



CUTE COMPRESSION SOCKS



**Welcome Guide:
All you need to know about your new
Cute Compression Socks**

<http://cutecompressionsocks.com/>



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Hello! (and a little bit about us)

First off, I'd just like to wish you a warm welcome to the Cute Compression Sock family. As the founder and half of our husband/wife team, I'm excited you've chosen to invest in some fantastic compression socks - that are cute to boot. I know you've got a lot more choices out there than I had when we started this whole thing - and I'm glad you chose us. So, thank you.

My husband and I started this whole gig when he finally got me to understand that I should *DO* something about the lack of cute socks that were also compression-y, rather than just keep complaining about it and trying out every other "boring" compression sock in existence (yes, I own a ridiculous number of compression socks made by other companies and brands! And for the record, these are far and above my favorites).

Since that time, we've opened up a whole new market of fun, fashionable compression socks. Yes, we're (still) one of the "little guys" in this industry - and we'll probably always be that way. We're proud to be 100% in control of how we treat our customers like family - and keep costs low so that you can afford as many cute socks as you desire.

That being said, every time you contact us at <http://cutecompressionsocks.com/> or email us (you can email me at kim@cutecompressionsocks.com) know that you're talking to the original husband and wife team (okay, 99.5% of the time it'll be me, Kim!). I look forward to chatting with you about any of your cute compression sock concerns or needs.

How to Contact Us:

You can either open your Cute Compression Sock account to contact us, find and message us on Facebook (<https://www.facebook.com/cutecompressionsocks/>), or just email me at kim@cutecompressionsocks.com. Easy peasy, right?

You can also use our contact us to reach us: <https://cutecompressionsocks.com/contact-us/>

Disclaimers & stuff:

Look... I'm writing this to give you quality educational info about compression socks. By using our socks, you happily admit that we're all responsible for our own actions - so anything you do with your socks is on you.

If you've got any health concerns, please talk to your primary care provider before wearing any compression socks. If your socks ever feel "wrong" or too tight, please take them off and consult your physician.

If you want the full list of terms, boring legal stuff, and whatnot, flip (or scroll) to the end of this educational pamphlet. Or if you want to read boring stuff so you fall asleep faster, then you're welcome in advance.

Kimberly

Cute Compression Socks Co-Founder & Co-Owner



Satisfaction Guarantee

I want you to 100% love your Cute Compression Socks, 'mkay?

I want them to fit you right so that you can wear them as much as you want, whenever you want, and wherever you want. I designed (with help) these suckers to be comfortable, cute, amazing, everyday socks that just so happen to also be a compression sock.

So after you've read through this pamphlet, tried on your socks, and maybe danced a jig in them...

Remember that we've got a generous 30-day no-questions-asked return policy.

I've tried to make that point abundantly clear on everything and everywhere we sell my socks! Even so, I've gotten one or two notes from dissatisfied customers who didn't like their socks, so they just threw them away! Please - don't do that! If you aren't 100% happy, then I beg you to take advantage of our return policy.

Even if you don't have all of the tags or packaging - just go into your account and initiate a return through our secure website's system. Or just email me: kim@cutecompressionsocks.com. We stand behind our product and we'll work it out, okay?

Why would we accept any return - even one without the tags? Well, for the record, those returns that do come back without all of the tags either get donated to a local cause or laundered and sold at a serious discount. Simply put: we believe in giving back and paying it forward.

It's our way of saying "Thanks. We're here to help."

Do you 100% love your Cute Compression Socks?

Then I'd love it if you took 2-3 minutes to leave me an honest review on our product page. Just click or copy/paste this URL into your browser: <https://cutecompressionsocks.com/shop/> You will have to log in to leave a review.

Your honest reviews* will help other people find their way into the Cute Compression Sock family. But more than just that, you'll be doing me a huge favor. Those reviews have a super-big impact on our small business. And since I'm running this thing during naptimes and after our kids are in bed, just know that I will be amazingly grateful for the 2 minutes you take to leave me a review - especially if it's also got pictures or a video of your socks in action.

*Would I love a 5-star review? You bet I would! But honest reviews are far more important and valuable to other shoppers. So be honest, be fair, and be yourself. And if that means 5-stars, then great.



CUTE COMPRESSION SOCKS

Cute Compression Sock Products

We've currently got two designs available:



You can see both at: <https://cutecompressionsocks.com/shop/>

Sizing is available as indicated on <https://CuteCompressionSocks.com>. Please be sure to [review the sizing chart](#) to make sure you get the right size for you.



Sock Sizes

The #1 most important fact about compression socks: they aren't regular socks.

Your cute compression will NOT fit like regular socks. They aren't sized like regular socks. These will be, quite honestly, the tightest socks you've ever worn. [If you don't know how to put on compression socks, please follow our tutorial](#)... otherwise you'll end up doing a strange little dance while trying to get dressed. (Trust me. I've done the dance. It's really funny for your kids to watch)

Performance compression socks give the best all-day support. Our cute compression socks are performance compression socks... we've just added some extra features (like cuteness and a terry-cloth lining) to make them even better. But measuring for the correct size is... different.

To measure for your correct size, you'll need to measure your calf - at its widest point. Then when you know that number (whether in centimeters or inches), please refer to the size chart below.

Cute Compression Socks Sizing		
Measure your calf circumference at its widest point		
Calf Circumference		
Inches: 9.5-12	12.5-15.5	15.5-17.5
cm: 25-31	32-39	39-44
Size: Small	Medium	Large

(And just in case images aren't loading, here it is in plain text:

- Small fits calf circumferences of 9 ½ - 12 inches (or 25-31 cm)
- Medium fits calf circumferences of 12 ½ - 15 ½ inches (or 32-39 cm)
- Large fits calf circumferences of 15 ½ - 17 ½ inches (or 39-44 cm)

Yes, there's some overlap. But remember: these are the tightest socks you've ever worn. If you're on the edge, I highly recommend ordering the larger size.

If you have any concerns or comments with regard to your sock sizing, I'd love your feedback. Please hit the "contact seller" and let me know how the expected sizing did (or didn't) match up with reality. Thanks in advance!



How to Wear Compression Socks

When you first get your socks, they're going to look too small for you to wear. This is because they're compression socks - and they stretch like crazy. So don't be put off or shocked when you open yours... because you've been forewarned.

Now that you've read that, here's how to put on your socks.

1. Once you've opened your socks, turn the calf tube down so that it's inside out and covers up the whole foot of your socks.
2. Slip your foot into the half-inside-out compression socks.
3. Adjust the foot and ankle area to your desired level of comfort.
4. Remember that it's going to be tighter than you're used to. That's normal.
5. Pull the calf section of the sock up to just below your knees. (I like mine about an inch below my knee - that way there's no circulation issues whether I'm standing, sitting on a chair, or sitting cross-legged on the floor)
6. These socks are designed long (all performance compression socks are). That's normal and done on purpose so that you have plenty of sock to adjust for your comfort.
7. Adjust the sock so that you've got plenty of space for movement. The best places to adjust the sock are at your ankle and at your calf.
8. Your socks should NOT move - no matter how much you do.

Your socks should fit snugly and comfortably just below your knee. (Please don't pull them over your knees. These are not thigh-high compression socks. You will experience circulation issues if you do so.)

While compression socks are tight, these should not be uncomfortable. They should not be too loose or so tight that your legs feel like little sausages being squeezed out of a tube.

If you are concerned about the fit, please contact us (okay, me) at kim@cutecompressionsocks.com or the ordering system so that we can resolve your concerns or initiate a return or size exchange.

While you've got a generous [30-day window to our satisfaction guarantee](#), please be sure to contact us ASAP. I want you to 100% love your socks.

If you have any concerns or comments with regard to your sock sizing, I'd love your feedback. Please hit the "contact seller" and let me know how the expected sizing did (or didn't) match up with reality. Thanks in advance!



Here's How Compression Socks Work

It's time for a quick anatomy lesson...

Your body's arteries deliver oxygen-rich blood to your body. Once that's done, your blood tries to make its way back to your veins so that it can go around for another trip. However, not every last cell makes it back to those veins. Many of those red blood cells (and a lot of other types of cells and fluids) instead get collected up by your lymphatic system.

Either way, those veins and lymphatic ducts rely on *your movement* to get the blood back to where it needs to be - your heart (and not stuck in your feet and hands).

In other words, your feet and legs will swell by the end of the day because all of those cells and liquids don't quite make it back to where they were supposed to. Darn that gravity!

Compression socks pretty much turn you into a superhero* - they augment and enhance the work that your muscles do to help those fluids and cells get back to where they're trying to go. In other words, they help prevent swelling. And since swelling is what causes most aches and pains, you're going to be avoiding that, too.

**Okay, so cute compression socks won't actually turn you into a superhero or grant superpowers. But the benefits are amazing enough that it's almost like superpowers, right?*

Now that's a win-win situation!

Here are more ways that wearing compression socks can help you out:

- **Improved circulation.** (Just refer back to that anatomy lesson) This means better workouts, better days in general, and better recovery time after a workout. Booya!
- **Prevent swelling (edema) and pain.** Due to the increased and improved circulation, you're preventing swelling. And by preventing swelling, you're preventing pain.
- **Improved Workouts: Before, During, and/or After.** Because of all of that improved circulation, your workouts will be better. And whether you decide to rock those cute compression socks before, during, and/or after your workout, your legs will be that much happier. I've worn mine after my last 2 sprint triathlons - and my legs were the only things *not* crying out in pain the next day.
- **Prevent ugly and painful veins.** Swelling is the main cause for those pesky varicose and spider veins. By preventing the swelling, you're preventing developing those. Or, if you've already got them, you can help prevent them from getting any worse while controlling the pain. And then you should look up your local vein institute and get the whole thing fixed.
- **Shin splints.** In summary, shin splints suck. But with compression socks on your side, odds are you won't ever have to deal with them again (or so tell me a large number of runners who rock these Cute Compression Socks!)



- **Maternity/Pregnancy swelling.** Fact of life right here, people. Pregnant people swell. It's not nearly so bad when wearing compression socks, though. In fact, this pregnant nurse survived 12 hour shifts while wearing compression socks. But once those socks came off, standing was no longer an option.
- **Traveling.** When you're a frequent traveler, you're at a higher risk for issues like a blood clot. Wearing compression socks can help decrease that risk significantly. It'll decrease even more when you make sure to get up and move while traveling.
- **Ease discomfort caused by chronic diseases.** Look... some chronic diseases are better managed when you wear compression socks. My sister has rheumatoid arthritis - and her doctor recommended she wear compression socks when she travels. It makes her life better. And it makes me smile when she wears cute compression socks. Other chronic diseases that may be better managed with compression socks include diabetes, neurodegenerative diseases like MS, and more. Please be sure to talk to your doctor if using compression socks as a part of your chronic disease management strategy.

Other Fancy How-Compression-Socks Work Info:

Get out your favorite 'regular' pair of socks and compare it to your new Cute Compression Socks.

Notice how the weave of the fabric is different. Not only is the weave in compression socks tighter, it's also more stretchy. By making use of special, compression sock 4 way stretch technology, you get a snug, tight fit that retains its shape and fit all day, everyday.

You can wash these, wear these, and abuse these socks - and they'll still keep you going strong.

Pilling: These socks, like any other cloth, can pill. I'm notorious for wearing my socks outside because my kids want to ride bikes on the driveway. (yeah, I'm stylin' like that) Wearing them on the cement definitely causes any fabric, including cute compression socks, to pill faster. If it bothers you, the pilling is easily removed (just use a pill tool) and doing so hasn't affected my socks in any way, shape, or form. And, as always, if you do have issues, please let me know so we can get things squared away.

Other stuff: Socks protect your feet and they can keep your legs better supported, warmer, dryer, and cleaner. That being said, none of that replaces using your noggin.

If you're wearing these while exercising, please be sure to do appropriate warmup and cooldown activities. If you're wearing them at home, they won't give you superpowers or help you change a diaper.

If you're using these in conjunction with some type of self or physician treated treatment, remember that these are to be used *with* other treatments - not in place of.



Sock Care

Please be sure to wash your socks regularly. Nobody likes stinky sock syndrome.

To keep your socks looking the most amazing, please hand wash and line dry.

Now, in reality, you're going to throw these in the washer, aren't you? Then you'll forget they're in there and toss them in the dryer, too, won't you? Don't worry - I do it all the time. My socks still look great.

If you are going to use the washer and dryer, here's the best way to treat them:

Machine Wash COLD. Dry low or line dry.

On the other hand, if you want to ruin your socks, then ignore these next two details:

Do NOT iron. Do NOT bleach.

Please note that using a washer/dryer may cause pilling to occur faster than if you hand wash and line dry.



Cute Compression Sock Reviews

5.0 out of 5 stars **No One Can Tell They're Compression Socks!!**

By [Robbie Matlock](#) on August 1, 2016 - Color: Pink, Gray

I was crushed when I was told I had to wear compression socks but then, lo and behold came the 'CUTE' compression socks!! I love them soooo much! I can wear them with so many outfits and no one can tell that they're compression socks. Thank you for 'inventing' them for those of us who have to wear them! Can't thank you enough!!!

Cute and comfortable!

By [Megh C](#) on July 6, 2016 - Color: Pink, Gray

Comfortable and cute! More importantly my legs don't hurt after standing all day at work or walking all night with a fussy baby! They have a thicker sole than other socks I've tried which is nice. I accidentally dried them in the dryer, which I read you shouldn't do, and they still do their job fine! If I have to be 30 and wearing compression socks I'm glad there's cute ones out there!

Truly cute!

By [BETHENE CAMPBELL](#) on September 7, 2016 - Color: Pink, Gray

They really are cute compression socks. Got a pair to try for upcoming travel and they are fabulous. I have worn them all day at work where I am up and down all day and they felt great. As expected they are a bit of a challenge to get on and off, but this is normal for compression socks. The colors and patterns available are fun and look just like ordinary cute knee highs.

Great compression for running and relaxing

By [Kimberly Curlik](#) on August 20, 2016 - Color: Pink, Gray

I absolutely adore these compression socks. They are "cute" and comfortable and really get the job done - and I've worn them during runs and after, as I have chronic shin splints and calf pain. My only complaint is that the compression in the toe area is a bit too tight. (I'm a size 8 shoe and my pinkie toe was pinned against the other toes.) However, if you are looking for good, solid compression these are great!



Five Stars

By [cosmo mama](#) on July 8, 2016 - Color: Pink, Gray

Love that these are cute and functional! No more boring tan.



FAQ's

What do I do if these don't fit right?

Remember to review the [sections on sizing](#) and [how to wear your socks](#). After that, if your socks are just not right for you, then be sure to contact us (me) through Cute Compression Sock's system and we'll get things worked out ASAP. Or email me at kim@cutecompressionsocks.com. That's why we've got a very generous [30-day no-questions-asked satisfaction guarantee](#): I want you to love your socks!

Your socks are amazing! How can I ever say thanks enough?

Hip hip, hooray! I'm so excited that you love them. If you could take 2-3 minutes to leave a review on the Cute Compression Socks product page (click or copy/paste this link into your URL: <https://cutecompressionsocks.com/shop/>), then I'll totally do a happy dance. It's just me and my husband running this shindig, so every review makes a BIG difference. You'll just need to log in to leave your review.

What's the difference between Cute Compression Socks and other fashion compression socks on the market?

A lot! The first difference is in the pressure rating. It's also visible in how the sock is made - ie the designs, fabric weave, etc.

Our socks are 20-30 mmHg; that means they're a lot more supportive and a lot tighter than your regular socks (okay, they'll be the tightest socks you've ever worn). But by the end of the day, your legs will feel the difference – and they'll love you for it!

As someone who's tried a *lot* of different compression socks and different compression sock brands, I mean it when I say that these are my favorite to wear. They just feel better, are more comfortable, and look better.

Are compression socks right for me?

[Most people will benefit from compression socks](#). Compression socks (and cute compression socks, too!) help to:

- Prevent pain related to swelling and swollen legs
- Promote improved circulation and faster recovery time
- Prevent varicose veins and venous pooling
- Lessen the effects of various chronic diseases (like diabetes, rheumatoid arthritis, multiple sclerosis, and more)

So whether you're a mom, a mom-to-be, working too hard, on your feet too much, dealing with chronic disease, working out, or looking for pain relief, cute compression



CUTE COMPRESSION SOCKS

socks are for you. That being said, if you have special medical needs or other concerns, always talk to your doctor.

When should I wear, or not wear, compression socks?

You can wear them every day - for up to 24 hours at a time (I've worn mine for up to 24 hours, though I'm usually more of a 12-18 hours kind of gal). If you notice any issues, please take them off immediately. If you want more details or personalized instructions, please ask your doctor.

If your socks feel too tight or too loose, please contact me so we can get things squared away.

Do I need a prescription to buy these socks?

Heavens, no! These are fashion socks. They are a higher grade of compression, yes. It's actually the same rating as performance compression and recovery sports socks. Athletes don't need a prescription and neither do you.

What sizes do you offer?

[Check out our sizes](#) - just flip back a few pages.

What are your socks made out of?

75% polyamide, 13% lycra, 12% spandex.

How should I wash my socks?

With soap and water, of course! Be sure to flip back a few pages (or scroll up) for full [details on sock care](#).

How the heck do I put these things ON?

Not like regular socks! If you're doing the "I-have-to-go-potty" jumping dance while trying to pull those on, you didn't [read our section on how to wear these suckers](#).

Hawaii must've frozen over, because I'm not sure I love these socks.

Not a problem! Check out our [30 day 100% satisfaction guaranteed Return Policy](#).

Cute Compression Socks does not offer medical advice. Ask your primary care provider for medical advice. Please use common sense when wearing compression socks.



Thank You - and some boring stuff

If you've made it this far, then congratulations. Let me say again how grateful I am that you chose our socks. No matter why you bought them, I wish you the best of luck in all you do.

We'd love your feedback!

Whether you choose to contact us directly, leave us a public review (copy/paste or click this URL: <https://cutecompressionsocks.com/shop/>), or spread the word, I'd love your feedback. I'd love to know how your socks fit, feel, and how they've affected your life. Your feedback is great because it helps us to evolve our business and socks - so that we can continue to offer you the best, cutest compression socks ever.

Here's how to contact us:

There's a couple of ways to contact us. First off, you're always welcome contact us through our website page at: <https://cutecompressionsocks.com/contact-us/>. Or, feel free to contact us through your Cute Compression Socks account. Or email me directly at kim@cutecompressionsocks.com.

Now for the REALLY boring stuff... Terms of Use (aka not worth the regular-sized font).

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CUTE COMPRESSION SOCKS

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