



PROSKINS SLIM GYM PANEL LEGGINGS

£59.95; proskins.co

'With ingredients such as caffeine, retinol, vitamin E, aloe vera and ceramides in the fabric, these leggings (sizes 8-16) are clinically proven to reduce the appearance of cellulite and nourish skin by boosting collagen and circulation (the graduated compression helps with this). To experience the effects, you need to wear them for eight hours a day for 28 days straight. The temperature-regulating, sweat-wicking fabric was lightweight and silky smooth. I wore the leggings for 10 days straight (antibacterial silver reduces the need for washing) and, while I can't report a difference in cellulite in that short time, my legs did feel moisturised and soft. These were a bit labour-intensive for me...'

BEST FOR: all-day wear



UA ARMOUR FLY FAST PRINTED TIGHTS

£55; underarmour.co.uk

'The best of the bunch for sweat wicking, these kept my lower-body bone dry, even after the most intense workouts, due to the fast-drying HeatGear fabric and mesh panels. In fact, if UA made a catsuit from the same stuff, I'd snap it up because the fabric leaves me feeling so comfortable and cool. Truly miraculous! These tights are a great fit (they don't ride up or fall down), and have an added interior drawstring waist for extra security. I love the ankle zips feature for easy pull-on-and-off ability, and the zipped pocket on the hip is big enough to hold your locker key and bank card. Available in several prints and sizes XS-XL at a decent price, they're not the most beautiful leggings, but they work so well I have a bit of a collection of them!'

BEST FOR: sweat-wicking

KIT TEST COMPRESSION LEGGINGS



H&F's writer **Jo Ebsworth** tries out the latest performance-enhancing tights



LUCAS HUGH AXIS LEGGINGS

£195; lucashugh.com

'In terms of technical features and style credentials, these leggings are *incredible* – and so they should be for the price! The extra-wide, high-rise 'Svelte' waistband with boxing-wrap-inspired 'twists' acted as a corset, shrinking my waist. The extremely lightweight, silky fabric was still thick enough to be opaque, and I could feel the gentle compression from waist to knee, dramatically lifting my bum and smoothing out my hips and thighs. The contrasting matt and gloss fabrics designed to contour the figure then boosted the effect. Half of the back of the leg is made from pinhole mesh for added ventilation, which works well while still giving great coverage (you can hardly see it's mesh), and the bonded seams and hems prevent chafing. There's also a huge zipped pocket bonded into the back of the waistband (I could get my iPhone 8+ in it!). I wasn't sure how the "inner-brief for flattering coverage" would work, but I'm converted – there was zero VPL or camel toe. And during training, my lower body felt supported yet light. I defy anyone not to look and feel amazing in these. Available in sizes XS-L, and all-black.'

BEST FOR: boosting performance



LNDR SPECTRUM LEGGINGS

£95; lndr.uk

'These great-looking leggings are available in just two sizes: XS-S (covering 6-10) and M-L (covering 10-14). As a size 14, I ordered the latter. When they arrived, they looked way too small, but how wrong was I? Knitted on a circular loom, the seamless fabric has incredible stretch, so I got them on easily, and they smoothed out and supported my figure like a pair of Spanx (but much more comfy). The quick drying, antibacterial and anti-odour fabric also has compression panels where you need extra support (hello peachy bum!) and breathable panels to promote airflow. The super-high waist and thick, opaque fabric makes these leggings squat proof and they move with you in every direction.'

BEST FOR: seamless style



2XU REFLECT RUN MID-RISE COMPRESSION TIGHTS

£90; 2xu.com/uk

'Designed for runners in low-light conditions, these tights feature a 360° reflective print around the lower leg, making me feel much safer on dark runs. The only downside was that the printed fabric was less stretchy than the rest of the tights, making them quite hard to get on. But it's worth the wrestle. With graduated compression to support your glutes, hamstrings, quads, inner thighs and calves, I really did notice a reduction in muscle fatigue and soreness (especially in my lower legs, which tire easily) and my legs didn't feel so heavy the next day. The phone pocket in the back of the waistband with a hole for your headphones was also super handy. Available in XS-XL.'

BEST FOR: runners