



General FAQ

Care / Washing Directions

How often do I need to replace my leg sleeves and compression socks?

We recommend replacing your leg sleeves or compression socks every 6-9 months depending on your usage.

How do I wash and dry my Zensah product?

The ideal washing instructions for Zensah products is machine wash cold, and delicate tumble dry no-heat. We recommend using [WIN Detergent](#) with all Zensah products.

General Product Questions

Won't the additional layer of Zensah Apparel make me feel hot?

No! Zensah Apparel contains moisture wicking and thermal regulating technology with remarkable silver ions that keep you warm in cold weather, yet dry and cool when you perspire.

When should I wear Zensah products?

Many Zensah products can be worn before activity to activate muscles, during activity to improve performance, and after activity to aid in recovery. There are, however, some products that are intended solely for recovery purposes. Please refer to the individual product pages for more product specific information.

Why does it say your products are seamless if they have a seam?

Seamless refers to the special machines and process used to create our innovative Zensah fabric. Seamless machines are used to manufacture the items as opposed to the traditional cut and sew method. While there is a seam where the ends of the item are joined together, there are not any stitched lines. Therefore, Zensah products are considered seamless by industry standards.

How long can Zensah products be worn at a time?

Our products can safely and comfortably be worn for multiple hours at a time. However, if for any reason you do feel discomfort or experience negative effects from wearing our products, please remove them immediately.

Where is Zensah made?

The majority of Zensah products are made in either the United States or Italy.

What size am I?

All of our products have a sizing chart on their respective pages. We offer sizing using various factors such as calf circumference, height, shoe size, and biceps size depending on the product. Please refer to the individual product pages for more specific sizing information.

Are your compression products recommended for recovery or performance?

Most of our products are intended to be worn both for recovery and performance, although there are some that are performance or recovery specific. We suggest visiting the product specific page to learn more about the specific applications of each product.

I am on the border between sizes, what should I order?

If you are on the border between sizes, we recommend sizing down to the smaller size to ensure that the product fits snug and provides its full benefits.

Who should wear compression products?

From athletes looking to shave off a few seconds off their best time or recover faster, to novice runners or anyone on their feet all day searching for a way to invigorate their legs and reduce swelling - compression offers benefits to everyone!

Product Specific FAQs

Compression Leg Sleeves

What is the difference between the leg sleeves you offer? (6055 vs 6057 etc)

The compression leg sleeves and shin splint/calf compression sleeve are the same great product. The only difference is in the quantity. The compression leg sleeves (item# 6055) are sold in a pair - i.e. two sleeves in total. The shin splint/calf compression sleeve (item# 6045) is sold as a single unit - i.e. only one sleeve. The Ultra Compression Leg Sleeves (item# 6057) were designed for those seeking a tighter fitting compression sleeve as compared to our original Zensah compression leg sleeves. Those new to compression may prefer the original Zensah compression leg sleeves as they provide a snug fit and comfort for hours.

I am experiencing pain in my shins. Would you recommend the compression leg sleeves, Ultra compression leg sleeves, or compression socks?

Most people new to compression looking for shin splint relief prefer our compression leg sleeves due to their targeted support and comfortable fit. However, our Ultra compression leg sleeves and compression socks also provide fantastic support that is useful for alleviating shin pain. Our customers use all three products for this purpose, and whichever they choose is a matter of personal preference.

Zensah Sports Bras

Which sports bra is best for me?

To determine which sports bra is best for you, we recommend viewing our guide here.

What is a "seamless" sports bra?

A seamless sports bra is one with significantly lesser seams and that is made using seamless technology knitting machines. Seamless bras cause far less chaffing than regular bras due to reduced seams!

What does a great fitting sports bra feel like?

A great sports bra will fit snug and minimize bounce allowing you to perform your activity without any hindrance. It should not be too tight or too loose, or cause chaffing in any way.

Is it common for women to wear an incorrectly fitted sports bra?

Yes! A woman's bra size changes constantly and it's important to measure yourself at least once a year to make sure you get the correct bra.

Zensah Tights

Socks

Do I need knee-length socks, crew socks, ankle-length socks or no-show socks?

If you are looking for the full benefits of compression such as shin splint relief, reduced cramping, increase in circulation, and reduced swelling, we recommend a knee-length sock such as our Tech+ socks. We have many other innovative crew-length, ankle-length, and no-show socks that offer different benefits such as blister protection and arch support, while also offering different levels of padding for those looking to pair a great running sock with their leg sleeves.

Won't wool socks be too warm for the summer?

No! Wool is actually one of the most thermal regulating fibers available. This means that it will keep you warm in the cold, but also keep you cool when it's warm. In addition, the moisture wicking properties of wool are right up there with the most wicking materials available, ensuring that your feet stay dry.

Compression Arm Sleeves

Why do runners wear compression arm sleeves?

Runners wear compression arm sleeves for a variety of reasons. Some of them being to reduce swelling in arms, to improve circulation, to decrease recovery time by preventing lactic acid buildup, and to provide sun protection.

I have pain in my elbow. Would you recommend the Compression Arm Sleeves (Item# 6020) or the Compression Elbow Sleeve (Item# 6061)?

Depending on the source of your pain, the compression elbow sleeve might be the best option. The elbow sleeve targets the elbow to a higher degree and provides slightly more compression than the compression arm sleeves. Also, with our Advance + Compression Technology, you may add more compression with a simple flip of the garment. However, elbow pain can be caused by a variety of reasons and it is always best to consult with a doctor regarding medical concerns.

What level of sun protection do the arm sleeves offer?

The arm sleeves have a rating of UV 50+, which is the highest rating of sun protection available!

Does the UV protection wear out?

The sun protection is permanent throughout the life of the garment.

Will arm sleeves make me feel warm?

Our arm sleeves feature fabric that is cool-to-touch and is comfortable even in a high heat and humidity –trust us, we developed and tested them in Miami!

How should I wash this product?

We recommend hand wash and air dry, but you could also use machine wash cold, and delicate tumble dry no-heat.

Calf / Shin Splint Compression Sleeve

What is the difference between Compression Leg Sleeves, Item #6055, and the Shin Splint/Calf Compression Sleeve, Item #6045?

The compression leg sleeves, item #6055, are sold in a pair, i.e. two leg sleeves in total. The shin splint/calf compression sleeve, item #6045, is sold as a single unit, i.e. only one leg sleeve. They are the same great product. The only difference is in the quantity.

What is proper washing care?

Ideal care for Zensah apparel is machine wash cold, and delicate machine dry no-heat.

Compression Elbow Sleeve

How tight should the elbow sleeve be?

The elbow compression sleeve is engineered to fit snugly but not too tight that it would constrict blood flow. If you are within our recommended size range for the respective size, it will provide the correct amount of compression to alleviate tendonitis. You could also fold the band over for added support should you need it.

Will this fit under a dress shirt?

Yes! The Compression Elbow Sleeve is thin and light enough to be worn comfortably under a dress shirt.

Will this interfere with my golf or tennis swing?

No – it is a non-intrusive and lightweight product that will not interfere with your swing.

What is the difference between this and the 6020 Compression Arm Sleeves?

The elbow sleeve targets the elbow to a higher degree and provides slightly more compression than the compression arm sleeves. Also, with our Advance + Compression Technology, you may add more compression with a simple flip of the garment.

How should I wash this product?

Ideal care for Zensah apparel is machine wash cold, and delicate machine dry no-heat.

Thigh Compression Sleeve

Is there latex in the product?

The product is latex free although the gripper is silicone-based.

How should I wash this product?

Ideal care for Zensah apparel is machine wash cold, and delicate machine dry no-heat.

Compression Knee Sleeve

Do I need a knee sleeve or a knee brace?

We recommend a knee sleeve to anyone who wants mid-high support and compression to the knee, but also needs flexibility for movement or sporting activity.

Is there latex in the product?

The product is latex free although the gripper is silicone-based.

How should I wash this product?

We recommend hand wash and air dry, but you could also use machine wash cold.

PF Compression Sleeve (Single)

What is the difference between this and the 6329 Ankle Sleeve?

The PF sleeve is more targeted for plantar fasciitis relief, while the 6329 Ankle Sleeve is for targeted ankle support.

Should I wear this over or under a sock?

We recommend wearing it under a sock next to the skin, but it can also be worn over a thin sock.

How should I wash this product?

Ideal care for Zensah apparel is machine wash cold, and delicate machine dry no-heat.

The Recovery Tight

Why Compression Tights?

Compression tights help to stabilize leg muscles to prevent injury and improve circulation, which leads to improved performance and decrease muscle recovery.

Who should wear compression tights?

Runners, basketball players, and all athletes looking to take their workout and training to the next level.

Do I wear underwear with the compression tights?

The compression tights may be worn with or without underwear - it is a personal preference. Some customers also choose to wear shorts over the compression tights.

What is the difference between the Recovery Tight and the other tights you offer?

The Recovery Tight offers the most compression out of the tights we offer, and is specifically engineered for recovery (although it can also be used during activity).

The other tights in our range are slightly less compressive.

How should I wash this product?

Ideal care for Zensah apparel is machine wash cold, and delicate machine dry no-heat.

Tech+ Compression Socks

What is the difference between the original compression socks and the new Tech+ compression socks?

The new Tech+ Compression Socks are the next generation of the original compression socks. Tech+ Compression Socks are made with 200 needle count while the original compression socks were made with 168 needle count. The benefits of the 200 needle count is that socks are now durable, denser, and better fitting.

The Tech+ Compression Socks are lighter than the originals and completely seamless to prevent blisters and chafing. Because of the 200 needle count, the Tech+ Compression Socks have many more features, including ankle support and arch support to relieve plantar fasciitis.

I'm having trouble getting the socks on. Do you have any tips?

The first thing to check is that you have the proper size socks using our **size chart**.

Why don't you have calf measurements listed? I have very big/small calves for my shoe size and am concerned that these won't fit me properly.

We use shoe size rather than calf circumference for sizing our compression socks because we have found that it is a better measure of fit for the majority of our customers. It is possible that if your calf circumference varies greatly from the average person that these socks will not fit you. If you are concerned that your calf might be too small/large for the socks, you might find that the **Compression Leg Sleeves** are a better choice for you.

How often do I need to replace my leg sleeves and compression socks?

The life of the product depends on usage. Just like a pair of running shoes, the life of Zensah leg sleeves and compression socks varies with the amount of miles you put on them. Based on typical usage, you should expect them to last about 6-8 months. It's recommended that if it has been 6 months since your last pair of new leg sleeves or socks, you order a new pair to ensure you are receiving the optimal amount of compression.

Can these compression socks be worn for travel?

Yes. Though our products were designed for athletic use, customers have experienced benefits while wearing them during a wide array of other activities such as while traveling.

Can these be worn to help with varicose veins?

This product can indeed be worn to help with varicose veins; however, we recommend working directly with your doctor when determining if our compression products will work for you. It is important that you receive the proper amount of compression for your condition.

I am experiencing pain in my shins. Would you recommend the compression leg sleeves, ultra compression leg sleeves, or compression socks?

Most people new to compression looking for shin splint relief prefer our compression leg sleeves due to their targeted support and comfortable fit. However, our ultra compression leg sleeves and compression socks also provide fantastic support useful for alleviating shin pain. Our customers use all three products for this purpose, and whichever they choose is a matter of personal preference.

How should I wash this product?

Ideal care for Zensah apparel is machine wash cold, and delicate machine dry no-heat.

Seamless Running Sports Bra

How would you rate the running bra in terms of support?

The seamless running sports bra is ideal for mid to high impact activities for those who fall within the recommended A-C cup size.

What activities can this sports bra be used for?

While this product was designed with runners in mind, it is versatile and can be great in a variety of settings. Customers have enjoyed wearing it while cycling, golfing, and participating in many other activities because it is comfortable and anti-chafing.

I am on the border between sizes. What size should I order?

Most customer who fall between sizes for our running sports bra prefer the fit of the smaller size.