

Posted on Thu, Feb. 22, 2007

## Fashion Q&A: Just because the shoe fits doesn't mean you have to wear it

By Jean Patteson

The Orlando Sentinel

(MCT)

Q: I do a lot of air travel for my company, mostly two- or three-day trips. I like to travel light, packing everything in a carry-on bag. The thing that always stumps me is shoes. I like to wear high heels for business meetings and evening events; low heels for walking to meetings, shopping and sightseeing; flip-flops for trips to the pool or ice machine; sneakers for working out in the hotel gym. By the time I've packed all my shoes, my bag is half full. Any suggestions for getting by with fewer shoes?

A: Four pairs of shoes for a two-day trip does seem excessive, especially if traveling light is your goal. Because your high-heels and sneakers are essential, the trick is to figure out how to get by with just those two pairs of footwear.

Suggestion No. 1: Ditch the low heels and flip-flops. Pack heels for wearing to meetings and evening events. For all other activities, wear sneakers. If you dress casually - in jeans or khakis, for example - sneakers won't look out of place.

Suggestion No. 2: Ditch the flip-flops. Wear sneakers for workouts and to the pool. Save up for a pair of Camileon Heels, which can be converted from high heels (for meetings, dinners) to low heels (for shopping, sightseeing and trips to the ice machine).

The Camileon is a dress shoe with an adjustable heel that converts quickly and easily from high to low. Basically, the lower half of the heel is snapped forward and stowed under the shoe's instep.

Styles include classic pumps, sling-backs and sandals in a variety of colors. Prices range from about \$320 to \$360. That's not cheap, but it's a quality shoe - and you are getting two for the price of one.

To order, go to [camileonheels.com](http://camileonheels.com), which includes a video demonstration of the heel conversion, or [zappos.com](http://zappos.com). Both sites offer free shipping both ways, so you can try the shoes without postage costs mounting. Cool, huh?

And remember, to save even more space in your suitcase, tuck small items such as rolled-up hosiery and underwear into your packed shoes.

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Shopping for a shopper?

Q: I'm your typical fashionista. I'm mad about the latest fashions, but with a new job and an 8-month-old baby, I have less and less time to go shopping. I do shop online but can't keep track of all the sites. Is there such a thing as a personal e-shopper?

A: A new fashion service called [ShopStefanie.com](http://ShopStefanie.com) might be just what you're looking for. It was started by former fashion buyers, who search for great deals on clothing and accessories.

You tell them what you're looking for and how much you are willing to pay. They do the legwork. Or should we say fingerwork?

Whatever. They do the searching. All you do is give them a thumbs-up if you approve their findings - and a credit-card number. For details, go to [shopstephanie.com](http://shopstephanie.com).

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#### LOST & FOUND

Lost: A reader from Umatilla, Fla., is looking for Tabu fragrance splash (not spray). Another reader wants to know where she can purchase olive-oil-based Cali skin-care products.

Found: Good news for Sally, who is trying to find Bill Blass Eau de Parfum Spray. All the items in this new floral-scented collection, including body lotion and powder, are being launched exclusively in Saks Fifth Avenue stores this month. Prices range from \$48 to \$150. The reader looking for Jil Sander fragrances can also find them at Saks.

Longwood, Fla., reader Cindy can find information about Claudia Romana golf apparel at [golfbycr.com](http://golfbycr.com).

Another suggestion for Shirley, who is looking for hand lotion containing aloe and cucumber. A reader suggests she try Equate Aloe & Naturals Lotion, which also contains cucumber. It can be purchased at Wal-Mart.

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*Fashion writer Jean Patteson welcomes your questions. Mail: Orlando Sentinel, MP-240, P.O. Box 2833, Orlando, FL 32802-2833. E-mail: [jpatteson@orlandosentinel.com](mailto:jpatteson@orlandosentinel.com). Phone: 407-420-5158.*