I CLAIM:

1. A contoured insole for users having a medium or high foot arch, comprising

a generally foot-shaped base contoured to define a heel receiving cupped area, a midfoot area, an arch support area, and a forefoot area, said base having a length extending from a heel end to a toe end, a base top surface and a base bottom surface, said base bottom surface further defining a forefoot pad indentation and a heel pad indentation;

a forefoot pad disposed in said forefoot pad indentation

a heel pad disposed in said heel pad indentation

wherein said base further defines a plurality of curvelinear indentations extending lengthwise in said arch support area on said base bottom surface

wherein said base further defines a metatarsal support area integral to said base

and wherein said base is formed from a moldable resilient material.

2. The insole of claim 1, wherein said forefoot and heel pads are made of rubber or synthetic rubber.

3. The insole of claim 1, wherein said forefoot and heel pads are made of a neoprene synthetic rubber layer which is a polymer of polychloroprene.

4. The insole of claim 1, wherein said base comprises from a lightweight resilient material which is capable of being molded into the desired shape and which provides the desired support and cushioning.

5. The insole of claim 4, wherein said material is a polyurethane foam.

6. The insole of claim 1, further comprising a top sheet ~~layer~~ having a ~~lower side~~ bottom surface and an upper surface~~side~~, wherein said bottom surface ~~lower side~~ is secured to the ~~top side of said~~ base top surface.

7. The insole of ~~Claim~~ claim 6, wherein said top layer is a sheet of fabric.

8. The insole of claim 7, wherein said fabric is treated with an antimicrobial substance.

~~9. The insole of Claim 1, wherein said base further defines curvilinear indentations in said arch area of the bottom surface of said base.~~