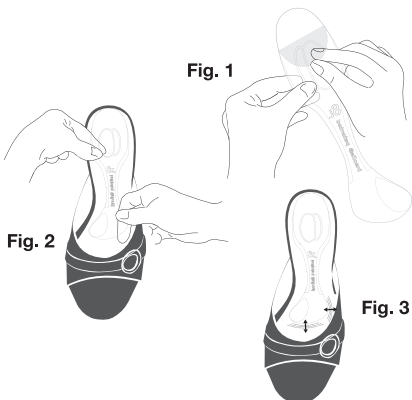


Applying your Couture insoles

- 1** Start with the LEFT shoe. Make sure the inside of the shoe is clean and lotion-free.
- 2** Select the LEFT insole. It is designated by a L next to the size of the insole. For example, if you have a Large insole, it will read L_L. Similarly, XLarge read XL_L; Medium will read M_L; Small will read S_L; and Petite will read P_L.
- 3** 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)**
- 4** Center the wide, rounded end of the insole against the back of the shoes. The odd-shaped end should point toward the toe box. Position the insole down the center of the shoe. **(Fig. 2)**
- 5** Repeat in the RIGHT shoe. The RIGHT insoles will be designated by an R next to the insole size. So if you have a Large insole, it will read L_R. Similarly, XLarge read XL_R; Medium will read M_R; Small will read S_R; and Petite will read P_R.



Directions Continued

6 **Try on both shoes.** It's important to try on both shoes at the same time to determine correct placement.

7 Adjust if necessary. If you feel a bump under your heel, move the insole forward an 1/8 of an inch (3mm). You can also adjust side to side if necessary. **(Fig. 3)**

Do not worry if the left and right insoles 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.

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