



Confused Girl

Confused Girl is a brand born in the golden hills of Los Angeles. They design stylish high performance active wear inspired by healing crystals. Each design represents a different stone and their motto is "Find Your True Nature".

Three years ago, feeling lost in her life, founder Giovanna Silvestre started a blog called Confused Girl in the City and set out on a spiritual journey to find her true nature. On her journey she met a healer who gave her two beautiful crystals which inspired her to start an activewear line based on the fundamental healing attributes of the stones. The healing crystals balance yin/yang energy and cultivate courage, creativity and healing. Committed to supporting women on their journey of self-love and discovery, they now have a full collection of crystal inspired designs and 12 Zodiac muscle t-shirts representing each astrological sign.

confusedgirlinthecity.com



YOGAMAGAZINE.COM | 35

