

How to Keep Activewear Fresh, Clean & Ready for More



Activewear is a wardrobe staple—whether you’re working out, running errands, or simply leaning into comfort. But performance fabrics are designed differently, and caring for them the right way is key to maintaining their stretch, structure, and fresh scent.

Here’s how to build a post-workout laundry ritual that keeps your sets feeling (and smelling) like new.

Step 1: Let Fabrics Breathe First

Before tossing your gear into the hamper, allow it to air out. Damp, tightly bunched fabrics are the perfect environment for odor-causing bacteria. Lay items flat or hang them for a few hours post-sweat—especially sports bras, leggings, and towels

Step 2: Deep Clean with a Fabric-Focused Formula

Think of this step as a mindful reset for your wardrobe. Our Activewear Detergent is the equivalent of a juice cleanse for your hardest-working pieces. Made with a powerful blend of enzymes, it targets the buildup of sweat, body oils, and odor—without compromising the fabric's stretch or color.

Formulated specifically for:

- Polyester
- Elastane
- Spandex
- Nylon

These technical fabrics require effective yet gentle care. The Activewear Detergent is designed to cleanse these performance fabrics to help remove odor-causing perspiration stains, so you can keep your favorite pieces in rotation.

Pro Tip: Turn garments inside out before washing to help preserve color and fabric finish.

Step 3: Add a Fragrant Finishing Touch

Not every piece needs a full wash after each wear, or sometimes you don't have time for a change of clothes after a workout. Enter our Activewear Fabric Spray—a simple way to refresh in between workouts or when you're on the go. One spritz instantly refreshes fabrics, leaving behind our bright, energizing Marine scent with notes of bergamot, mandarin, and oceanic greens.

Use it on:

- Leggings, sports bras, and tanks
- Gym bags and sneakers
- Towels and outerwear

Extra Care Tips

Wash in cool water. Hot water can degrade elastic fibers over time.

Skip the fabric softener. It can leave residue that traps odor, moisture absorption, and affects breathability.

Air dry whenever possible. High heat can break down performance fabrics and lead to stretching or lack of elasticity and treat your gear with the same care you give your routine. With the right products and a few simple habits, your post-workout ritual can leave your activewear just as refreshed and energized as you are.