

2026 SS

Clean Lifestyle

Sportswear

STYLE TREND



Contents

The trend you described highlights a refined, healthy lifestyle blending fitness with a soft, feminine aesthetic. The "Clean Lifestyle", centered around yoga and Pilates, embraces an elegant, effortless charm. The emphasis on pink tones and a princess-like vibe reflects the gentle yet disciplined approach to wellness, including healthy eating, self-care, and a positive, energetic outlook on life. It embodies a fashion attitude that is both sweet and simple, while advocating for self-love and an active, mindful lifestyle.



Style Driven



PrettyLittleThing

Theme Style



VUTRU

Key Items



Sporty & Rich

Brand Recommendation

Style Driven

The Clean Lifestyle sports style is popular among young people because it reflects confidence and independence, allowing them to easily manage outfits for various occasions. The style is simple yet refined, emphasizing both quality and functionality, perfectly suited for busy urban life. Through Clean life-inspired sportswear sets in soft tones like pink, yellow, and light khaki, it merges the principles of Pilates with a princess-like lifestyle, embodying elegance and casual ease. The outfits appear effortless yet are carefully curated.

The key is to select clean, well-fitted pieces as the foundation, avoiding bold logos. Instead, it uses a clever combination of colors, materials, and silhouettes to showcase a unique fashion appeal. Additionally, the Clean lifestyle places importance on layering, incorporating accessories like classic silk sleep masks, Chanel hand cream, Stanley cups, and AirPods Max to break up the monotony of basic pieces and add an element of sophistication and fashion.



Inspiration Driven

Hot Topics

01 K-pop girl group KATSEYE



1. KATSEYE is an international group composed of members from different countries and regions. The group's style emphasizes youth, vitality, and a sense of fashion. Their music typically features upbeat rhythms and dynamic melodies, capable of inspiring enthusiasm and energy in their listeners. Their clothing and image design also keep pace with fashion trends, presenting a youthful fashionable and personalized image

02 Clean Aesthetic



2. The Clean lifestyle is characterized by its efficiency and minimalism, with each piece of clothing being a carefully selected work of art. Solid colors or simple color combinations create a fresh and natural feel. The emphasis is on comfort and versatility, with basic items often being well-tailored and sleek, suitable for everyday wear while easily being styled into different looks. Clean lifestyle favors solid colors or simple color pairings, such as soft neutrals or refreshing pastel tones, which harmonize without being monotonous.

Influencer Recommendations

clean lifestyle sports

01 \@ameliamarni



1. Amelia Marni is a fashion lifestyle blogger based in London, active on Instagram. She is known for her skillful mix-and-match of clean fit pieces, showcasing a unique and stylish approach to this minimalist aesthetic.



02 \@hollyjai



2. Hollyjai Blogger

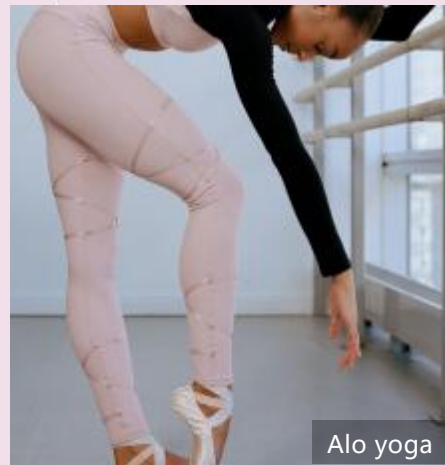
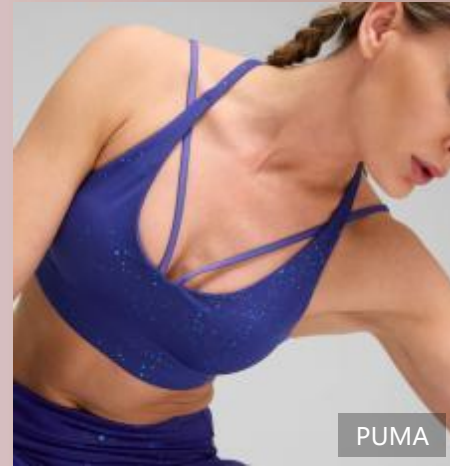
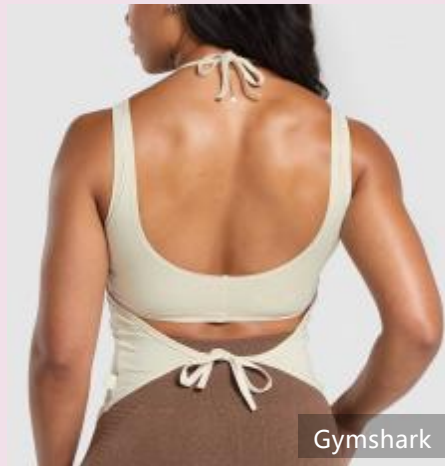
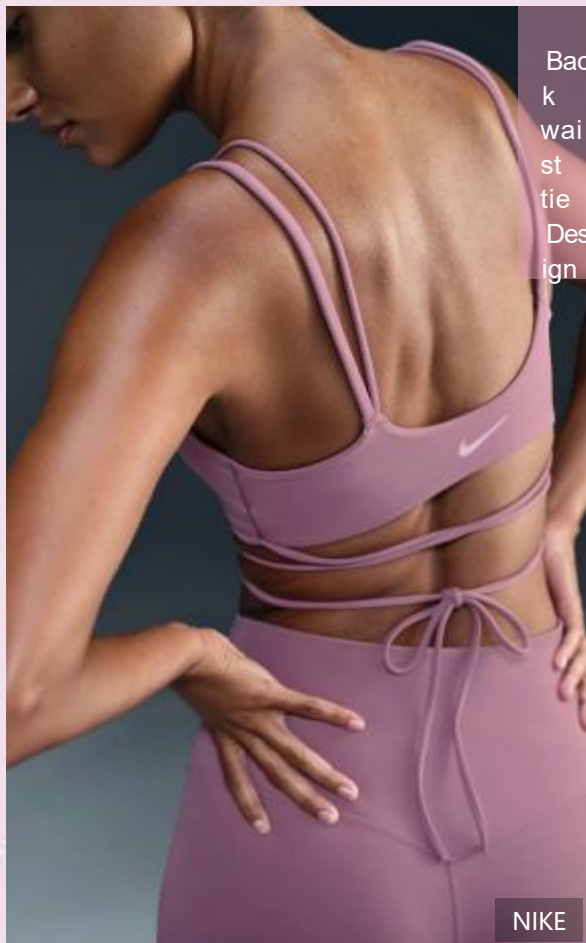
With her consistent sharing and interaction on Instagram, UK fashion blogger Hollyjai creates a sweet and high-quality fashion atmosphere through her active, healthy, and minimalist sportswear style, alongside her chic lifestyle.



Strap Design

Key Elements

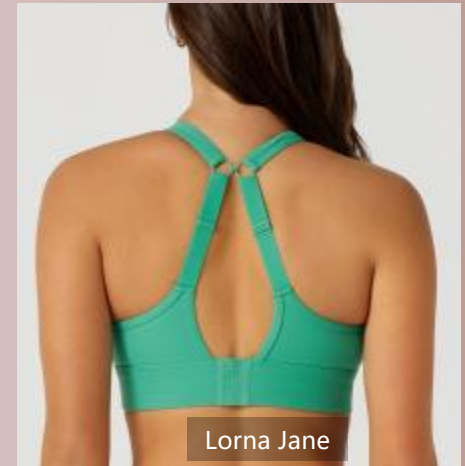
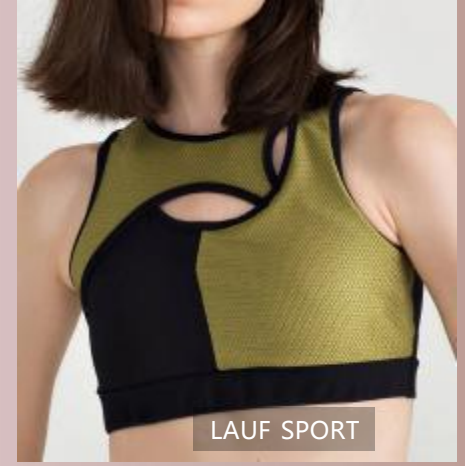
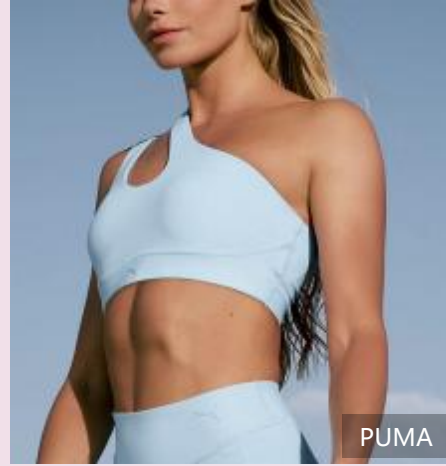
The tie-up design of the yoga top provides greater freedom of movement around the chest and abdomen, allowing for a more flexible stretch of the body. The tie-up design accentuates the wearer's body lines, with the ties positioned at areas such as the waist, chest, and legs. By tightening the ties, it enhances the display of the feminine curves.



Bra Design

Key Items

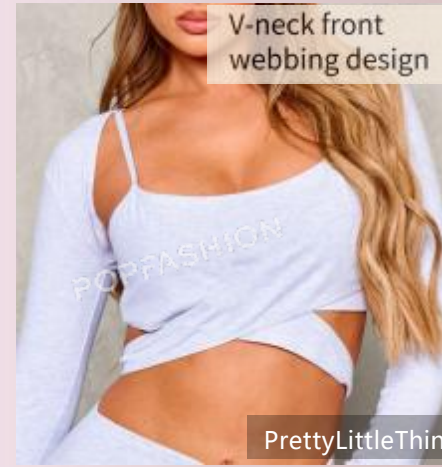
The asymmetrical design of the yoga bra is often paired with precise control over the cut and lines, enhancing both comfort and fit. Additionally, the asymmetrical design helps to distribute pressure across the body more evenly. For example, features such as a front-center cutout or crisscross front neckline increase the breathability of the bra, allowing for better ventilation and moisture control. This contributes to a more comfortable experience during physical activity.



Knot Design (Tops)

Key elements

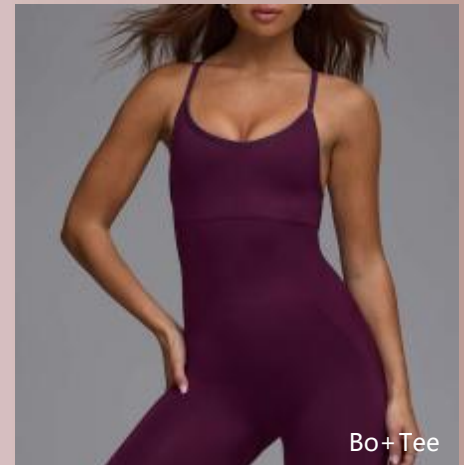
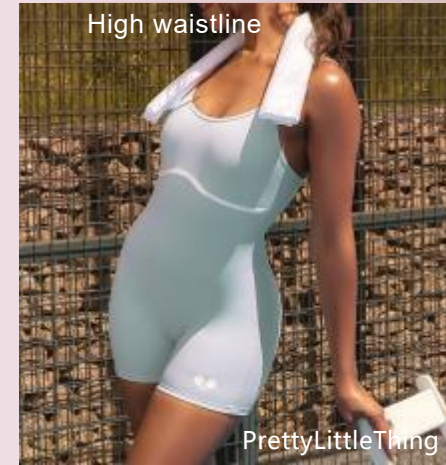
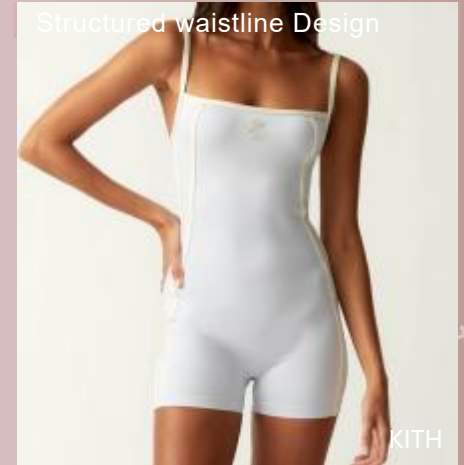
The knot design is typically positioned at the front or side of the top, and through the clever tying technique, it can cinch the garment at the waist. This subtle detail visually enhances the waistline, creating a more flattering silhouette. As a distinctive decorative element, the knot design adds a sense of layering to the yoga top, transforming a simple garment into something more interesting and fashionable.



Jumpsuit

Key Items

Yoga bodysuits are typically made from highly elastic fabrics that closely hug the body's contours, allowing the wearer to move freely during yoga practice. Especially in key areas like the waist, hips, and legs, the careful combination of cuts, fabric choice, and design lines provides adequate support while accentuating graceful curves.



Tennis Skirt

Key Items

The high-waisted design of tennis skirts elongates the leg lines, creating a taller appearance, while also offering a slimming effect on the waist. Therefore, the waistline design is a key focus of the skirt. Additionally, the A-line silhouette flatters the figure, while accordion pleats, layered designs, or ruching details add movement and a fashionable touch to the skirt.

Waistband Detail Design



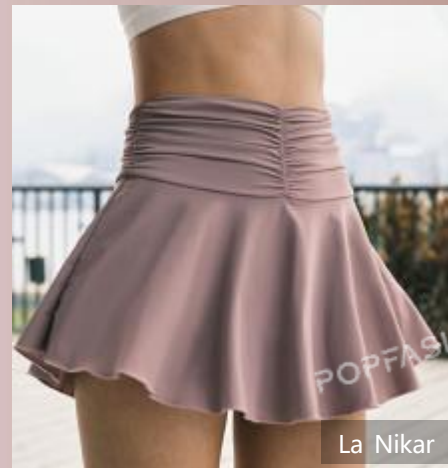
Port de Bras



LoveShack Fancy



Alo yoga



La Nikar

Layered pleats



Baleaf

Drawstring design



LAUF SPORT

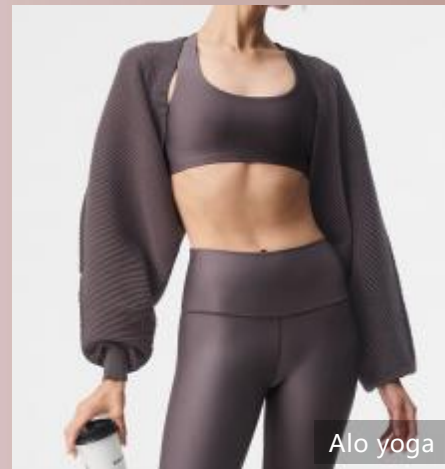
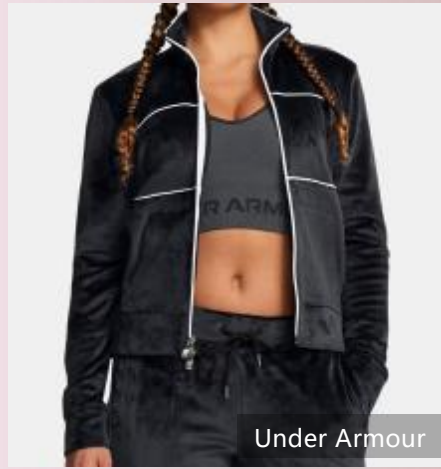


NIKE

Long Sleeved Jacket

Key Items

Yoga long sleeved jackets are usually made of soft, skin friendly, breathable, and elastic fabrics, with a design that fits the curves of the body, neither too tight nor too loose, to ensure flexibility and freedom during exercise. Yoga long sleeved jackets not only have athletic functions, but also incorporate fashionable elements. It can showcase its unique personality and charm through fabrics and silhouettes of different textures, becoming a fashionable item for yoga enthusiasts to showcase their own style.





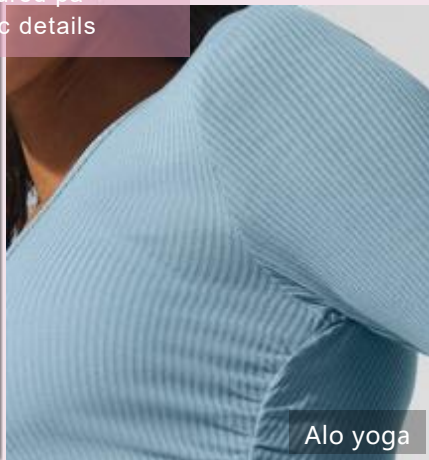
Texture details

Textured pa fabric details

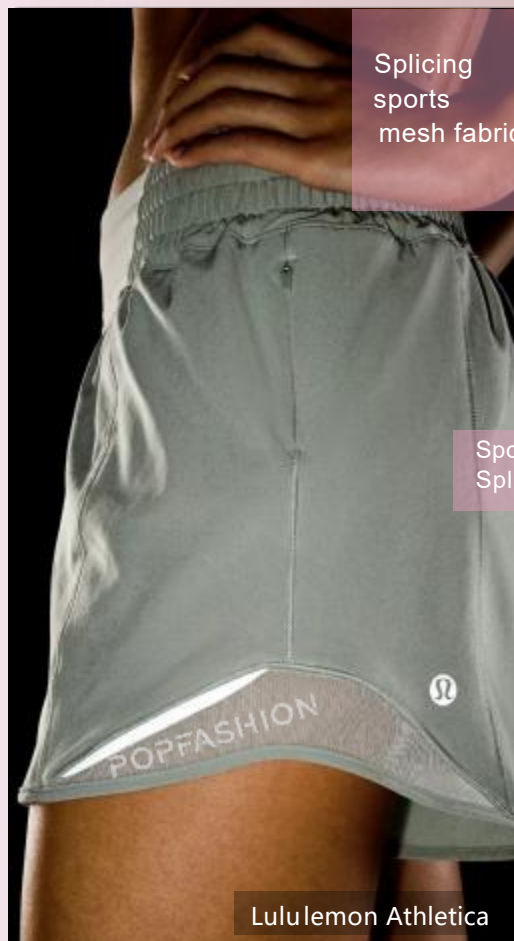
LAUF SPORT



Gymshark



Alo yoga



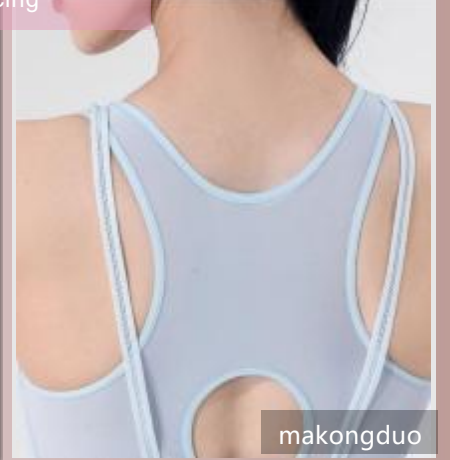
Splicing sports mesh fabric

Sports Mesh Splicing

Lululemon Athletica



MICHI



makongduo

Key Outfit 1



Key Outfit 2



Brand Recommendation

ALO YOGA

Alo Yoga's yoga wear is typically characterized by slim-fitting cuts and body-hugging silhouettes. In the Fall/Winter 2025 collection, we can expect to see more ergonomically designed cuts to better accommodate the demands of yoga movements while showcasing the wearer's graceful figure. The brand emphasizes the perfect combination of athletic aesthetics, sophisticated avant-garde designs, and comfortable functional fabrics, with the goal of integrating mindful movement into daily life and transforming lifestyles. Classic colors such as blue, black, white, and gray are the key hues in the collection, contributing to a relaxed yet minimalist and fashionable overall ambiance.



Alo yoga



Alo yoga



Alo yoga



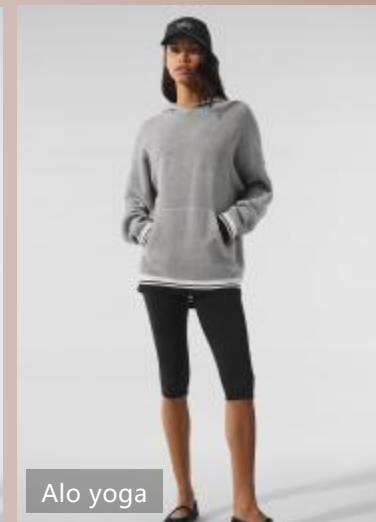
Alo yoga



Alo yoga



Alo yoga



Alo yoga

Brand Recommendation

Sporty & Rich

Sporty & Rich, a brand rooted in a healthy lifestyle and sports, has always centered its design philosophy around retro sports aesthetics while emphasizing both practicality and style. In terms of detailing, Sporty & Rich enhances the durability of areas such as shoulder straps and cuffs. Additionally, the brand offers products with functional designs, such as pants with storage pockets, adjustable tops, tennis skirts, and fitted yoga sets, to meet the practical needs of wearers during physical activities.



Sporty &
Rich



Sporty &
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Brand Recommendation

PrettyLittleThing

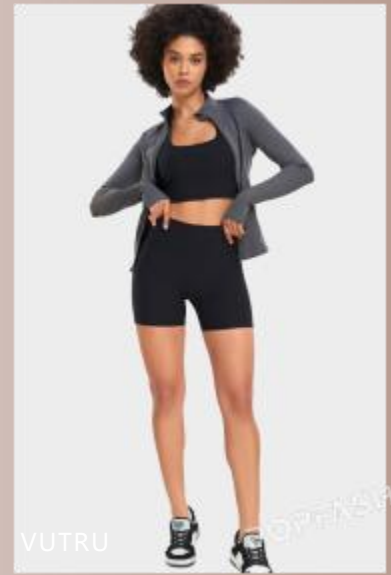
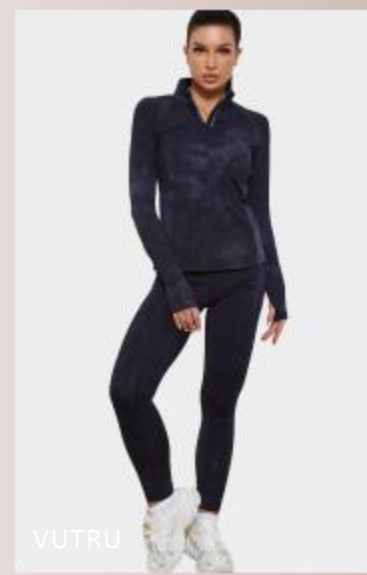
PrettyLittleThing, founded in 2012, has attracted young consumers from Europe and North America, becoming a standout in the UK retail market. The brand emphasizes body positivity, equality, and holistic self-development, striving to build a diverse and inclusive community. Its products focus on combining classic and fashionable cuts, with strong silhouettes that offer great styling versatility. At the same time, attention to detail enhances the overall quality of the pieces. The color palette is cartoonish, with vibrant, high-contrast hues that convey a sense of energy and youthfulness.



Brand Recommendation

VUTRU

VUTRU is a brand aimed at consumers who prioritize quality in their clothing, particularly those who value sportswear, casual, and everyday attire. The brand offers a wide range of clothing types to meet the diverse dressing needs of consumers for various occasions. Its product line spans sports, casual, and everyday styles, reflecting the brand's professionalism and versatility. VUTRU keeps up with fashion trends, focusing on innovative designs and styles. By continuously releasing fresh and stylish clothing items, the brand satisfies young consumers' pursuit of individuality and trends.



Summary



Key Element - Strap Design

The tie-up strap design on yoga wear offers significant advantages in enhancing freedom of movement and comfort, shaping body contours, showcasing fashion sense, and improving durability and stability. The tie-up straps are usually made from high-elasticity materials, which have excellent stretch and recovery properties, ensuring that the clothing maintains stability and shape during exercise. In addition to its functional benefits, the tie-up design adds visual appeal and individuality to the yoga wear, increasing its overall attractiveness.

NIKE



Key Element - Knot Design(Tops)

The knot design on yoga tops offers significant advantages in enhancing the waistline, optimizing body proportions, adding layers of style and fashion, improving comfort, and adapting to different seasons and occasions. These benefits make the knot design one of the most favored fashion elements in yoga tops. Not only does this design enrich the visual effect of the top, but it also allows the wearer to showcase their unique personality and charm during yoga practice.

VUTRU

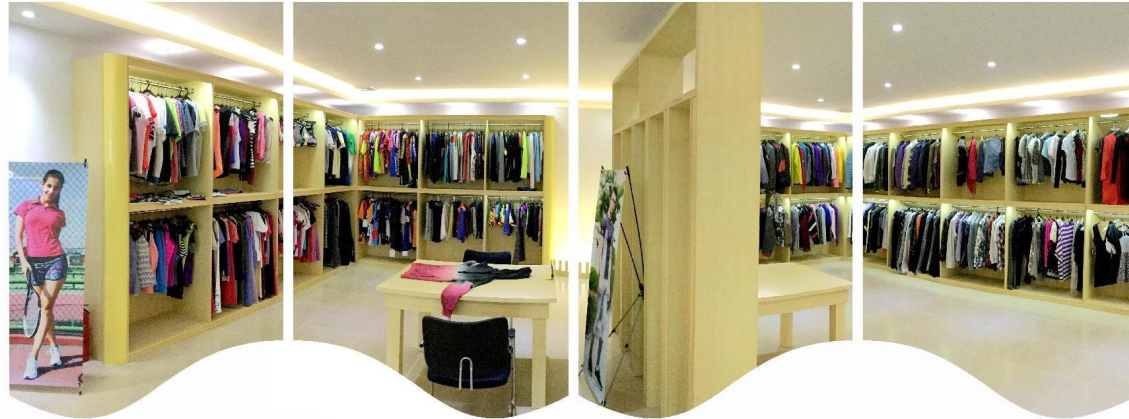


Key Item - Jumpsuit

Yoga bodysuits offer significant advantages in comfort, functionality, fashion, and durability. As a one-piece garment, a yoga bodysuit is incredibly convenient and quick to style. Whether paired with sneakers and a baseball cap for a vibrant sporty look, or dressed up with high heels and refined accessories for various occasions, it effortlessly showcases unique fashion charm.

PrettyLittleThing

COMPANY INTRODUCTION



- ✧ Professional & Reliable Supplier : **25+** years mans fashion clothing experience, **15+** years Alibaba gold supplier
- ✧ Established in **2007** We have more than **300** Customers in **38** countries and regions world wide.
- ✧ More than **1200** samples in our showroom and produce over **100000** OEM styles for our customer.
- ✧ Designed & Produce **300+** new styles/year. Contact with us for more information ...



FACTORY VIEW



CERTIFICATIONS



✦ 2600 square factory&office

✦ 6 Long cooperated factory with 120 workers

✦ Max monthly capacity: 150.000pcs

✦ Owing factory with max 87 workers

✦ Sample time: 7-10 days / Production time 25-35 days

✦ Support any audit request !



OUR CUSTOMERS



Dongguan Wens Fashion Apparel is the factory with 16+ years at sportswear clothing manufacturer , we were certificated by BSCI, SEDEX, SGS, ISO9001. Our main products is : all kinds of sportswear ,like yoga/ tennis / golf / badminton series, we also provide sourcing service like shapewear /wristband /bag decorates . we have worked with many big brand such as US ,Europe and Australia Culture & Sports Activities , Europe and US famous starts brands, about 30 brands continue working and reorder for over 10 years.

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