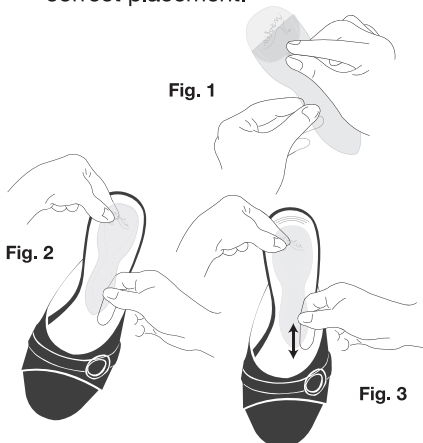


Applying your **Classic** insoles

- 1** Start with clean, dry and lotion-free shoes. Select an insole. There is no difference between the left and right. The 'skinny' side of the insole points **DOWN** into the shoe.
- 2** Pull the tab and fold back the liner about 1 inch to expose just enough adhesive to hold the insole in place while you test positions. **(Fig. 1)**
- 3** Center the wide, rounded part of the insole about 1/8 of an inch (3mm) from the back of the shoe with the flat sticky side down. **(Fig. 2)** Do not remove the entire liner quite yet.
- 4** Position the pointed end down the center of the shoe. If your shoes are styled with a narrow arch, you may need to point the insole slightly toward the big toe side of the shoe.
- 5** Repeat in other shoe.
- 6** Try on both shoes. It's important to try on both shoes at the same time to determine correct placement.



Directions Continued

7 Adjust if necessary. If you feel a bump under your heel, move the insole very slightly forward. If you feel a bump under your arch, move the insole very slightly backward (**Fig. 3**). You can also adjust side to side. Don't worry if the left and right insole differ in position. Positioning will vary by person, by foot and by shoe.

8 Once the insoles are comfortably positioned, press the already adhered end down with one hand and remove the liner with the other hand. Press down firmly. Enjoy!

Do not move from shoe to shoe. Our insoles provide a permanent fix once they are properly installed. This is thanks to the strength of the adhesive. Removing adhered insoles from your shoes may cause damage.

Our insoles may not adhere to all shoe surfaces.

Disclaimer: Vivian Lou Insolia® weight-shifting insoles are intended for use in high-heeled shoes solely to make them more comfortable. They are not intended to treat medical conditions of the feet, nor should they be a substitute for custom foot orthotics. Consult your podiatrist if you have any questions about your specific foot condition and whether Vivian Lou Insolia® weight-shifting insoles are right for you.

vivian|lou