



Ladies,

Want to see a new number on the scale this New Year? You can make resolutions and lists, but what will really give your workout a boost is brand new gear.

Why not go for a winter walk in a [sporty new jacket that keeps out the cold](#)? Or hit the gym in sleek, slimming new boot cut pants and track your progress and train more efficiently with the best new technology.

Trust us. When you look the part you act the part: we swear we run faster and further in our spankin' new sneakers.

Love,
SheFinds



**From the
tranquiliT boutique...**

And why not tote your yoga mat in a hip bag to and from Ashtanga? The [Aroma Mat Bag](#) comes in a selection of prints, has an outside pocket for credit cards and keys and contains a lavender insert to keep your mat smelling fresh.