

Foot-reader Jane Sheehan reveals the sole's secrets



Foot-reader Jane Sheehan with reporter Hannah Mirsky

Feet are a serious business for Jane Sheehan, Britain's foremost foot-reader.

"There's no way I would date a bloke without reading his feet," she says. "I dumped a bloke once because of what my feet were saying. I trust the feet more than the face."

Her current partner was so nervous about what his feet might reveal that he wore three pairs of socks on their first date.

Jane has built a career on reading people's personalities from their feet, starting in 1999, when she first moved to foot-reading from reflexology.

She's read celebrity feet (Alan Carr wears orange nail varnish, apparently) and the feet of inmates in a prison; she's read feet around the world, in Dubai and Australia.

Knowing her experience, it's a little nerve-racking getting your toes out in front of her – anything could be revealed.

It's a simple enough set-up: you sit on a chair and Jane looks at the top of your feet, and then prop them up so she can see the bottom.

The top, she says, reveals what you want to show to the world; the sole shows the things you keep hidden.

I'm told that my feet say I'm practical and down-to earth; that I'm a good listener; that my self-confidence has grown over time. I even get some dating advice based on my short little toe, which reveals a sense of fun. "You wouldn't want anyone stamping that out," says Jane, "so you need someone that's equally got a short little toe."

Although a few things leave me non-plussed (she can see the letter "L" in my right foot), it doesn't feel like Jane's got me wrong. Perhaps there is some truth in foot-reading – or perhaps the traits she describes are general enough that I can see myself in them.

It's an experience I'd recommend to anyone: whether or not you believe what Jane's got to say, having someone tell you about what they think your personality is gives plenty of food for thought.

Jane says: "I think the whole purpose of life is pointless fun. Learn the secrets your feet reveal, come along out of curiosity."

She is holding a two-day workshop on foot-reading in Ely on February 6 and 7 next year, which will give people the chance to learn how to foot-read themselves. She'll also be available to run "foot parties" for up to eight people on the days before and after the workshop.

For more information, visit footreading.com.