

# FULLERTON STORIES

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## Fullerton Woman Finds Sole in Her Work

May 14, 2011



Two years ago Fullerton resident Christina Prandini saw on television a plastic surgeon injecting silicon into the balls of a woman's foot. "That was really extreme," she said. "It cost about \$2,000 but it wasn't a permanent fix, and you're putting a foreign substance in your body."

Since then she has worked on a solution by creating "Body and Sole Comfort" gel pads. The gel pads adhere to the skin, allowing them to stretch with the foot's movement. They are made of a visco-elastic polymer – meaning they will not lose their shape – they are also petroleum-free, reusable and made in the United States. Also, users continuously utilize the packaging to store the pads when they are not being worn.

"I didn't want something that you're going to throw away. I wanted to make something that women would get their value's worth, and I wanted to make a product that would really help people," Prandini said.

Julie Minjarez is one of those people. She became a Body and Sole Comfort customer after a podiatrist told her that nothing could ease the pain caused by her heel spurs – a calcium growth on the heel of the foot – and she went looking for a second opinion.



"My feet used to hurt so bad that I couldn't walk at the end of the day. I was done at 5 p.m.," Minjarez said. "I told my doctor I wanted to cut my feet off."

Rather than referring her to another podiatrist, her doctor suggested she use the pads on the balls of her feet to take the pressure off her heels and provide arch support. Within one day, she felt no pain in her feet. Now, she wears them all the time and has her husband and sister hooked on them.

"I tell my grand kids all the time, 'I have to go put my feet on,'" Minjarez said. "It's like they're part of my body."

Minjarez is not the only one wearing the Body and Sole pads. The "Dancing With the Stars" cast also wears them, according to Cash Feschyan, who repairs shoes for television shows and sells Body and Sole Comfort in his Los Angeles store Miracle Instant Shoe Repair. In his shop, the "Dot" pads are very popular with women who wear sandals.



"People like the gel pads that stick to their feet because a lot of people are uncomfortable sticking pads to the shoes," Feschyan said.

Body and Sole pads come in three shapes, each for a different part of the foot. The Lily Pad adheres to the ball of the foot, but hikers or skiers can place it on the top of their foot to minimize boot buckle discomfort. They can also be worn on the back of the heel.

Happy Heels pads are for the back of the heels, but can also go on the front of the toes. When wearing sandals, Dot pads can go between toes for cushion, or on top of the toes to prevent blisters and corns from other shoes. Prandini is also working on one more shape that will go on the bottom of the heel.

"There are different possibilities for all of these products, which is why I chose these shapes. There is not just one specific spot for each pad," Prandini said.

With a background in graphic design and marketing, Prandini used her design skills to create the shapes. She also has a history of foot problems, but she still wanted input from focus groups of women to find out what their problem areas were.

Because it is a new product, Body and Sole Comfort has not hit the market in a big way, but it has developed a following. Her website is still being developed, but the pads can also be purchased at [www.bodyandsolecomfort.com](http://www.bodyandsolecomfort.com). They sell for \$19.99 for a pair of Lily Pads, \$17.99 for a pair of Happy Heels, or \$30 for a Combo Pack of both. The Dots are \$13 for four gel pads.

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