



Caring for your pointe shoes.

Preparing Shoes for Wear

There is no obvious left or right shoe since this would distort the dancers balance. However, the dancer should mark each shoe so they can distinguish between them. To provide better traction and protect the satin on the toe from fraying some teachers recommend that the shoes are darned. We have a “How to Guide” on our site which explains how to darn your shoes, or you can take advantage of our darning service – we can sew your ribbons and elastics on too! To attach ribbons, fold the back seam of the shoe against the sole and towards the front. The ribbons are then placed inside the shoe in the angles made by folding the heel forward. The raw edges should face the lining of the shoe. A light pencil mark can be drawn as a sewing guide.

Breaking In Shoes

Whilst the shoes can be softened by gently moulding them in the hands the most sensible method is to walk around in them and rise from quarter, to demi, to three-quarter Pointe, allowing the shoes to mould to the feet. Wearing a pair of thick socks over the top of your shoes helps to build up some warmth in the shoes to gently soften them. This should be repeated over time. However, if you are new en Pointe then please only wear your shoes when you are being supervised by your teacher. Finally, we would not advise the extreme tactics used by some dancers to soften shoes. This will only reduce the lifespan of the shoe and can easily break the backs.

Caring for Shoes

After wear, shoes should be put somewhere warm and dry to air, the moisture from your feet sweating breaks down the glue that keeps your box strong. If the shoes are not allowed time to dry between classes then their lifespan will be considerably reduced. Remove any toe pads or other padding from your shoes and keep your shoes in a mesh/lace bag outside your dance bag until they are dry! Pillows for Pointe do a useful pair of Cedar Sachets to reshape your shoes whilst damp, they absorb any excess moisture and get rid of any smells too!

Class

Make sure you are always well prepared for class. If you have to tape your toes it may be an idea to do so before class to save time. Make sure you always have whatever padding and protection you and your fitter have discussed. It's also a good idea to keep some toe tape, needle & thread and toe nail clippers in your bag just in case!!

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