



## Unzipped: Bronwyn Cosgrave

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The London fashion consultant and author opens up her Moschino gym tote.

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Bronwyn Cosgrave is *Vogue*-certified. She's the former features editor of *British Vogue*, a regular contributor to the brand's international editions, and the author of the book *Vogue On: Coco Chanel*. The fashion consultant also recently curated *Designing 007: Fifty Years of Bond Style*, a retrospective commemorating 50 years of the James Bond film franchise. For a woman as comfortable in couture as Cosgrave, there's a high fashion standard for everything, including cardio sessions and cycles around London. Here's what makes the cut:



1

### Moschino tote

"Because I'm a multi-tasker most everything in my wardrobe — including the bag I take to the gym — is multi-functional. I tote this one because it is minimalist, lightweight and a little bit glam. So it can take me from a business meeting to the gym and then on to dinner."

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### American Apparel leotard

"I'm usually on the go and carrying my computer, or a few books in my bag so I need no-fuss fitness-wear that takes up minimal space. This American Apparel leotard was the perfect solution. I like its 1980s retro Jane Fonda vibe."

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### Ralph Lauren socks

"I'm picky about sport socks. I like soft cotton ones and after testing a few pairs discovered that Ralph Lauren black socks feel and look good."

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### Japanese body brush

"This works wonders to exfoliate and soften the skin. I use it before stepping into the steam room or shower and then follow up with a moisturizer."

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### Eve Lom morning cleanser

"Eve Lom's two-minute cleansing balm comes in a tube and is my gym kit alternative to her legendary cleanser which is in a pot."

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### Indie Lee Squalene facial oil

"I discovered this fantastic facial oil at Equinox Chelsea last summer. I apply it after I've been in the steam room."

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### John Frieda luxurious volume root booster

"This root booster pumps up my tresses which always need TLC after an effective workout."

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8

### A good book

"I like reading for pleasure while I am exercising and, yes, I will hold onto a book while I am on a cross trainer, or prop one up, if it is good read like this one: Patrick Leigh Fermor, *An Adventure* by Artemis Cooper."

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@Pflorcel, 18 hours ago  
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**QBlog @Equinox**

@TearingTable, 20 hours ago  
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