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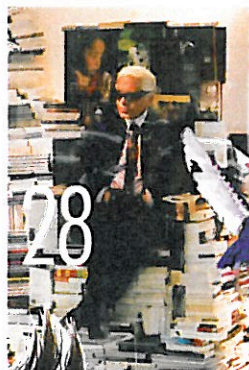
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**BOWL**

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I love walking around barefoot, but not so much the dirty feet or worse – stepping on something not so pleasant. Vibram's FiveFingers give you the freedom of being barefoot but with protection. Not gonna lie, the individual toe slots take a bit to get used to, let alone getting your toes into the right pocket! But once you get them in and get used to the sensation (which took me about 2 days) the sole provides traction and the thin, abrasion-resistant stretch polyamide fabric really does give the sensation of bare feet. There are various versions for Yoga and Pilates, running and bike riding as well as all outdoor activities. \$70 to \$85 at Whole Earth Provision Co. -**Carla Valencia de Martinez**

I was skeptical when I heard about the MBT (Masai Barefoot Technology) – the self-proclaimed anti-shoe designed to help tone and tighten your legs and butt simply by standing upright. Wouldn't you be? Again, these take a bit to get used to and you have to start with 20 minutes a day, but once you get used to them they are simply amazing and worth the investment. MBTs are proven to take the strain off of your feet, joints and the lower back—they have a rounded sole that allows the body to walk as if barefoot. Available at EG Geller, walker-warehouse.com and swissmasaius.com -**Carla Valencia de Martinez**

I'm not one to get pedicures often so when I saw these on my desk, I thought genius! I just slip these on after I shower for 30 minutes. Before I know it, I've exfoliated, moisturized and massaged my feet. Note: When you take them off, take a sec and really rub in the moisturizer to avoid slipping. Like with any loofah product, replace them after 1-2 weeks of repeated use. You're just "steps" away from beautiful feet! FLIPFOX wearable footcare \$24.99 @ flipfox.com -**Beatrice Valencia**

# TAKE A WALK IN THESE SHOES

Photography by Sofia van der Dys

I've had a chance to test drive this monster, and how can you go wrong with that much style, technology and leather in one shoe. Made out of premium full grain leather, suede and ballistic nylon (!) uppers and with its Outlast® quarter and lining for temperature regulation, moisture wicking and antimicrobial properties – our crazy weather here in Houston is not a problem. And it doesn't lack where it matters most – comfort. I especially liked the red lining peeking out from the top, dressy and bold with a twist. Model: Fallen Angel | auri-footwear.com -**Alexandre Rosa**