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7 Best Pilates Socks of 2024

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Updated: July 25, 2024



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If you've ever tried Pilates, yoga, or barre, you know how easy it is for your feet to slip or slide when trying to land a pose. Grip socks help you achieve a safe and stable practice. Whether you're a newbie or a seasoned pro, these types of socks provide extra traction on mats, reformers (machines that add resistance to traditional Pilates workouts), and other studio surfaces, helping you maintain balance and avoid slipping. In fact, some Pilates studios require grip socks as a rule.

To come up with a list of the top options, we've tapped two Pilates instructors for insights on what features to keep in mind. Additionally, I combined my own experience testing and using Pilates socks in my workouts. The TAVI Savvy Grips Socks earns our top recommendation because they're exceptionally grippy, stay put on your feet, and are made from a breathable material that keeps feet cool and dry. However, the right pair for you will vary depending on how much grip you need, the style you prefer, and your budget, so we've included a range of top picks.

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Best Overall

TAVI Savvy Grip Socks »

**PROS:**

- ✓ Supportive compression in the arch
- ✓ Secure, slip-free grip
- ✓ Comfortable fit

CONS:

- ✗ Fewer size options than some brands
- ✗ Sizes run small

[Buy From Tavi](#)

The TAVI Savvy Grip Socks are a standout choice for anyone seeking a versatile and comfortable pair of grip socks for studio workouts like Pilates, yoga, and barre classes. The triangle-shaped grips were inspired by surfboard traction pads, which feature a diamond pattern to help sweaty feet hold on.

Made with Global Organic Textile Standard (GOTS)-certified organic cotton, the TAVI Savvy's are soft, breathable, and effectively wick away moisture, keeping your feet comfortable during even the most intense workouts. A key highlight is the compression arch band, which provides additional support and helps prevent fatigue. Plus, with a wide variety of colors and patterns available, you can easily find a pair that matches your personal style. The

socks feature a low-rise cut that hits just below the ankle, providing full coverage and a flattering silhouette.

Keep in mind, Savvy Grip Socks offer fewer size options compared to some other brands, and some users feel they run small. That said, they still cater to a decent range, from small to large.

Specs

List Price:

Starting at \$18

Materials:

Organic cotton, nylon, elastane, polyester

Sizes:

S (6-8); M (8.5-10.5); L (11-13)

[Buy From Tavi »](#)

Best Budget

Ozaiic Non-Slip Yoga Socks »



PROS:

✓

A pack of two offers great value

✓

Moisture-wicking material keeps feet dry

✓

Extra support from straps across the top of the foot

CONS:

✗

Only comes in one size

✗

Ballet-inspired cross straps might not be for everyone

Buy From Amazon

The Ozaaic Non-Slip Yoga Socks come in a pack of two, offering great value for a price tag of less than \$15. Their silicone gel grips provide exceptional traction on the mat, ensuring a secure and balanced feel during every movement. The socks themselves are stretchy and comfortable, with two straps across the top for added support.

One potential drawback is the limited sizing. The Ozaaics are only available in one size, which the company states fit women's shoe sizes 5.5 to 11. Thus, if you have a larger or smaller foot then these might not be the best option.

However, these socks have many perks. They provide luxurious softness and cushioning with their plush feel underfoot. While the fabric is thicker than some other grip socks, it remains lightweight and breathable, effectively wicking away moisture to keep your feet dry during even the most intense workouts. The socks are made from premium combed cotton, which is softer than regular cotton, and 100% silicone gel grips, ensuring both comfort and durability.

Specs

List Price:	\$14.99
Materials:	Cotton
Sizes:	One size

[Buy From Amazon »](#)

Best For Grip

Lululemon Find Your Balance Studio Tab Socks...



PROS:

- ✓ Excellent grip on both the inside and outside of the socks
- ✓ 360-degree arch support for stability
- ✓ Left and right construction for a more natural fit

CONS:

- ✗ Pricey for a single pair
- ✗ Thinner material may not provide enough cushioning for some

[Buy From Lululemon](#)

Lululemon's Find Your Balance Studio Tab Socks offer impressive grip, both inside and out. The exterior grippers – strategically placed where your foot makes contact with the ground – prevent slipping on various surfaces. Meanwhile, the interior grip keeps the socks from sliding down.

The material is thinner than some other grip sock options, which might not be ideal for those seeking maximum cushioning.

The socks are designed with left- and right-toe construction, ensuring a comfortable and natural fit. The breathable mesh fabric on top of the foot helps keep your feet cool and dry during your practice, and the 360-degree arch support provides a subtle yet supportive feel.

Specs

List Price:	\$24
Materials:	Nylon, elastane
Sizes:	S; M; L

[Buy From Lululemon »](#)

Best for Multipurpose Use

Gripjoy Grip Socks (3-Pack) »

**PROS:**

- ✓ Versatile use for Pilates, yoga, and hardwood floors
- ✓ Machine-washable for easy care
- ✓ Comes in a pack of three

CONS:

- ✗ Socks may slide around a bit
- ✗ Limited sizing

[Buy From Amazon](#)

Gripjoy Grip Socks are crafted from stretchy premium cotton, making them breathable and comfortable. The fabric hugs the contours of your foot, providing a snug fit that moves with you. One of the standout features of these socks is their proprietary anti-slip technology. The chevron non-skid pattern looks stylish while also delivering excellent traction, allowing you to hold poses longer with more stability.

These socks are also versatile enough to be worn in a variety of settings. Whether you're on a yoga mat, in a Pilates studio, or just walking around on

slippery floors at home, they make a dependable all-around choice. They can also double as slippers to keep your feet warm on cold surfaces.

While many users rave about the grip and comfort, some have noted that the socks can slip around a bit. This minor issue doesn't detract significantly from their overall performance but is something to keep in mind. Designed to withstand regular use and machine-washing, they maintain their stickiness and functionality even after multiple washes, ensuring long-term use. Plus, they come in three to a pack in a variety of color combinations, giving you bang for your buck.

Specs

List Price:	Starting at \$23.85
Materials:	Cotton, polyester, Spandex
Sizes:	Small-Medium; Large

[Buy From Amazon »](#)

Best Eco-Friendly

Bombas Gripper Ankle Sock »

**PROS:**

- ✓ Sustainable and eco-conscious
- ✓ Comfortable and supportive
- ✓ Effective grip on a variety of surfaces

CONS:

- ✗ Limited color options
- ✗ Sizes run small

[Buy From Bombas](#)

Bombas, a Certified B Corporation known for its commitment to sustainability, offers the Gripper socks as a stylish and functional solution for those seeking stability and comfort in their everyday movements and workouts.

The Bombas Gripper socks feature a design that prioritizes both comfort and functionality. Their seamless toe construction eliminates the annoying bump that often plagues traditional socks, while a Y-stitched heel creates a natural cup for a comfortable fit. The honeycomb arch support provides a gentle hug for your midfoot and the cushioned footbed adds an extra layer of comfort for your soles. But the real star is the silicone Stay-Put Grippers on the sole.

These grips are designed to prevent slips and falls, providing a sense of security during activities like yoga, Pilates, and barre. They're also handy for everyday wear around the house, especially on slippery surfaces like hardwood floors.

The Gripper socks are crafted from extra-long staple cotton, a premium fiber known for its softness, durability, and minimal shrinkage. Bombas also prioritizes sustainability by incorporating recycled materials into its products whenever possible. The socks themselves and their packaging are made with recycled materials, minimizing environmental impact. Colors are limited, and reviewers suggest sizing up as they tend to run small.

Overall, the Bombas Gripper socks are a well-rounded option for those seeking comfort, support, and stability in their everyday lives and fitness activities. They're a stylish and sustainable choice that delivers both performance and comfort.

Specs

List Price:	\$15
Materials:	Supima cotton, polyester, nylon, elastane
Sizes:	S (4-7.5); M (8-10.5); L (11-13)

[Buy From Bombas »](#)

Best Full-Toe

Toesox Full Toe Low Rise Grip Socks »

**PROS:**

- ✓ Five-toe design allows toes to move and spread naturally
- ✓ Soft, organic cotton to keep feet cool
- ✓ Available in various colors and sizes

CONS:

- ✗ Some may find the individual toe design to be uncomfortable at first
- ✗ Low-cut design may not provide enough coverage or warmth to ankles

[Buy From Toesox](#)

Toesox's full-toe, low-rise grip socks offer a comfortable and functional option for Pilates enthusiasts. The low-cut sock sits just below the ankle, providing a flattering silhouette and the five-toe design allows your toes to move freely, which is “extremely beneficial for your foot’s strength and stability,” according to Lesley Logan, former director of Pilates programming at Equinox. The fitted heel prevents bunching, and the heel tab adds a gentle cushion for your Achilles tendon.

Made with organic cotton, these socks feel soft against the skin and keep your feet cool. The non-slip grips on the sole provide excellent traction on the

mat, enhancing stability and confidence during your practice. With eight core colors and additional seasonal options available, you can easily find a pair to match your personal style. The socks also come in various sizes for a more customized and comfortable fit. They’re also machine washable for easy cleaning.

Megan Wood, senior editor of Home Goods at 360 Reviews, has practiced reformer Pilates since 2017 and has purchased multiple pairs of Toesox. She says, “I like how the separated toes give me extra support while doing more complex balancing or standing reformer poses. The grip doesn’t wash out quickly either.”

Specs

List Price:	\$20
Materials:	Organic cotton, polyester, elastane, elastodiene
Sizes:	XS (3-5.5); S (6-8); M (8.5-10.5); L (11-13); XL (13.5-15)

[Buy From ToeSox »](#)

Best With Straps

Alo Yoga Pivot Barre Sock »

**PROS:**

- ✓ Supportive elastic straps for a secure fit
- ✓ Textured grips run the length of the sole
- ✓ Breathable fabric

CONS:

- ✗ Straps aren't for everyone
- ✗ Only two sizes

[Buy From Alo](#)

Alo Yoga's Pivot Barre Socks earn top marks for their sleek, minimalist design and soft, cozy fabric. With cushioned soles and a focus on comfort, these socks are perfect for studio classes. The standout feature of these no-show socks is their supportive elastic straps, which keep your feet secure and comfortable throughout your practice, ensuring that the socks stick in place no matter how intense your workout gets.

Designed with non-slip grips that run the length of the cushioned soles, these socks offer superior traction compared to traditional raised dots. The textured grip design on the sole enhances stability and provides a more comfortable feel during your practice. The fabric is a breathable blend of

nylon, polyester, and spandex, and maintaining them is easy. Simply machine-wash them cold with like colors and tumble dry on low.

Specs

List Price: \$24

Materials: Nylon, polyester, and spandex with silicone grips

Sizes: S/M (5-7.5); M/L (8-11)

[Buy From Alo »](#)

The Bottom Line

Pilates socks are essential for a safe and effective workout. They help prevent injuries by providing extra traction on the floor, especially during sliding and balancing exercises. Additionally, the rubber grips on the socks engage the muscles in your feet, leading to improved stability and a more effective workout overall.

The grip pattern on the TAVI Savvy Grip Socks provides complete coverage on the bottom of your foot, giving you secure, slip-free traction, and the compression arch band supports your foot and prevents fatigue. These features make this pair a valuable tool for anyone looking to enhance their Pilates practice and get the most out of their workouts.

Things To Consider When Buying Pilates Socks

Comfort and Fit: When choosing Pilates socks, prioritize comfort and fit for an optimal workout experience. Consider a snug fit that hugs your foot without constricting movement, as this prevents bunching and blisters. Some socks offer

additional features like cushioned soles for added comfort, especially during barefoot exercises. Don't forget to check for a heel tab to protect your Achilles tendon from rubbing. Finally, ensure the socks are the right size to avoid slippage or discomfort. Logan recommends picking a sock brand that fits your shoe size for a better fit. Ideally, a Pilates sock should feel like a second skin, allowing you to focus on your practice without any distractions.

Materials and Breathability: Most socks are a blend of different fibers, combining the best of both worlds for comfort and function. "Bamboo socks will be more breathable, which is great for someone who runs warm or hot through their extremities," says Helene Kuperstein, a certified Pilates instructor with Club Pilates. Synthetic fibers like polyester or nylon provide structure and shape while fabrics like spandex and elastane add stretch for a snug fit. These synthetics also excel at wicking away moisture and keeping feet dry. Natural fibers like cotton or acrylic are often added for a soft, plush feel. Cotton is particularly breathable, allowing air to circulate and preventing your feet from getting too sweaty.

Grip: "Look for a grip sock that has a good heel, arch, ball of the foot, and toe coverage," says Kuperstein. "These are the parts of the feet that come in the most contact with the equipment," she continues. Grip socks usually feature grips made from silicone or a thin layer of polyvinyl chloride (PVC).

The pattern of these grips on the soles plays a crucial role in providing traction and stability. "Some socks have random patterns on the bottom, and some have larger grips covering the entire heel," Kuperstein says. "Smaller grip patterns work fine for someone with good foot dexterity, and larger, wider grip areas work well for anyone who needs extra proprioceptive awareness or may have neuropathy," she continues.

Support: A snug fit supports your feet, making them feel more secure and stable. If you need more arch support, look for a sock that provides additional reinforcement to help stabilize your feet, evenly distributing pressure, and minimizing stress on the bottom of the foot.

Style and Design: Pilates socks are a mix of fashion and function. They come in a variety of styles and heights, including traditional ankle socks, mesh options, toe socks, cutouts, straps, and toeless versions. "Full foot coverage is usually the go-to style for people new to Pilates," says Kuperstein. "They're more convenient, easier to put on, and very comfortable," she says. The separate toe option is better suited for

when you need more grip, as the toes grip independently of one another, she continues. Each style offers unique benefits, so the choice ultimately depends on personal preference.

How We Chose the Best Pilates Socks

To compile our list of the best Pilates socks, we consulted two experts: [Lesley Logan](#), the former director of Pilates programming for Equinox and the owner and founder of OnlinePilatesClasses.com, and [Helene Kuperstein](#), a certified Pilates instructor with Club Pilates. These experts offered insights into what features to look for, how the socks should fit, and the different styles available. We also did a thorough analysis of some of the most popular and well-reviewed Pilates socks available.

WHY SHOULD YOU TRUST US?

[Maureen Farrar](#), the author of this piece, is a commerce writer and product reviewer specializing in fitness, health, and lifestyle. Aside from contributing to U.S. News & World Report's 360 Reviews (including [the best foam rollers](#), [yoga mats](#), and [yoga pants](#)), her work has appeared in The Spruce, Yoga Journal, and Outside, among others. Notably, she's a 500-hour registered yoga teacher. [Marlo Jappen Porto](#), who edited this piece, is an editor at 360 Reviews, focusing on health and fitness.

FAQ

What are the benefits of wearing Pilates socks?

+

What kind of socks are best for Pilates?

+

How do I wash Pilates socks?

+

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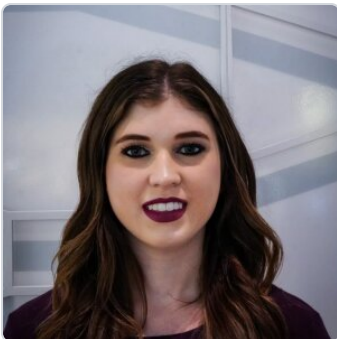
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Based in the Pacific Northwest, Maureen Farrar is a seasoned writer and editor who is passionate about crafting content that empowers readers to live their healthiest lives. Her expertise spans fitness, nutrition, and home. A regular contributor to 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, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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