


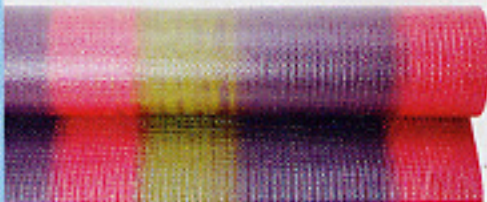




Yoga mats used to come in only two colors: purple or blue. But today, color choices abound... as do a wide range of textures (for traction), thicknesses (for more cushion), and materials (for sweaty or not-so-sweaty practices). As an extra plus, mats are now more health- and eco-friendly and less likely to be made with toxic materials such as latex, chloride, and PVC (polyvinylchloride).

With all these options, which mat is right for you? Check out our handy chart for the newest and brightest, as well as some traditional favorites.

# MatMania

Enhance your practice with the ideal mat.

By Joelle Hann

Mat Brand/Style	Colors	Thickness	Eco-friendly?
<b>Agoy - Deluxe Earth</b> 	2 chocolate, sky blue	1/4"	Yes. Made of synthetic rubber; no PVC.
<b>Gaiam - Premium Sticky</b> 	4 jewel stripe, bright stripe, light blue, purple	1/4"	No. But doesn't contain latex. (Eco-friendly mats are available.)
<b>Jade Yoga - Harmony Professional</b> 	8 purple, royal blue, midnight blue, orchid, olive, Sedona red, Tibetan orange, black	3/16" Also available in longer length (74").	Yes. Biodegradable; made from renewable rubber trees.
<b>Hugger Mugger - Nature Collection</b> 	5 Niagara, glacier, bamboo, amethyst, sunset	1/8"	No. (Eco-friendly mats are available.)
<b>Lululemon - Eco Standard</b> 	over 75 colors change seasonally; reversible	3/16"	Yes. Biodegradable; made of non-toxic materials.
<b>Wai Lana - EnviroMat</b> 	2 reversible: iris/lilac, ocean/sky	1/8"	Yes. Biodegradable; uses no PVC, latex, or chloride.

Sweat Factor	Pros	Cons	Price	Score
<b>GREAT</b> Doesn't absorb sweat; prevents growth of fungus and bacteria.	Substantial yet light; good cushioning and great traction.	Pricey. Sweat and vigor will break down eco-friendly mats. Needs some extra care.	\$72 agoy.com	***** Most comfortable, environmentally friendly mat.
<b>GREAT</b> Perfect for Ashtanga or Power yoga.	Twice as thick as a standard yoga mat; durable, with non-slip surface.	Limited colors available.	\$30 gaiam.com	**** Will last a long time without pilling, good price.
<b>GREAT</b> Rubber gives it excellent traction.	Internal mesh provides extra strength; one-year guarantee.	So sticky it can be hard to move. Sun exposure and high heat break it down faster.	\$47.95 jadeyoga.com (Check website to find a store near you.)	***** If you sweat a lot during practice, this may be the mat for you.
<b>GOOD</b> Does absorb sweat, so may get slippery in a strenuous practice.	Durable; made to last a long time.	May break apart under the hands and feet due to repeated Downward Facing Dogs.	\$26.95 huggermugger.com	** An industry standard, the lowest price we found.
<b>GREAT</b> Material wicks away water for good traction.	Lightweight, easy to carry; imprinted with median and crossbar lines to help with alignment.	Can feel too thin; stretches and creaks under the pressure of some standing poses.	\$28 lululemon.com (Check website to find a store near you.)	*** Very affordable; rounded edges help it roll out flat.
<b>GREAT</b> Water- and sweat-resistant, quick to dry, prevents bacteria growth.	Closed-cell foam gives this thin mat great cushioning, good traction.	Limited colors.	\$37.95 wailana.com 888-WAILANA	*** Eco-friendly, with a mid-range price.