

Place insole *about* Halfway between Front & Back of shoe

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For most shoes, stick the insole directly on top of the footbed.

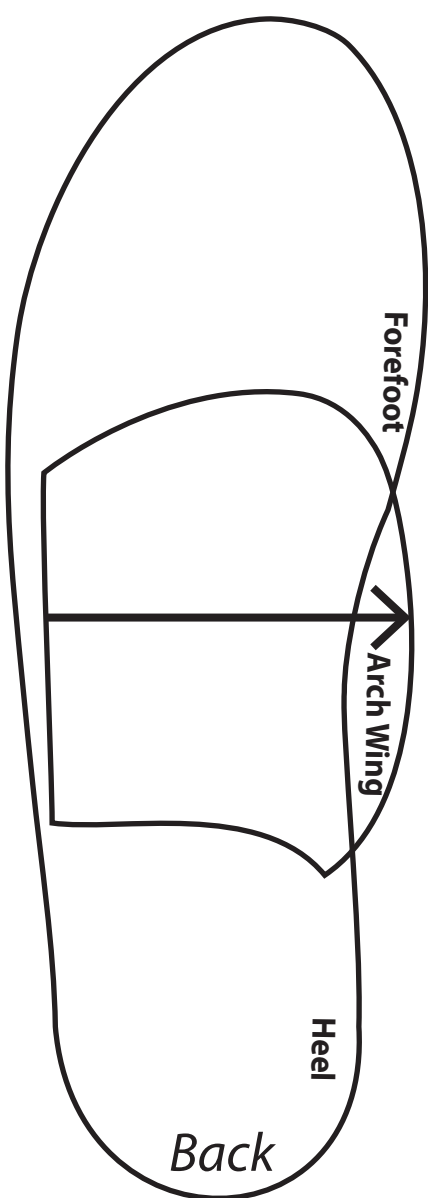
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*For a shoe that has a removable footbed:
Place the insole beneath the footbed.*

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Match Line on Insole to Halfway between Front & Back of shoe

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*Arch wing can bend up onto middle wall of shoe.
In wide shoes, still place Soul Insole Arch Wing on middle shoe wall, there may be space on the outside/lateral edge*

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Try it on and test the feel to see if you need to make any small adjustments in placement. If so, just peel up and try again!

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*You should feel support under your arch
You should NOT feel the gel directly under the forefoot bones or the heel*



SOUL INSOLE's minimalist and flexible design works with your shoes, not against them. ***Allow the arch edge of the insole to curve up the middle wall of your shoe.*** It utilizes the medial wall and existing structure of the shoe to increase support to your arch. Therefore, it will feel different in each shoe.

The shape of Sole Insole effectively redistributes pressure evenly across the foot to relieve pressure from the heel and forefoot. The soft support helps to train your foot to strengthen its natural arch



Soul Insole also feels comfortable beneath the footbed of a shoe!

High Performance Memory Gel:

A Technological Breakthrough In Stability, Support & Comfort! This revolutionary material features an unparalleled combination of shock absorption, comfort and resilience.

If you experience any pain or discomfort, discontinue use of this product and consult your doctor.

***Soul Insole fits a wide range of shoe sizes!
(If in doubt, go with smaller size)***

Small: (By Shoe Size) Women Shoe Size: 4.5-7.5 / Youth: 3-6 / EU: 34.5-38

Medium: (By Shoe Size) Women: 8-11 / Men: 7-10.5 / EU: 39-43.5

Large: (By Shoe Size) Men: 11+ / Women: 12+ / EU: 44+

The Soul Insole Shoe Bubble will feel slightly different in each shoe that you stick it into. By adding the Shoe Bubble, you can feel more support in some shoes and less in others. With a shoe (like a tennis shoe) that already has some support, you will feel much higher support than with a flat shoe (like a flip flop or ballet flat). So, depending on the shoes you choose, sometimes you might want to go with a smaller or larger size in the Shoe Bubble.

Washing Instructions

Simply wash clean with water,
Set out to dry, Adhesive Regenerages
Do not place in dishwasher or dryer.