**Breathable Insoles**

# Breathable Insoles – Material:

The insoles are made of international standard TPU materials, superelastic sponges and strongly absorbent fabrics.

# Breathable Insoles – Functions:

* 1. Carefully crafted using a suction method, the bottom of the insoles has many small, protruding air holes. When people are walking and exercising, these small air holes expel heat and sweat from their feet, and introduce fresh air when they lift their feet. This way, a circulatory effect is formed, which promotes the blood circulation of the foot and keeps the foot relaxed.
	2. The small pores of the protrusions are combined with super elastic air-permeable sponges, which also play a role in shock absorption, shock resistance and massage. People can walk and run for a long time and are not prone to fatigue.
	3. When a person walks for a prolonged time, the feet bear the weight of the body, the heat generated from friction with floorand the heat generated from the body’s own metabolism – feet perspire easily and that produces peculiarand unpleasant odor. If metabolism and heat discharged does not happen timely, pompholyx or eczema may develop. Or worse, causing further infections such as nail fungi or athlete’s foot.
	4. Breathable insoles: they work like our lungs. As we walk, it expels the air inside our shoes and absorbs fresh air from outside, removing the heat and odor, therefore keeping the bottom of the feet free of sweat and odor for a long time.
	5. The breathable insoles were strictly designed according to the principles of podiatry to have a high-edged cut at the heels. This stabilizes the center of gravity, fixes and co**rr**ects the shape of the heels, and effectively prevents common foot problems such as straining the arch of the heel, plantar fasciitis, and heel pain.
	6. This is a pair of insoles suitable for outdoor sports. When we wear thick, enclosed and water-proof outdoor mountain boots, both feet are in a hot and humid environment for a prolonged time. This easily leads to bacterial growth. It is very important to remove sweat from the feet, reduce the humidity and keep the feet aerated. Breathable insoles allow us to do just that, scientifically solving these problems well.