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Gladiator shoes are a particular kind of sandal that of course resemble the kinds of shoes that Gladiators would have worn in Roman times. These are strappy sandals that basically come up much higher than your regular sandal so that you have straps around your ankles etc as well as your feet.

First of all this is an aesthetic design choice and it's one that's currently very popular. This is refreshing as for a long time sandals have not been in vogue, and so this way you are able to enjoy the comfort of a sandal while still looking great. Furthermore, you can also get a vast range of different styles of gladiator shoes, some of which are more like fully fledged shoes with straps and less like just sandals so there is a good range to choose from.

Picking what to wear with your gladiator shoes is of course an important decision, and fortunately there are a number of ways you can guarantee that you make the very most of your new look. For instance if you want to make brown gladiator shoes really stand out, then one way to do so is with other brown accessories such as a brown belt or a brown bag for women. If you have dark jeans and a black shirt then few items look better with these than a pair of vibrant brown gladiator shoes and a bold brown belt. Of course you can also continue the gladiator theme with your choice of clothes, for instance by including whites and golds in your clothes choices as though you were wearing a toga.

The other reason that gladiator shoes are so popular is their practicality. In the warmer days, gladiator shoes are ideal as a way to get some air to your feet and they are perfect for avoiding getting hot and sweaty here. Meanwhile they are also very well suited to travel because they are so light and easy to carry - add these to your suitcase and you'll hardly notice.

However while other sandals might not fit on snugly, or might be prone to slipping off when you're walking around, with gladiator shoes you can have them on nice and tightly and have your ankles supported too to ensure they are a good fit and that you can wear them for more active days out. This furthermore means that you can use them for running around and for climbing without them being a problem or causing you to trip.

That said, because gladiator shoes don't have a back to them, they can still be very easily slipped on and off and this ensures that you can quickly change in or out of them without having to take ages. This then again makes them perfect for a holiday setting allowing you to kick them off when you recline or slip them back on to walk across the hot sand.

There are many advantages to these shoes and as a practical and convenient way to keep your feet protected in the summer while still looking good they can't be beaten. Just make sure that you remember your toes are exposed in sandals, and that you use sun cream on your feet when you're on holiday - you can burn here too and it can sometimes be quite painful.

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