



# Article Side

How to Wear the Stiletto High Heels by [James Blee](#)

Article published on February 16th 2012 | [Shopping](#)

Stiletto is one of renowned term in the globe of stylish and fashionable high heel shoes. These high heels are usually 6 inches (approx.) above the orb of the foot. These highly fashionable shoes are considered as formal and ceremonial footwear for women. The stiletto hills are generally extremely uncomfortable to wear and also lead to various foot related problems in case not to worn properly.

However, in these days the stilettos are designed to make women appear even more beautiful. Please note that, these have exceptionally elevated and small heels. No need to say that with this, your legs look thinner and longer than they really are. Please note that the stiletto heels also concentrate a huge pressure on several parts of foot which lead to heavy ache or even chronic foot snags. For that, always keep in mind that you should wear the stilettos only occasionally and it is also advisable to wear regular shoes to protect your feet.

Also please note that, while wearing such high heel stilettos shoes, you have to be more conscious and always try to avoid a long walk on carpets as your high heel shoes will definitely erode or destroy the carpet for such extended walking. Also, the carpet can clasp and shrug you off balance which results a possible fall.

Once you have grasped standing in such kind of shoes, please exercise walking in them in different circumstances. First start with a floor which is smooth and plane and stab steps on a slightly elevated slope afterwards. The stepping in stilettos from side-to-side is really an excellent exercise for spinning in them. However, more important is a lot of practice in your stiletto heels formerly you out with them. You will definitely be better off by doing the same.

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[James Blee](#) - About Author:

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Article Keywords:

high heel stilettos, high heels