

Frequently Asked Questions

What are Skins™ and how do they work?

Skins™ is body-molded gradient compression performance equipment with built-in BioAcceleration Technology™ which will enhance your performance in training, competition and recovery.

The future of technical wear is engineered gradient compression. When compression is engineered to apply a balanced and accurate surface pressure over specific body parts, it triggers an acceleration of blood flow. This increases oxygen delivery to working muscles to enhance their performance.

The circulation improvements also help the body to eliminate lactic acid and other metabolic wastes. The combination of these effects allows you to work at a higher rate for longer.

The improved oxygenation is most marked in recovery from exercise. As a result, muscle repair is accelerated, with a greater effect if your Skins™ are worn for longer. The best effects on delayed onset muscle soreness (DOMS), which can last for more than 48 hours, are seen after 8 hours during which time pain, muscle weakness and alertness are dramatically improved.

Why are Skins™ different?

Skins™ are unique in their combination of features, which work better than any single component.

The key is in Skins™ revolutionary BioAcceleration Technology™ and the features that are built into the smart fabric of all Skins™ products.

Benefits include:

- reducing lactic acid build-up, increasing muscle oxygenation and enhancing circulation;
- focusing muscle power;
- drawing moisture away from the skin;
- optimizing body temperature in warm or cool conditions;
- preventing odor through antibacterial treatments;
- providing sun safety with 50+ UV protection.

The benefits that only Skins™ provide are backed by independent testing. Skins™ are the only compression and therapeutic sportswear that conducts independent scientific testing.

What is BioAcceleration Technology™?

BioAcceleration Technology™ is a term trademarked by Skins™ to refer to the benefits incorporated with engineered gradient compression.

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What Skins™ products are available?

The Skins™ range includes:

- long tights
- half tights
- shorts
- capri tights and shorts for women
- tops - long sleeve, short sleeve, sleeveless and a tank for women
- powersox™
- powersleeves

The Skins™ product categories include:

Skins™ sport

Skins™ sport is body-molded gradient compression performance equipment with built-in BioAcceleration Technology™ which will enhance your performance in training, competition and recovery.

Additional benefits of Skins™ sport include:

- reducing lactic acid build-up, increasing muscle oxygenation and enhancing circulation;
- focusing muscle power;
- moisture management wicking;
- optimizing body temperature in warm or cool conditions;
- preventing odor through antibacterial treatments;
- 50+ UV protection

Skins™ she

Skins™ she is body-molded gradient compression performance equipment with built-in BioAcceleration Technology™ designed and cut specifically for women.

Skins™ she offers many benefits including:

- reducing lactic acid build-up, increasing muscle oxygenation and enhancing circulation;
- focusing muscle power;
- moisture management wicking;
- optimizing body temperature in warm or cool conditions;
- preventing odor through antibacterial treatments;
- 50+ UV protection

Improved circulation delivered by the gentle compression of Skins™ she also helps to avoid venous issues to which women are particularly susceptible.

Skins™ snow

Skins™ snow tops and tights have been developed, tested and proven to help you ski harder, for longer and recover faster. The engineered gradient compression provided by Skins™ increases your performance through greater muscle support, enhanced circulation and improved body temperature optimization.

All skiers and snowboarders will have experienced that burning sensation in their legs after a long run. Wearing Skins™ snow while you ski or snowboard will help eliminate that burn, reduce muscle fatigue and minimize muscle injury. Skins™ snow also keep your muscles warm and wick perspiration away from your skin keeping you dry and comfortable.

A second pair of Skins™ snow is beneficial to wear after the sun sets to help your body recover while you party or sleep ensuring you'll be fresh and ready to hit the hill again the next day.

Additional Skins™ snow benefits include:

- reducing lactic acid build-up, increasing muscle oxygenation and enhancing circulation;
- focusing muscle power;
- moisture management wicking;
- optimizing body temperature in warm or cool conditions;
- preventing odor through antibacterial treatments;
- 50+ UV protection

Skins™ outdoor

Skins™ outdoor offers a variety of special features vital to increase performance in all outdoor activities, some key benefits of Skins™ outdoor include:

- keep sand, insects, dirt and foreign elements away from your skin
- prevent chafing
- remain fresh and sanitary for long periods of wear
- 50+ UV protection - for safety in the sun
- 'digital camo' pattern to blend in to the natural environment

Skins™ travel & recovery

Skins™ travel & recovery are body-molded compression tights with a partial foot piece (the toes and heel are exposed), with built-in BioAcceleration Technology™. They provide engineered gradient compression for your feet, leg muscles and entire lower body. This maintains healthy circulation and minimizes swelling and dehydration - the primary cause of jetlag - during forced periods of inactivity.

Skins™ travel & recovery regulate your body temperature - they breathe, wick perspiration away from your skin and are sanitised. Pull Skins™ travel & recovery on under your clothing before you fly and leave them on until after you arrive at your destination. You'll be surprised at just how much better you feel after your journey.

Skins™ travel & recovery are also great to wear throughout the day or after activity to assist recovery and reduce the symptoms of tired, aching legs.

How do I know what size Skins™ I should wear?

Correct fitting is essential and is calculated via your body mass index (BMI) algorithm using your height to weight ratio. There is a specific size chart for each Skins™ product.

How do I know that Skins™ will help me? Where's the proof?

Skins™ performance, recovery and lifestyle benefits have been thoroughly proven. The Skins™ Research Institute provides on-going independent scientific studies, including work by sports physiotherapists and vascular physicians.

Skins™ are the only compression and therapeutic performance apparel that has independent scientific testing. No other company within this category can lay claims to these exclusive criteria.

Ongoing testing of elite athletes proves that Skins™ BioAcceleration Technology™ vastly reduces the build-up of lactic acid immediately after periods of sustained exercise. This allows for a more rapid return to normal levels and minimizes the incidence of delayed onset muscle soreness (DOMS).

Independent testing appears at <http://www.skins.net>. At any time there are research projects being assessed for ethical approval (all processes and activities undertaken with subjects are legitimate and non-damaging), or waiting to be published in reputable journals. Visit our regularly to see further testing as it's published.

How can Skins™ benefit recovery from injury?

Skins™ BioAcceleration Technology™ speeds recovery through direct compression and improved muscle oxygenation. Wearing Skins™ after exercise has been shown to virtually eliminate delayed onset muscle soreness (DOMS) and MRI-based studies have shown real improvements in muscle recovery.

How can Skins™ prevent injury?

When Skins™ are worn during activity, muscle wrapping and compression combine to dramatically improve muscle awareness and focus (proprioception). The compressive effect also limits injury caused by overextending muscles and may even treat injuries as they occur.

How do Skins™ help my muscles?

Muscle fatigue is increased by muscles vibrating. This is caused by impact e.g. when your foot contacts the ground when running, and forces of gravity and momentum e.g. thigh muscles moving with pedal rotation when cycling.

Power is also lost when muscles are moved out of ideal alignment/position. The sensory awareness of a body part is known as proprioception, and broad research proves that improved proprioception provides more power and less injury.

A garment firm to your body will inhibit muscle vibration to some extent but structured specific support for muscle groups is what makes a big difference. Only Skins™ have engineered gradient compression designed and cut to hold your muscles against the skeletal frame in the best way. Testing of Skins™ products proves improved proprioception. Other garments have 'static' compression - similar tightness everywhere - and do not help your muscles in the same way that Skins™ do.

Skins™ garments also feature distinctive 'muscle wrapping' seams. These seams assist to ensure ultimate compression level in the garments' panels and support muscle groups through their full range of movement, further increasing power and endurance and reducing injury.

Can Skins™ help with Medical Conditions?

In addition to providing first-rate sporting benefits, the increased oxygenation and circulation provided by Skins™ is also an excellent means of relieving many medical complaints including arthritis, chronic fatigue syndrome, lymphoedema, varicose veins and deep vein thrombosis. It is also effective in promoting circulation during pregnancy.

If you have a specific medical question feel free to email Dr Stephen Lambert at: asktheresearchteam@skins.net

Aren't long black tights hot?

Skins™ are very different from other tights and are definitely not hot for two primary reasons:

1. Skins™ improve your body's circulation which helps your body to deal with hot and cold temperatures.
2. The Skins™ fabric has "wicking" moisture management which draws moisture away from your body to the outside of the fabric. Moisture is also spread across a larger surface area further speeding the evaporative process. In warm conditions, body heat is also transferred away during this process.

Do Skins™ keep you warm when it's cold?

In cooler conditions, Skins™ keep you warm. Improved blood flow ensures that the extremities stay warm, while Skins™ moisture management wicking keeps you dry, giving a comfortable layer directly next to the skin.

It should be noted that Skins™ are not thermal but the additional layer does provide a barrier to cold air.

Does "wicking" keep my body dry?

Wicking moves moisture away from your skin to the outside of the garment where it evaporates, so your skin stays dry. Skins™ use a top quality wicking treatment where the capability is in the thread, rather than as a treatment to rolls of material after it's constructed.

Are all Lycra tights the same?

No. Lycra is a brand name but elastomeric fabrics are commonly called Lycra these days, and obviously not all elastomeric fabric is the same. Better raw materials and fabric construction make a difference. Some of this quality variance can be seen and felt, but Skins™ fabric attributes, independently tested, are undetectable to the untrained eye or hand.

Skins™ fabric is warp knitted (constructed) in a unique way to satisfy the specific and stringent stretch and recovery standards required for Skins engineered gradient compression. This unique fabric is then cut in a certain way, which, combined with Skins patent (applied for) patterning, provides benefits no other tights can.

Why should I buy Skins™ over a less expensive pair of tights?

There is no product that works similarly to Skins™. Skins™ products are still unique as no one has invested the resources, or been able to replicate the tangible benefits Skins™ have proven to deliver. Skins™ unique BioAcceleration Technology™ has been developed by leading sports physicians through years of scientific research and the medical benefits that only Skins™ provide are backed by independent testing.

Who's wearing Skins™?

Skins™ are selected for use by many international elite sport physiologists, squads, teams and individual athletes. They wear Skins™ because they deliver real results.

Why wear a Skins™ top? Are they restrictive to wear?

Skins™ tops are firm fitting, but comfortable and they don't restrict movement of shoulders, arms or any muscle. Tops provide engineered gradient compression which aids circulation and muscle support. These features are enhanced by muscle wrapping seams, which improve power and endurance.

The compression provided by wearing a Skins™ top encourages a better posture which acts as a respiratory aid, helping you breathe into the upper chest cavity and effectively take larger breaths.

Skins™ tops also work well to relieve delayed onset muscle soreness (DOMS) when worn after exercise.

When should I wear Skins™?

- During any physical activity - whether a team or individual sport (training or competing) or active leisure pursuits like walking or gardening. This will improve your muscle power and endurance, prevent injury, reduce lactic acid build up and soft tissue damage. You'll find you'll be less sore in the following 12 - 24 hours.
- As a recovery aid post exercise - use after any activity and wear for at least 3 hours. Skins™ are comfortable to wear under clothing and can be worn when asleep. When worn while sleeping, Skins™ increase bioactivity and speed up your body's normal recovery process. Many people report having 'fresh legs' the following morning.
- When recovering from injury - Skins™ also assist the body to recover from specific injuries and are regularly used to aid repair of muscles like hamstrings and calf muscles. To benefit, wear Skins™ for as long as possible.
- In the workplace - Skins™ provide support and enhanced circulation which can reduce aches and pains, particularly if you stand or walk on hard surfaces.
- When travelling - wear Skins™ to reduce the effects of jetlag and lower the risks of DVT.

Can I just wear my Skins™ with nothing over the top, even in the sun?

How you elect to wear your Skins™ is a matter of personal choice and comfort. Skins™ products have 50+ UV protection, so you can be confident to wear Skins™ without any other covering in the sun. Some people prefer shorts/singlet/t-shirt/jersey etc. over the top of their Skins™, but others are happy to wear just the Skins™ garments.

Do Skins™ develop an odor when worn under other gear or for extended periods?

No. All Skins™ are manufactured with an anti microbial sanitizing treatment, which is in the thread. Usual hygienic practices are recommended, but even when worn for days, Skins™ products don't become odorous or unsanitary.

How should I wash Skins™?

A cold water, delicates cycle, machine wash with gentle detergent is recommended, with no tumble drying. There's no need to only wash by hand, but as for all apparel, especially elastomeric garments, the more vigorous the washing process, the shorter the expected life of the garment.

How long will my Skins™ garment last?

Naturally this depends entirely on how the garment is worn and washed and the frequency. For runners, we expect that your Skins™ will last about the same distance as a very good quality running shoe. It should be noted that time is the natural enemy of elastomeric materials, and even when not in use, your Skins™ will deteriorate over an extended period.

What's the difference between Skins™>>sport and other Skins™, like Skins™>>snow or Skins™>>travel & recovery?

All Skins™ products have been developed with the same BioAcceleration Technology™ and the fabric is woven in the same way. Different Skins™ feature differing colors in seam stitches and fabric as well as having specific usages and unique features as listed below;

Skins™ sport are our flagship product and are available in the most variants of color, style and size. The long tights finish with a neat hem at the ankle.

Skins™ snow are brushed on the inside and this process makes the garment feel a little warmer against the skin. There is less muscle wrapping seams at the bottom part of the leg to avoid interference with ski boots.

Skins™ travel & recovery are primarily used for exactly that. Skins™>>travel & recovery have a partial foot piece (the toes and heel are exposed) and firmer compression for the lower leg.

Are there Skins™ for cyclists?

At this point there is no Skins™ garment including a chamois, although the benefits from Skins™ lend themselves to be of great advantage to cycling activities, whether it be road, track or as part of a multi event. Speeding lactic flushing when Skins™ are worn for recovery is the best reason for cyclist to rejoice when they first wear Skins™. Many find cycling in Skins™ is also very beneficial. (When worn during cycle activity, Skins™ should be worn over bike shorts).

What is the difference between colored Skins™ and white camo/white Skins™? Is it just the colors?

There is a subtle difference between the Skins™ classic range and the white camo and white Skins™ range. The Skins™ white camo and white have extra venting for release of heat.

It is also a common perception that darker colors are hotter than lighter colors, therefore Skins™ offer a range of lighter colors for the warmer months. These colors also cater for summer sports where players can wear the lighter Skins™ under their uniform without contrast.

What affiliation does Skins™ have with the Australian Physiotherapists Association (APA)?

The Australian Physiotherapists Association (APA) has endorsed Skins™ as the leader in compression performance equipment.

The recommendation followed rigorous testing by APA-commissioned sports scientists that confirmed Skins'™ ability to enhance performance, endurance and recovery.

Why wear Powersox™/Powersleeves?

Powersleeves are beneficial when you participate in activities which involve repetitive arm movement, such as shooting (basketball, netball), throwing and racket sports. When powersleeves are worn with Skins™ sleeveless tops, the benefits are almost equivalent to wearing a Skins™ long sleeve top.

Powersox™ help to prevent cramping in calf muscles during long periods of activity and can be worn under team socks. When powersox™ are worn with half tights, the benefits are almost the same as when wearing Skins™ long tights. This combination can be worn in circumstances when full leg tights are not appropriate.

Powersox™ and powersleeves can both be used to treat an isolated injury, such as forearm or calf strain. This is a useful preventative measure for Repetitive Strain Injuries (RSI).

What are the benefits of wearing a combination of Skins™ products?

Skins™ long tights & Skins™ tops (long sleeve, short sleeve, sleeveless and tank):

This combination provides the following benefits to the upper and lower body (as opposed to a single muscle group):

- treatment of injuries as they occur
- protection from injury
- assist breathing
- improved core body stability
- reduce risk of cramp and corks
- improved muscle alignment
- reduce muscle vibration
- improved muscle oxygenation
- reduced post exercise pain

Skins™ half tights & powersox™:

When half tights and powersox™ are worn together, athletes experience almost the same benefits as when wearing Skins™ long tights.

Another advantage is half tights paired with powersox™ can be worn in circumstances when full leg tights are not allowed due to uniform regulations.

Skins™ sleeveless tops & powersleeves:

When powersleeves are worn with Skins™ sleeveless tops, the benefits are almost equivalent to wearing a Skins™ long sleeve top.

Skins™ travel & recovery long tights & long sleeve tops:

The detrimental effects of airline travel (swelling, dehydration and jet lag) are primarily caused by exposure of the whole body to lower atmospheric pressure. Combining the Skins™ travel & recovery long tights with a Skins™ long sleeve top, will minimize the area of your body exposed to the lower atmospheric pressure and will therefore minimize the above effects, during and after flights.