



ZES BOUTIQUE STUDIO  
Reformer Pilates Fysio Massage

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## ZES TIP NR 3

3. Wear comfortable exercise clothing that makes you feel good, but that is also not too loose as it can get caught in the reformer. The studio has air conditioning so different layers usually work best. Avoid leggings with zips as they can seriously damage the leather surface of the reformer! In addition, you are kindly requested not to have a foundation or bronzer / self-tanner on parts of your body that come into contact with the reformer (legs, arms, etc.)! This causes stains on the white leather of the Reformer. Thanks for understanding!