



**expressyourself** Wellbeing

## Getting to the heart of my sole

**S**OME people wear their heart on their sleeve. I wear mine on my feet, apparently. Every emotion I have shows itself on my body, whether it be through my tear-filled eyes, blotchy neck or blushing cheeks.

What can I say? I'm a slave to my oversensitive nature and like to talk about my feelings. This is why I'm visiting Margaret Dabbs' foot clinic and nail spa in London's Mayfair. I'm here to have my personality interpreted, through my feet.

Just as the lines on our hands are claimed to reveal how long we will live or how many children we might have, the length of our toes, height of our arches and colour of our nail varnish reveal personal characteristics.

Foot reading is based on the same principles of reflexology in the sense that various parts of our bodies are linked to different parts of our feet.

When I meet professional foot reader Anne Scardarella, she admits she can't wait to get her hands on my freshly-manicured toes.

"We spend so much time on our feet that they go through life with us," she says. "When we are angry we stomp around, which causes hard skin. Babies are born with perfect little feet. The harder life is on them the harder their skin will be."

A feat of biological engineering, feet are constructed from 26 bones and 3,000 nerve endings and Anne says a quick feel of mine will reveal my deepest emotions and personality traits past and present.

I smile nervously and hope she can't tell that I once stole a marble from Debenhams when I was seven.

Sitting on the very edge of the chair Anne asks me to plant my soles on the floor. "The top of your feet represent elements of your personality you want the world to see, while the underneath shows a more personal side."

"You have very large feet for a woman," she says. I blush and she quickly apologises.

Holding my size 7½ left foot in her hands Anne explains that the hard piece of bone sticking out the side of my foot just underneath my little toe shows I have just shouldered an unexpected responsibility. She is right. I have been given a promotion at work.

As my foot is wider than average Anne says it shows I am a hard worker and like to be recognised for my merits. I've only just noticed this trait in myself.

Having always played goal shooter in my netball team I became accustomed to the cheers that followed my every goal.

I have just changed position to goalkeeper and I feel frustrated at the lack of praise I receive and feel my efforts are going unnoticed.

The tiny gap between my second and third toe shows there is a difference between my thought processes and my emotions.

For instance, I might agree to do something in the heat of the moment and change my mind a few minutes later. How true. Last weekend I offered to help my friend Chris move

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but when the time came I didn't feel as charitable and pretended I had to work. Anne has well and truly aroused my interest in foot reading and I'm hanging on every word.

My little toe is just that, little, so Anne explains it indicates I have held on to my childlike nature and sense of fun. I may be 25 but I have retained some of my childish innocence, she says.

In fact I've always been a late bloomer. At 13, when my mum told me Santa Claus wasn't real, I cried and asked if that meant the Tooth Fairy wasn't real either.

"Your big toe is the thinking toe," says Anne. "It is rather large and shows you are happy talking about your feelings." The size also indicates I am overly sensitive and can often take things the wrong way. This is also very true.

**H**OWEVER the pinched nature of the neck of my toe signals that I don't always express my feelings. This is the first time she has said something with which I disagree. I can't hold my emotions in even if I wanted to.

As the bridge of my foot is smooth without any protruding tendons Anne says this indicates I go with the flow. Wrong again, it is either my way or the highway. She says my long toes represent my artistic nature. That's an easy one since she knows I am a journalist.

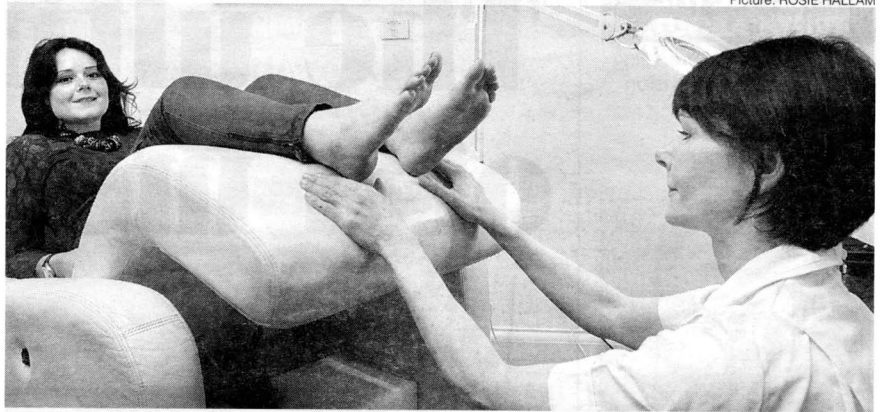
Anne starts analysing the bottom of my foot. The hard skin on the pads of my toes and around my heels shows I am feeling very pressured about the future and taking the next step. Anne is back on track.

With my boyfriend working as a trainee lawyer in Manchester we only get to see each other every few weekends. At some point one of us will have to move their life.

She tells me my long, narrow feet show I have drive and determination. "You have strong inner resources," says Anne. "Why delegate when you can do it better and faster yourself?"

I knew I was in for a foot massage but the ego one is a welcome surprise. At the end of my half-hour session Anne pretty much nailed my personality. She might not have predicted when I'll get my next pay rise but she successfully revealed a happy past and my current present, which has made me feel very optimistic about my future.

● For more information call the Margaret Dabbs Clinic on 020 7487 5510 or visit [feetreading.co.uk](http://feetreading.co.uk)



NO MEAN FEET: Sophie gets her toes – and her ego – massaged by foot reader Anne

