# Sara Blakely’s Sneex sneaker heels merge style and comfort with Oprah's seal of approval



Sara Blakely, renowned for revolutionising shapewear with her brand, Spanx, has now set her sights on a new frontier in the world of footwear with her latest venture, Sneex. This innovative line of sneaker heels is designed to marry the elegance of high heels with the comfort of athletic sneakers, aimed particularly at women who often bear the discomfort associated with traditional styles. The concept, several years in the making, intends to tackle common issues such as narrow toe boxes and uneven weight distribution, promising solutions that many have long sought.

Among the standout creations in this line is "The Icon" style, which has caught the eye of trendsetters, including Oprah Winfrey. Featured on her 2024 list of favourite things, Oprah described the innovative design as one that "redistributes the weight of the ball of your foot," enhancing comfort without sacrificing sophistication. Adding to the endorsement, Gayle King reported wearing the shoes for an impressive duration of 12 hours without discomfort, which speaks volumes about their practical appeal. This blend of style and comfort has resulted in Sneex frequently selling out, with Hollywood stars like Reese Witherspoon and Kathy Bates joining the ranks of avid supporters.

The design ethos of Sneex is rooted in a thoughtful approach to footwear needs. The high heels feature generous toe boxes and balanced weight distribution, allowing for extended wear without the usual discomfort associated with heeled footwear. Reviews reflect a growing enthusiasm for Sneex, with wearers like Hoda Kotb expressing their delight in the hybrid's unique ability to combine chic aesthetics with comfort. Kotb shared that she felt she could wear them anywhere, further validating the idea that footwear does not need to compromise on ease for style.

As the brand continues to gain recognition on red carpets and city streets alike, Sneex offers multiple styles, including The Tepper and The Blake, demonstrating versatility in design. With choices of colours that range from classic neutrals to spirited pastels, the brand has something for everyone looking to incorporate this revolutionary footwear into their wardrobe. Each model promises the elegance of a heel while providing the feel of a sneaker, a dynamic few shoe designs have successfully achieved in the past.

While the recent buzz highlights the overwhelming positivity surrounding Sneex, no creation is without its criticisms. Some users have reported minor discomfort in specific areas, such as where the thick straps cross the foot. However, this feedback seems to pale in comparison to overall satisfaction from a wide user base. Thinner socks are suggested as a possible remedy to alleviate such issues, reinforcing the adaptability of these sneaker heels.

As more consumers opt for shoes that represent both comfort and style, Sneex finds itself at the forefront of this movement, appealing to a demographic long dissatisfied with traditional footwear options. With its exceptional craftsmanship, innovative design, and celebrity endorsements, Sneex seems poised not only to disrupt but redefine how women view high heels in their lives. Ultimately, as the brand encourages wearers to step outside their comfort zones, it might even surprise them just how much they enjoy this chic, comfortable alternative to conventional footwear.

## Reference Map:

* Paragraph 1 – [[1]](https://www.instyle.com/oprah-sneex-sneaker-heels-editor-review-11741366), [[2]](https://www.axios.com/newsletters/axios-atlanta-c4a9ba90-5a3c-11ef-a61a-474ddcb6f114)
* Paragraph 2 – [[1]](https://www.instyle.com/oprah-sneex-sneaker-heels-editor-review-11741366), [[5]](https://www.oprahdaily.com/life/health/a64233757/oprah-footwear-awards-2025/), [[6]](https://www.prevention.com/beauty/style/a62906033/gayle-king-comfortable-shoes-sneex-icon-hy-heel/)
* Paragraph 3 – [[3]](https://people.com/hoda-kotb-gushes-over-her-love-for-sneex-im-never-taking-them-off-8709129), [[4]](https://people.com/reese-witherspoon-sneex-high-heel-sneakers-8721118), [[5]](https://www.oprahdaily.com/life/health/a64233757/oprah-footwear-awards-2025/)
* Paragraph 4 – [[1]](https://www.instyle.com/oprah-sneex-sneaker-heels-editor-review-11741366), [[5]](https://www.oprahdaily.com/life/health/a64233757/oprah-footwear-awards-2025/), [[4]](https://people.com/reese-witherspoon-sneex-high-heel-sneakers-8721118)
* Paragraph 5 – [[1]](https://www.instyle.com/oprah-sneex-sneaker-heels-editor-review-11741366), [[3]](https://people.com/hoda-kotb-gushes-over-her-love-for-sneex-im-never-taking-them-off-8709129), [[7]](https://www.prevention.com/beauty/style/a62279742/jane-fonda-sneex-blake-hy-heel/)

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## Bibliography

1. <https://www.instyle.com/oprah-sneex-sneaker-heels-editor-review-11741366> - Please view link - unable to able to access data
2. <https://www.axios.com/newsletters/axios-atlanta-c4a9ba90-5a3c-11ef-a61a-474ddcb6f114> - Sara Blakely, founder of Spanx, is launching Sneex, a new line of 'luxury hybrid stiletto' and 'hy-heel sneaker' aimed at creating comfortable high-heel shoes. This project, nearly a decade in the making, addresses common pain points such as narrow toe boxes, uneven weight distribution, and gaps between the heel and shoe. Blakely, known for her shapewear innovation, describes Sneex as a love letter to women who endure the discomfort of traditional high heels. The new product is set to launch next Tuesday, with Blakely teasing the release through a cryptic video post on social media.
3. <https://people.com/hoda-kotb-gushes-over-her-love-for-sneex-im-never-taking-them-off-8709129> - Hoda Kotb expressed her enthusiasm for Sneex, a sneaker-heel hybrid created by Sara Blakely, founder of Spanx. Kotb described the shoes as feeling like sneakers and heels simultaneously, emphasizing their comfort and versatility. She mentioned pairing the black-and-white Sneex with a simple black dress and stated, 'They’re so comfortable, I could wear them anywhere. I’m never taking them off as long as I live.'
4. <https://people.com/reese-witherspoon-sneex-high-heel-sneakers-8721118> - Reese Witherspoon's Sneex sneaker heels have been restocked with new colors. Sneex offers three styles: The Blake, The Tepper, and The Icon, each blending the comfort of a sneaker with the style of a high heel. The design focuses on better weight distribution, support, and a spacious toe box to prevent squeezing. Celebrities like Hoda Kotb and Jane Fonda have praised the comfort and style of Sneex, with Kotb stating, 'They’re so comfortable, I could wear them anywhere.'
5. <https://www.oprahdaily.com/life/health/a64233757/oprah-footwear-awards-2025/> - In Oprah's 2025 Footwear O-Wards, Sneex's The Blake style was recognized as a 'Tried-and-True Favorite.' The hybrid design blends the comfort of a sneaker with the stylishness of a heel, featuring thoughtful engineering details such as support, no squeezing, and balanced weight distribution from the ball of the foot to the toe. Oprah's Favorite Things list highlighted Sneex's innovative approach to comfortable high heels.
6. <https://www.prevention.com/beauty/style/a62906033/gayle-king-comfortable-shoes-sneex-icon-hy-heel/> - Gayle King shared her appreciation for Sneex's Icon style sneaker-high-heel hybrid. She recounted wearing the shoes for 12 hours straight without discomfort, highlighting their comfort and style. King mentioned that the shoes were created by Sara Blakely, founder of Spanx, who spent eight years developing a high heel as comfortable as a sneaker. The Icon style has gained popularity among celebrities and was featured in Oprah's 2024 Favorite Things list.
7. <https://www.prevention.com/beauty/style/a62279742/jane-fonda-sneex-blake-hy-heel/> - At 86, Jane Fonda embraced Sneex's Blake Hy-Heel, a sneaker-high heel hybrid, sharing her comfort with the design. She mentioned that she doesn't wear high heels anymore but can wear Sneex very comfortably. The Blake Hy-Heel features adjustable straps and is made of high-quality materials like Italian mesh and Napa leather. Fonda's endorsement highlights the shoe's appeal to those seeking comfort without sacrificing style.