

Ms. Amanda's Pointe Shoe Tips and Tricks

Preparing for Pointe Class

Many students will want to tape their toes to avoid blisters or cushion any painful spots. Students should allow 10-15 minutes before pointe in order to put band-aids, cushions, or tape on their toes. If there is no break between technique and pointe class, students should tape their toes prior to technique class to streamline the process.

Elongating the Life of a Pointe Shoe

Drying out pointe shoes between uses is key to longevity. Always store the pointe shoes in a mesh bag, never plastic. Always remove the toe pads from the pointe shoes and let them air dry separately to avoid breaking down the shoes. Be sure to hand wash your toe pads frequently (preferably at the end of every week) and air dry to avoid a buildup of bacteria. Additional tips can be provided on a case-by-case basis – please consult your instructor.

Foot Maintenance

Blisters are an unfortunate part of pointe work. Moleskin or 2nd skin gel pads can help cover up blisters and alleviate pain so students can continue with class. Toe tape (small tan or white athletic tape) can be found at any pharmacy for preventative use or to hold the 2nd skin in place. Soaking sore or blistered feet in Epsom salt can be extremely beneficial at the end of a long day. Lotion can also assist with sore or cracked feet. All of these items can be found at the drugstore. Students should always keep their feet clean in order to avoid infection.

Ingrown toenails, corns, and bruised toenail can occur. It may be best to consult a podiatrist so they can guide you through what is best for you.

Pointe Shoe Bag Must-Haves

As previously mentioned, your pointe shoe bag should never be in the plastic bag they come in once you begin use. Every student should store their shoes in a mesh bag. Your mesh pointe shoe bag should always be equipped with: scissors, a needle, thread, extra pointe elastic and ribbons, toe pads, toe spacers (if needed), nail polish for sealing freshly cut ribbons, and any tape/band-aids you may need.

Buyer Beware

Please DO NOT watch videos and attempt to break in your own pointe shoes at home. Students can accidentally make their shoes unwearable if done incorrectly, or sometimes change the shoe in a way that can lead to injury. At this stage in their training, the teacher will instruct the student if any manual changes need to be made to their pointe shoes. The changes should be extremely minimal.