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Shoe shopping seems to be polarised these days between £5 supermarket pumps and £400 designer heels. Neither wins many brownie points with the ethical shopper - just because you are paying premium prices doesn't mean you are guaranteeing fair or sustainable practice. Leather is one of the least ethical materials you can buy - most of the stock used in the US and Europe comes from India, China and other countries that have minimal or no animal welfare laws. But if you firmly believe that leather guarantees quality, then at least opt for the recycled or vegetable-dyed kind.

Terra Plana shoes are particularly comfortable thanks to their unique flexible soles (if you are ever in one of their stores, have a play, they practically roll up ...) while **Kitty Cooper** and **Hetty Rose** handmade shoes will last you a lifetime. But if you want something a bit more wearable, then try **Patagonia** or **El Naturalista** for simple flat sandals you can wear all day.



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Another pricey but lovely sandal from Hetty Rose, whose shoes are all handmade using vintage kimono fabric. Much as I hate the phrase "investment buy", the quality of these shoes means they will last for years. You can also opt for your favoured fabric from her stock

Kisa sandal, £260