advice

with *Kassandra Rempel*

Owner/Founder of [www.SimplySoles.com](http://www.SimplySoles.com)

With soaring temperatures and near tropical humidity here in Washington D.C., we are entering what we call the "strictly sandal" season. While the sole (or toe) baring season is usually our favorite of the year, with it comes a few responsibilities. So in hopes of helping you with not only your sole-selections, but with your sole-care as well, we have a few suggestions:

1. Pedicures are paramount – if you are going to bare your soles (or even just your toes) pedicures are much appreciated by all. While a fresh coat of nail polish is a plus, it is more important to remove old/chipped nail polish in full (we wouldn't want your neglected toes to distract from your fabulous shoes). For home care, we suggest applying Dr. Hauschka Rosemary foot balm to gently remove dead skin and to rehydrate your soles.

2. Powders are pleasant – let's face it, D.C. in the summertime reminds us that the city was in fact built atop a swamp. It's hot, it's humid, and it's sticky. So on days when you anticipate spending more time outdoors than in, try sprinkling body powder in your shoes and on your skin. The powder will help absorb the pending moisture and keep you focused on enjoying (vs. drying) yourself.

3. Padding is pleasing – sole cushions combat a variety of sole-ailments, from preventing blisters to protecting bunions. In the summertime, however, they also help to prevent a slippery foot from sliding forward. We suggest using Apara or Footpetals foot cushions. Both have a variety of shapes and sizes to adjust to your sandal-du jour.

With these tidbits of sole tips, we hope you have a fabulous summer and enjoy the swamp we lovingly call home.

## Hot Summer Sandals

