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Best Yoga Mats of 2024

By **Maureen Farrar**, 500-hour Registered Yoga Teacher (RYT-500)

☒ Reviewed by **Marlo Jappen Porto**

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Whether you're new to yoga, an advanced practitioner, or somewhere in between, finding the right yoga mat is essential to your practice, but not every mat serves the same needs. If you practice hot yoga, you'll need a mat with superior grip and traction, as well as the ability to absorb sweat. If you include inversions or arm balances into your flow, you'll want something with more cushion.

During our research, we focused on a few important factors such as size, material, thickness, and grip. And since some practitioners plan to travel with their mats and others aren't looking to make a huge investment, we've included several options so you can find the best yoga mat to suit your preferences.

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Our Top Picks

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Best for Beginners: [Liforme Original Yoga Mat »](#)[Jump to Review ↓](#)**Best for Hot Yoga:** [JadeYoga Harmony Yoga Mat »](#)[Jump to Review ↓](#)**Best for Advanced Practitioners:** [Manduka Pro Yoga Mat 6mm »](#)[Jump to Review ↓](#)**Best for Travel:** [JadeYoga Voyager Yoga Mat »](#)[Jump to Review ↓](#)**Best Eco-Friendly:** [Yoloha Unity Cork Mat »](#)[Jump to Review ↓](#)**Best for Larger People:** [Hugger Mugger Para Rubber XL Yoga Mat »](#)[Jump to Review ↓](#)**Best Overall****Lululemon The Mat 5mm »**

**PROS:**

- ✓ Reversible
- ✓ Multiple color options
- ✓ Absorbs sweat easily

CONS:

- ✗ Stains easily
- ✗ Lingering rubber smell

[Buy From Lululemon](#)

Lululemon's The Mat is a favorite among yogis because it offers the best of both worlds: There's a smooth, sticky side that keeps your hands from sliding even when you're sweaty, and the other side has a textured, grippy material that provides traction.

The 5-millimeter-thick mat has just the right amount of cushion and support to provide padding to your joints, but it's not so thick that it makes you wobbly in balancing poses. It's slightly oversized (3 inches longer and 2 inches wider than standard mats) so you have space to move, but it won't steal space in a crowded room. The open-cell material absorbs moisture as you sweat and allows excellent grip when wet. However, that same open-cell material also absorbs dirt and oil, leaving stains, especially on lighter-colored mats.

The Mat weighs 5.24 pounds, which some users find heavy, but it rolls up well for easy portability. Some reviewers have noted that this mat smells like rubber for the first few weeks of use, so Lululemon recommends unrolling it to let it air out before your first use.

Specs

| | |
|--------------|---------------------|
| List Price: | \$98 |
| Material(s): | Natural rubber |
| Dimensions: | 71 in. L x 26 in. W |
| Thickness: | 5 mm |

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[Buy From Lululemon »](#)

Best Budget

Gaiam Premium Yoga Mat »



PROS:

- ✓ Inexpensive
- ✓ Lightweight
- ✓ Reversible
- ✓ Grippy texture

CONS:

- ✗ Dirt and dust easily stick
- ✗ Plastic odor when new

Buy From Amazon

If you’re new to yoga or don’t have a big budget for a yoga mat, Gaiam’s Premium Yoga Mat is a fraction of the cost of many of the mats out there. Despite its budget-friendly price, it’s a good-quality mat. The reversible waffle-textured material provides a sticky surface on both sides, helping to keep hands and feet in place and preventing slips. At 5 millimeters thick, it offers substantial padding and, at just more than 3 pounds, it’s surprisingly light, making it easy to roll up and carry with you.

The closed-cell PVC surface isn’t the most eco-friendly material, but it is durable and will last for a long time. However, this mat doesn’t absorb moisture, so it’s not ideal for hot yoga classes unless you add a [towel](#) to absorb the sweat. It also picks up dirt and dust easily, increasing the need for more regular cleaning.

With more than 25 pattern and color choices, this is a stylish option. Since there’s a strong odor when you first open the mat, Gaiam recommends unrolling it to air out for two to three days before use. Some users also suggest wiping it down to remove the smell. Gaiam is a big name when it comes to yoga products, and it has wide distribution so you can easily find its products in big-box retailers (like [Walmart](#), [Target](#), [Kohl’s](#), [Dick’s Sporting Goods](#), [CVS](#), etc.) or online for a reasonable price.

Specs

| | |
|---------------------|------|
| List Price: | \$40 |
| Material(s): | PVC |

Dimensions:68 in. L x 24 in. W

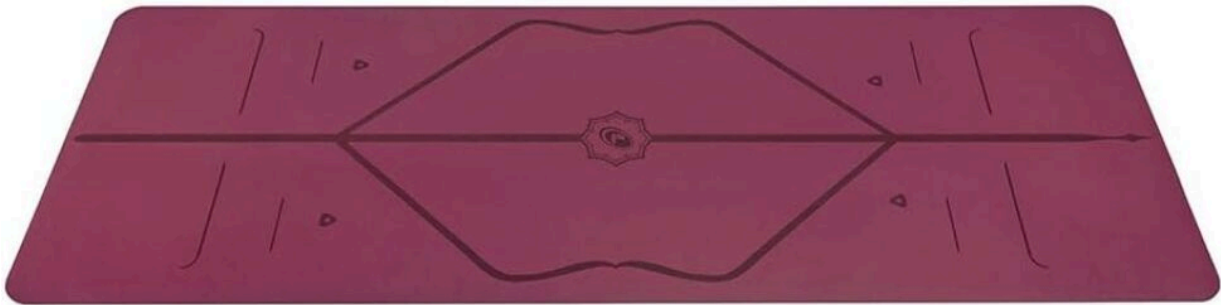
Thickness:6 mm

EXPAND LIST ▾

[Buy From Amazon »](#)

Best for Beginners

Liforme Original Yoga Mat »



PROS:

- ✓ Alignment markers to guide you through positions
- ✓ Longer and wider than standard mats
- ✓ Offers plenty of grip

CONS:

- ✗ Expensive
- ✗ Heavy

[Buy From Amazon](#)

Liforme’s “AlignForMe” alignment system makes this mat a solid choice for beginners. The unique system works as a navigational tool, identifying alignment cues for hands and feet in various poses, which is important for beginners learning new poses. (And it’s a great way for more advanced yogis to deepen their practice.) The eco-friendly, nontoxic natural rubber base layer is topped with a smooth eco-polyurethane layer that’s grippy even during sweaty sessions while allowing feet and hands to slide smoothly through various positions. It’s also absorbent enough for hot yoga classes, and the bottom is textured so it grips well to a variety of surfaces.

Although this mat is thinner than some options, it offers excellent cushioning. The mat is slightly longer and wider than the standard mat, giving you a little more room to move. Since this mat is on the heavy side at 6.4 pounds, it’s ideal home for practice. However, it’s worth noting that it rolls up tight and comes with a bag to help make it more convenient if you choose to tote it to a class.

Specs

| | |
|--------------|------------------------------------|
| List Price: | \$140 |
| Material(s): | Rubber with a polyurethane surface |
| Dimensions: | 73 in. L x 27 in. W |
| Thickness: | 4.2 mm |

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[Buy From Amazon »](#)

Best for Hot Yoga

JadeYoga Harmony Yoga Mat »

**PROS:**

- ✓ Doesn't slip on the floor
- ✓ Available in three lengths, two thicknesses, and two widths
- ✓ Holds up over time

CONS:

- ✗ Difficult to clean
- ✗ May be too grippy for some users

[Buy From Amazon](#)

If you practice hot yoga or just tend to have sweaty palms, the JadeYoga Harmony Yoga Mat will offer you the perfect blend of grip, comfort, and weight. Since it's crafted from natural open-cell rubber, the mat is absorbent, providing excellent traction in slippery situations. The textured surface offers a seriously sticky grip, and there's also plenty of floor grip so it won't slide around during your practice. At 5 millimeters thick, it provides plenty of padding without being too plush. Yogis can still feel a connection with the floor, which is important for stability in standing and balancing poses.

It's worth noting that some users feel that the mat's texture is almost too grippy, preventing smooth transitions in pivoting movements. Its texture may

also make it difficult to clean. However, this mat is extremely durable – the author of this piece Maureen Farrar has owned this mat for 10 years, and it has survived two yoga teacher training programs and countless hot yoga classes.

The Harmony Yoga Mat weighs in at just more than 4 pounds and rolls up tightly so it’s relatively easy to carry. It also lays flat during the first use so there’s no need to bend or roll in the opposite direction to flatten it. Another perk: JadeYoga plants a tree for every mat sold so you can feel good about making a difference with your purchase.

Specs

| | |
|--------------|--------------------------|
| List Price: | \$91.95 |
| Material(s): | Naturally sourced rubber |
| Dimensions: | 68 in. L x 24 in. W |
| Thickness: | 5 mm |

EXPAND LIST ▾

[Buy From Amazon »](#)

Best for Advanced Practitioners

Manduka Pro Yoga Mat 6mm »

**PROS:**

- ✓ Thick with a lot of cushion
- ✓ Latex-free
- ✓ Easy-to-clean

CONS:

- ✗ Expensive
- ✗ Heavy
- ✗ Takes time to break in

[Buy From Amazon](#)

There's a lot to like about the Manduka Pro Yoga Mat: It's durable, stable, and comfortable. Slightly thicker than average, this mat gives yogis a firmer cushion and more support for balance without sacrificing stability. The top layer of the Pro has a textured surface that grips but doesn't glue you in place, and the proprietary nonslip dot pattern on the bottom keeps the mat from sliding on the floor.

The Pro has a reputation for requiring time to break in – it's initially slippery – but it breaks in with regular practice and users feel it gets better over time. The Pro lays flat even after months of being rolled up. Farrar owns this mat but only practices with it when at home because, at 7.5 pounds, it's a bit bulky to carry to class. These mats are expensive, but the lifetime guarantee will help make you feel better about your investment.

The material, which is vegan-friendly and latex-free, is made from PVC that's Standard 100 by Oeko-Tex certified, which means that it's been tested for harmful substances. The closed-cell construction seals out moisture (meaning it's not as absorbent as open-cell options), and it doesn't absorb bacteria or funky smells. It's also easy to clean.

Specs

| | |
|--------------|--|
| List Price: | \$138 |
| Material(s): | Standard 100 by Oeko-Tex certified PVC |
| Dimensions: | 71 in. L x 16 in. W |
| Thickness: | 6 mm |

EXPAND LIST ▾

[Buy From Amazon »](#)

Best for Travel

JadeYoga Voyager Yoga Mat »

**PROS:**

- ✓ Weighs less than 2 pounds
- ✓ Folds up to fit in your suitcase or backpack
- ✓ Offers the same grip and traction as thicker versions

CONS:

- ✗ Too thin for some users
- ✗ Prone to creasing

[Buy From Amazon](#)

If you like to take your yoga mat with you when traveling, fold-up yoga mats like the JadeYoga Voyager Yoga Mat are game-changers. It's compact and lightweight at just 1.5 pounds.

The natural rubber material provides the same stickiness and traction as thicker models from JadeYoga, offering substantial grip for the hands and feet during poses. In partnership with Trees for the Future, the brand plants a tree for every mat sold, including with the purchase of this travel model.

This mat doesn't slide or bunch on the floor. However, at just 1.5 millimeters thick, there isn't much in terms of padding. On the plus side, it's that lack of cushioning that makes it easy to fold into the size of a book and pack in a [suitcase](#) or backpack.

Specs

| | |
|--------------|---------------------|
| List Price: | \$46.95 |
| Material(s): | Natural rubber |
| Dimensions: | 68 in. L x 24 in. W |
| Thickness: | 1.5 mm |

[EXPAND LIST](#) ▾

[Buy From Amazon](#) »

Best Eco-Friendly

Yoloha Unity Cork Mat »



PROS:

- ✓ Made from a mix of recycled rubber and cork
- ✓ 100% vegan
- ✓ Thick cushioning

CONS:

- ✗ Requires time to break in
- ✗ Expensive

Buy From Yoloha

If sustainability is a consideration in your yoga mat purchase, the Yoloha Unity Cork Mat is 100% vegan and made from 70% renewable materials. The mat’s surface is a mix of recycled rubber and cork (a natural and renewable resource), and the bottom is plant foam made from 55% sugar cane.

These materials create a unique practice surface. The cork provides a solid grippy base with a firm surface, and the foam bottom offers about 3 millimeters of padding for comfort.

The Unity Cork Mat is well equipped for high-intensity yoga classes because the closed-cell construction means it won’t absorb sweat. However, it can be slippery when dry, so spritzing with a little water before your practice will make it more grippy.

Cork is porous so you may find that the mat takes a while to dry, and it’s recommended that you lay it flat to dry to help the mat maintain its shape. On the plus side, cork is naturally antimicrobial so you won’t have to clean it as much.

Specs

| | |
|--------------|---------------------|
| List Price: | \$159 |
| Material(s): | Foam and cork |
| Dimensions: | 72 in. L x 26 in. W |
| Thickness: | 6.5 mm |

EXPAND LIST ▾

[Buy From Yoloha »](#)

Best for Larger People

Hugger Mugger Para Rubber XL Yoga Mat »



PROS:

- ✓ Extra-long and extra-wide
- ✓ Natural rubber material is durable and long-lasting
- ✓ Nonslip grip

CONS:

- ✗ Very heavy
- ✗ Not suitable if you have a latex allergy

[Buy From Amazon](#)

Hugger Mugger's Para Rubber XL Yoga Mat provides exceptional grip and cushioning. Made from natural rubber, this eco-friendly, reversible mat features two different textures. One side has small textured bumps that

promote traction and keep hands and feet in place. The other side has a woven texture that offers the perfect sticky grip for hot yoga. It’s worth noting that the manufacturer doesn’t recommend this mat if you have a latex allergy.

The Para Rubber XL Yoga Mat’s open-cell structure absorbs sweat and moisture easily. The 6-millimeter padding gives it a lot of cushioning that users with sensitive knees and wrists will appreciate.

This mat particularly stands out because it’s designed for yogis of all heights and sizes. The standard mat measures 70 inches long and 24 inches wide, but this extra-large version gives you a 78-by-28-inch surface to move on. This extra surface space comes with greater heft – at 10 pounds, this mat will likely be too heavy to carry around with you.

Specs

| | |
|--------------|---------------------|
| List Price: | \$138.95 |
| Material(s): | Natural rubber |
| Dimensions: | 78 in. L x 28 in. W |
| Thickness: | 6 mm |

EXPAND LIST ▾

[Buy From Amazon »](#)

The Bottom Line

There’s a lot to consider when purchasing a new yoga mat. Thickness, grip, material, and price are all important factors. With a smooth, sticky side and a grippy, textured side, Lululemon’s The Mat 5mm is a versatile choice. It’s not inexpensive, but it’s durable and should last a long time. If budget is a consideration, Gaiam’s Premium

Yoga Mat is a solid choice. It's reversible, thick enough to protect your joints, and costs \$40.

Things To Consider When Buying Yoga Mats

Size: The standard size for a yoga mat is 68 inches long by 24 inches wide, but those dimensions don't work for everyone and some manufacturers offer larger options. If you're taller and need more room than that, some brands offer mats as long as 84 inches. This gives you enough room for full-body stretching or to lie comfortably when in Savasana (also called the corpse pose). If you are larger-bodied or like more space for certain poses, you can generally find mats between 26 and 28 inches wide.

Material: Yoga mats are made from a variety of materials. Most are made from PVC, natural rubber, or thermoplastic elastomer (TPE).

- **PVC:** A common yoga mat material, PVC is a plastic-based material that's durable, long-lasting, and easy to clean. It's a closed-cell material, which means it isn't absorbent and can become slippery if you sweat heavily.
- **Natural Rubber:** An eco-friendly material, natural rubber is durable and grippy. It's worth noting that, while many rubber mats are marketed as being 99% latex-free, someone with a latex sensitivity may want to avoid them.
- **TPE:** A man-made blend of plastic and rubber polymers, mats made from TPE may be less durable than PVC, although they may be more environmentally friendly. Its closed-cell structure is absorbent enough for hot yoga or sweaty palms and feet.
- **Cork:** Relatively new to the yoga mat scene, cork is starting to take off because it's a more sustainable option and antimicrobial. Cork is a closed-cell material so it absorbs moisture but takes a long time to dry.

Thickness: The thickness of your yoga mat is important for both cushioning and stability. Yoga mats are typically between 3 and 5 millimeters thick, with some thinner and thicker options available. Thinner mats allow you to feel more connected to the ground beneath you and make it easier for your body to find balance, according to Ellie Smith, a yoga teacher based in Mie, Japan. "Finding balance is more difficult to do on thicker mats," she says.

The downside of thinner mats is that there's less cushioning and support, says Kelly Clifton Turner, a certified yoga instructor and vice president of training and experience at YogaSix. You may feel that if you have tender knees or wrist joints, she warns. "A good sweet spot is the 4-millimeter to 5-millimeter range for thickness. That tends to be enough for adequate cushioning, but it's also not so bulky that it takes up half your trunk," she says.

Grip: There are two styles of surfaces for yoga mats: smooth and sticky. Smith says that a sticky surface is great for sweat-inducing practices like hot yoga and power yoga because it allows your hands and feet to "stick" to the surface, providing some traction. Smooth surfaces are great for slower practices like hatha, Restorative, or Yin yoga where less traction is required. Some teachers suggest testing the mat by doing the Downward-Facing Dog pose to see if it's slippery.

How We Chose the Best Yoga Mats

To compile our list of the best yoga mats, we consulted various yoga experts including Ellie Smith, a certified yoga teacher and the owner of [Ellie Smith Yoga](#), and Kelly Clifton Turner, a certified yoga teacher and the vice president of training and experience at [YogaSix](#). These experts offered insights into the best size, thickness, material, and grip to look for when purchasing a yoga mat. We also did a thorough analysis of some of the most popular and well-reviewed yoga mats available.

WHY SHOULD YOU TRUST US?

Our contributors and editors have years of experience researching, testing, and reviewing products. The author of this piece [Maureen Farrar](#) is a commerce writer and product reviewer specializing in fitness, health, and lifestyle. Notably, she's a 500-hour registered yoga teacher and owns some of the yoga mats mentioned in this article. In addition to contributing to U.S. News & World Report, her work has appeared in The Spruce, Yoga Journal, and Outside, among other publications.

FAQ

How do you clean a yoga mat?



What's the ideal thickness for a yoga mat?



What's the difference between a yoga mat and a workout mat?



When should I replace my yoga mat?



About Our Team



Maureen Farrar, 500-hour Registered Yoga Teacher (RYT-500)

Contributor



Based in the Pacific Northwest, Maureen Farrar is a seasoned writer and editor who is passionate about crafting content that empowers readers to live their healthiest lives. Her expertise spans fitness, nutrition, and home. A regular contributor to publications such as Outside, Wide Open Spaces, and Yoga Journal, Farrar is also a certified 500-hour yoga instructor.

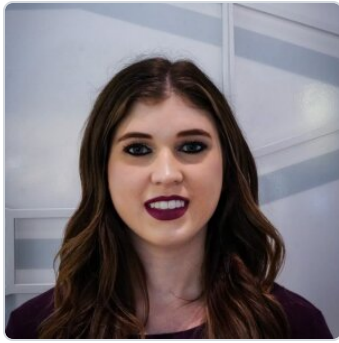
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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team,



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