



The natural way of Sweden

SISSEL®

THE NATURAL WAY OF SWEDEN

2017
2018

Professional products for
healthy sitting, sleeping,
moving and well-being.

WWW.SISSEL.COM

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INFORMATION VIDEOS AT
YOUTUBE.COM/SISSEL.COM



SISSEL® INNOVATIONS

SISSEL® Test Pillow Compact

The orthopedic neck pillow with enhanced pressure relief - available in test size

Page 11



SISSEL® Sit Air

The comfortable wedge seat for active, upright sitting - Now available in blue

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SISSEL® Gym Mat

Now available in green

Page 34



SISSEL® Superior Mat

The premium PVC-FREE mat for a healthy work-out in 2 attractive colors

Page 35



SISSEL® Myofascia Roller

Now available in 5 attractive colors and as soft version

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SISSEL® Myofascia Roller Mini

The convenient fascia roller in mini-size - small, light-weight, for use everywhere

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SISSEL® Myofascia Ball

The fascia ball for deep tissue self-massage

Page 42



SISSEL® Myofascia Double Ball

The massage tool for fascial release of back, neck and leg muscles

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SISSEL® Heat Wave

The innovative warm water bottle in 2 new, attractive designs

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SISSEL® Spiky Twin Roller

Now available in lilac

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SISSEL® Spiky Body Roll

For an effective and soothing body massage

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SISSEL® Finger Exerciser

Finger and hand mobilization

Page 75



SISSEL® WORLDWIDE – A PHILOSOPHY FROM SWEDEN MAKES ITS WAY...

The story began in Sweden 31 years ago with an orthopedic pillow... which has successfully captured the world market.

The Swedish original was invented in 1986 by a native Swede who set about looking for a natural, effective way to fight her neck pains – the SISSEL® pillow was born and a philosophy made its way.

Many experts from therapy, hospitals and rehabilitation applied the pillow and the successful function of an anatomically shaped neck pillow reflects in many current clinical studies. Nowadays, the unique shape of the original SISSEL® pillow is still a central feature of our sleeping pillows and is eternalized in the company logo.

Over the years, with the help and constructive input of therapists, health product specialists and consumers, we have established a comprehensive range of superior healthcare, fitness and wellness products. From healthy sitting and sleeping to healthy moving and well-being – the comprehensive SISSEL® range offers a large variety of products for different target groups. Always sticking to the SISSEL® philosophy of „The natural way“.

Several years ago, believing in the high potential of the Pilates method, we introduced a special range of high-quality products and fitness equipment for the Pilates body & mind training. Thus, contributing to the increasing popularity of Pilates training worldwide.

In cooperation with international partners and leading producers in the healthcare and therapy sector, we are constantly in search of new approaches and innovations. With their expertise and support, we continuously broaden and refine our product range in order to contribute to and maintain the long-term success of our partners and customers.

Now, we are one of the leading suppliers of healthcare solutions in Europe. More than 500,000 therapists, healthcare specialists and professionals as well as millions of consumers trust in our products, more than two thirds of which are still manufactured in Europe (mainly Sweden and Germany).



Furthermore, all products are free of harmful phthalates and, if necessary, CE marked and registered medical devices. Over the years, we have established a worldwide distribution network permitting SISSEL® products to become available in over 50 countries. And the number is constantly growing.

For our SISSEL® partners, we offer a wide range of services and tools to contribute to their success: approved concepts for their start, expert advice prior, during and after realization, first-class service and much more. In addition, all our distributors worldwide have access to our ready-to-use marketing and internet tools: a vast range of catalogs, posters, consumer and product brochures which help to boost sales and are easy to adapt to national needs. Special sales tools for selected products further help to attract customers' interest and provide information. Furthermore, most SISSEL® products are delivered in attractive packagings with EAN and QR code referring to an information or user video. Everything our partners need for a flourishing business from one source meanwhile centralized in Germany.

Naturally Swedish...

With the fresh, natural design of our catalogs and marketing tools, we cherish our Swedish roots, where the success story began. Clear, Nordic images made in Sweden emphasize "the natural way" in our philosophy and product range.

**SISSEL® – The natural way of Sweden:
healthy sitting, sleeping, moving and well-being.**



YouTube



The SISSEL® advantage: 31 years of SISSEL® quality „The natural way“

Trust in the “SISSEL® warranty” we give you
on the entire SISSEL® product range:

- 30 years of experience, which sets standards
- naturally healthy functioning of SISSEL® products
- 5 years guarantee on shape retention of all SISSEL® neck pillows
- high-quality manufacturing, highest quality standards
- environmentally friendly production, predominantly in Europe (Sweden and Germany)
- selected, sustainable materials
- continuous quality control, maximum innovation
- non-use of harmful phthalates
- CE approval of all relevant SISSEL® products
- certification in accordance with DIN EN ISO 13485

Satisfaction guaranteed: 5 years SISSEL® guarantee

Convincingly good: For 30 years, the SISSEL® brand has been representing highest quality and customer value. That’s our rule of thumb. You can take our word for it. And therefore, we grant a five years warranty on the shape stability of all SISSEL® Orthopedic Pillows, SISSEL® Soft Curve, SISSEL® Buchi® Soft, SISSEL® Medi Support, SISSEL® Sit Special 2 in 1, SISSEL® Sit Ring and SISSEL® Back. Because we are certain that our products live up to what they promise! Each product is carefully selected and produced under the highest quality standards, exclusively in Sweden, the origin of the SISSEL® brand. Environmentally conscious production techniques, the use of sustainable materials and maximum innovation included. That’s the “Swedish Difference”, which makes our products special.

**SISSEL® – The natural way of Sweden:
healthy sitting, sleeping, moving and
well-being.**



SISSEL® ACADEMY

THE POWER OF SISSEL®.

Inspire opinion leaders in the healthcare industry with SISSEL® healthcare, fitness, Pilates and wellness products by introducing them to our SISSEL® Academy Workshops. Take advantage of our educational workshops and the positive image of the SISSEL® Brand to demonstrate to opinion leaders your strength competence in the health and fitness market.

The course contents were developed by specialists, highly qualified trainers and physio therapists in cooperation with our Medical Advisory Board. In your country as well, will they convince the participants of the functionality, quality and application spectrum of SISSEL® products.

The courses are carried out locally by internationally experienced, highly qualified physio therapists & pilates master trainers. They are qualified to answer the specific questions of the course participants. Each participant will receive a SISSEL® Academy certificate.

**We have prepared three two-day workshops of the following courses
with theoretical and practical parts for your customers.**

- Power & Coordination
- Pilates
- Fascial Release

PROFESSIONAL PRESENTATION – WITH SISSEL®

Leave a lasting impression on your customers and show what you have to offer! With the SISSEL® marketing concept you increase your sales and your image. Profit from our vast pool of attractive, ready-to-use advertising and marketing tools in a natural Swedish layout: catalogs, posters, banners, displays, customer and product

brochures generate interest and boost sales. Moreover, most SISSEL® products are delivered in an eye-catching, four-color packaging with description in 8 languages, EAN and QR code.

A perfectly matched marketing concept for maximum success!

CREATE YOUR SISSEL® THEME WORLDS

4 theme worlds which set creative accents: From healthy sitting and sleeping to healthy moving and well-being we offer you a comprehensive range of sustainable high-quality products in an attractive design.

Strikingly innovative, convincingly good. It can't be overlooked!

NEHMEN SIE IHREN NACKEN NICHT AUF DIE LEICHTE SCHULTER

GESUND SCHLAFEN UND ENTSPANNT LIEGEN:

WWW.SISSEL.DE
PRODUKTE FÜR IHRE GESUNDHEIT.

ANWENDUNGS-VIDEOS AUF
YOUTUBE.COM/SISSEL.COM

SITZEN SIE GUT?

AB JETZ SITZEN SIE GESÜNDER UND ENTLASTEN SANFT:

WWW.SISSEL.DE
PRODUKTE FÜR IHRE GESUNDHEIT.

ANWENDUNGS-VIDEOS AUF
YOUTUBE.COM/SISSEL.COM

FIT UND IN FORM

GESUND BEWEGEN UND SANFT ENTSPANNEN:

WWW.SISSEL.DE
PRODUKTE FÜR IHRE GESUNDHEIT.

ANWENDUNGS-VIDEOS AUF
YOUTUBE.COM/SISSEL.COM

ENTSPANNT WOHLFÜHLEN UND GENIESSEN

NATÜRLICH LINDERN UND REGENERIEREN:

WWW.SISSEL.DE
PRODUKTE FÜR IHRE GESUNDHEIT.

ANWENDUNGS-VIDEOS AUF
YOUTUBE.COM/SISSEL.COM

SISSEL® Information Videos

For many SISSEL® health products we offer attractive information and application videos, which can be directly accessed using the QR codes on many SISSEL® product packagings. Motivating, inspiring and informative. They are also an ideal eye-catcher for your shop presentations.

INFORMATION VIDEOS AT
YOUTUBE.COM/SISSEL.COM



Take advantage of our SISSEL® online image archive. You can access all SISSEL® product and promotional photos at any time and use them for your website and advertising material.

CREATE YOUR SISSSEL® SALES ROOM

We are also happy to assist you in your sales room or shop window decoration with attractive sales tools in a natural Swedish design. Sales displays, posters, brochures and packaging generate your customers' interest, boost your sales success and strengthen your positioning in the healthcare market.

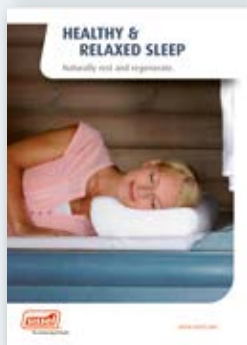
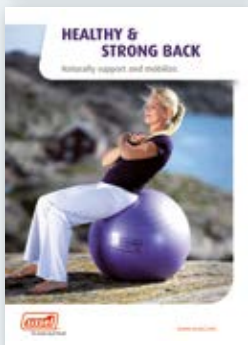
Convey your professional expertise – with SISSSEL® products which literally "move" the consumer.

This is how your SISSSEL® Shop could look like:

You can find more information about the SISSSEL® marketing concept and the entire marketing program in the brochure "Professional Presentation". Ask for your free copy now!



SISSSEL® HEALTH GUIDES



1. Health guide "Healthy hot & cold therapy"
2. Health guide "Healthy & active sitting"
3. Health guide "Healthy & strong back"
4. Health guide "Healthy & relaxed sleep"

Das passende SISSSEL® Produkt bei vielerlei Beschwerden
Informationen für medizinisches Fachpersonal

Seeger

<p>Spitze/Ohrengänge für den Kopf z.B. Schilddrüse, Gehör, Augen, Nase, Schädel, Kopfschmerzen</p> <p>SISSSEL®-Produkte: SISSSEL®-Kopftherapie, SISSSEL®-Kopfmassage, SISSSEL®-Kopfschmerzmittel, SISSSEL®-Kopfschmerzmittel, SISSSEL®-Kopfschmerzmittel</p>	<p>mit Gelenkbeschwerden z.B. Arthritis, Osteoporose</p> <p>SISSSEL®-Produkte: SISSSEL®-Gelenktherapie, SISSSEL®-Gelenktherapie, SISSSEL®-Gelenktherapie</p>	<p>Ursachen: Muskelschwäche, Instabilität z.B. Rücken, Nacken, Schulter, Hüfte, Knie, Sprunggelenk</p> <p>SISSSEL®-Produkte: SISSSEL®-Rücken, SISSSEL®-Nackentherapie, SISSSEL®-Schultherapie, SISSSEL®-Hüfttherapie, SISSSEL®-Knie, SISSSEL®-Sprunggelenk</p>
<p>Herz-Kreislaufsystem</p> <p>SISSSEL®-Produkte: SISSSEL®-Herz, SISSSEL®-Herz, SISSSEL®-Herz</p>	<p>Blutdruck</p> <p>SISSSEL®-Produkte: SISSSEL®-Blutdruck, SISSSEL®-Blutdruck, SISSSEL®-Blutdruck</p>	<p>Blutfluss</p> <p>SISSSEL®-Produkte: SISSSEL®-Blutfluss, SISSSEL®-Blutfluss, SISSSEL®-Blutfluss</p>
<p>Arbeitsplatz/Office z.B. Nacken, Schulter, Handgelenk, Hüfte, Knie, Sprunggelenk</p> <p>SISSSEL®-Produkte: SISSSEL®-Arbeitsplatz, SISSSEL®-Arbeitsplatz, SISSSEL®-Arbeitsplatz</p>	<p>Arbeitsplatz/Office z.B. Nacken, Schulter, Handgelenk, Hüfte, Knie, Sprunggelenk</p> <p>SISSSEL®-Produkte: SISSSEL®-Arbeitsplatz, SISSSEL®-Arbeitsplatz, SISSSEL®-Arbeitsplatz</p>	<p>Arbeitsplatz/Office z.B. Nacken, Schulter, Handgelenk, Hüfte, Knie, Sprunggelenk</p> <p>SISSSEL®-Produkte: SISSSEL®-Arbeitsplatz, SISSSEL®-Arbeitsplatz, SISSSEL®-Arbeitsplatz</p>
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novacare

SISSEL® HEALTHCARE PRODUCTS

HEALTHY SLEEPING

COMFORTABLE REST



SISSEL® ORTHOPEDIC PILLOWS

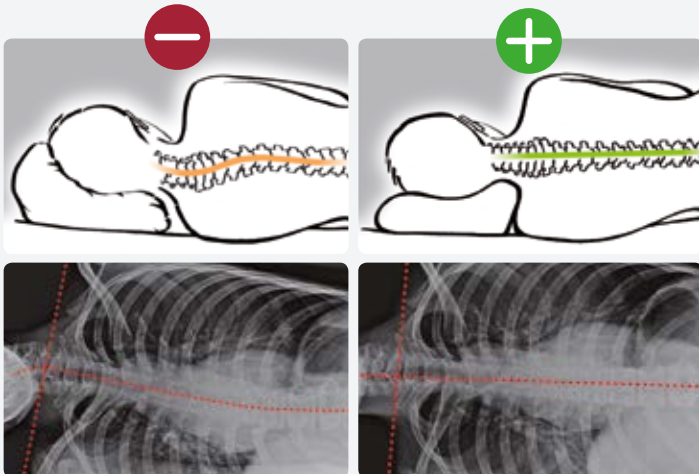


The shape, quality and design, tried and tested for 30 years!

All SISSEL® Orthopedic Pillows provide specific support for the lower cervical spine. The whole shoulder and neck area is supported. The pillow's unique tapering between the shoulder and spine fills the space between them and gently moves the spine into an anatomically correct position. The slight stretching feeling in the neck and spine can initially feel unusual as the body needs a little time (2 to 14 nights) to re-adjust to a natural healthy sleep and become used to lying on an original, anatomically shaped SISSEL® Orthopedic Pillow.



The SISSEL® Classic and Classic Plus are made of polyurethane foam which has a high support factor. The SISSEL® Soft, Soft Plus, Soft Deluxe and Soft Bambini are made of visco-elastic foam which is much softer. All the pillows are hand washable. More benefits can be found in the detailed product descriptions.



A conventional pillow does not provide enough support for the neck and cervical vertebrae.

The SISSEL® Orthopedic Pillow provides perfect support for the neck, no matter how you lie.



Customer brochure "SISSEL® Orthopedic Pillows" available.

You can find more information about the SISSEL® marketing tools in the brochure "Professional Presentation". Ask for your free copy now!



The **unique tapering** in all SISSEL® Orthopedic Pillows guarantees that the shoulder is positioned so that the spine and the intervertebral discs are supported.

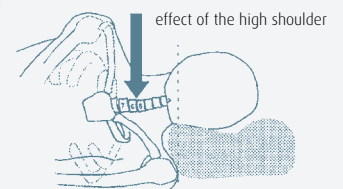
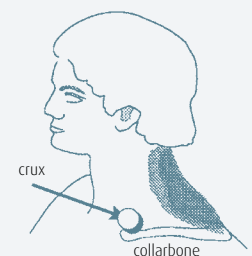
Scientific background: Neck problems and transferred neck pain

Extract from a study by Hugh Smythe, MD, University of Toronto

Pains coming from the neck are frequent. However, most of them are misdiagnosed as the symptoms are perceived somewhere else. Due to thrust and pressure forces in the lower cervical spinal column, the pain is transmitted resulting in the brain drawing false conclusion concerning the localisation of the injury. Repeated damages, especially while sleeping, delay the recovery. An effective treatment requires reliable support of the lower cervical spinal column during the entire night – every night.

Because healthy sleep is essential – making you forget stressful days and enhancing relaxation. If you do not get the necessary recovery, the consequences are serious: tension headaches, inner restlessness and physical as well as mental loss of power. Therefore, you should act in advance. With the SISSEL® Orthopedic Pillows, your sleep will be quiet and relaxed again.

For more information, ask for the entire study.





ORTHOPEDIC PILLOWS

PRESSURE RELIEVING VISCO-ELASTIC FOAM

Pillows made of pressure relieving visco-elastic foam absorb pressure and transfer it downwards to the interior. The foam adjusts slowly to any shape and the pillows are recommended for use in cases of health problems with pressure sensitive muscles.

Recommended for:

- acute problems with neck and back muscles
- pressure sensitive muscles
- a specific support for neck, back and shoulder problems

The material responds only slightly to energy applied to it, clearly demonstrating the pressure relieving effect of the visco-elastic foam.

YouTube



SISSEL® Soft

Gentle sleep and soft support – with the visco-elastic orthopedic pillow!

- combines the advantages of the millionfold proven classic SISSEL® shape with the benefits of visco-elastic foam
- the increased isolated pressure distribution together with slightly reduced support or correction intensity makes it the ideal pillow for sensitive neck patients
- due to its delayed elasticity effect, the pillow slowly adjusts to any shape
- no matter how head and shoulders turn at night, your spine is always softly supported
- incl. velours cover (75% cotton/25% polyester, ecru, washable at 40° C)
- size: M-approx. 47 x 33 x 11 cm
L-approx. 47 x 33 x 14 cm

Available in medium and large



Our special foam's delayed elasticity effect.

Two covers for better protection of the visco-elastic special foam:

- cotton protection cover
- velours pillow cover with zipper, ivory

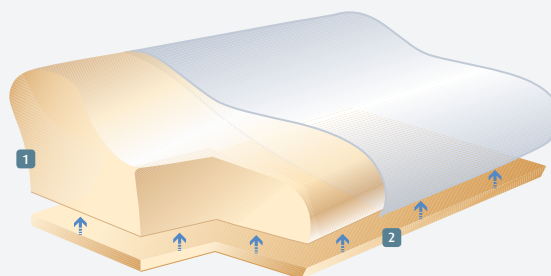


ITEM NUMBER ATTRIBUTES

110.011	SISSEL® Soft, size L, incl. pillow cover ecru
110.020	SISSEL® Soft, size M, incl. pillow cover ecru
110.001.01	Extra pillow cover velours, ecru, size L
110.001.02	Extra pillow cover velours, ecru, size M
110.001.03	Extra pillow cover cotton, white, one size

SISSEL® Soft Plus

- description see SISSEL® Soft
- adjustable in height by adding or removing the Vario Pad
- incl. velours cover (75% cotton/25% polyester, ecru, washable at 40° C)
- size: approx. 47 x 33 x 11/14 cm



ITEM NUMBER ATTRIBUTES

110.021	SISSEL® Soft Plus, incl. pillow cover ecru
110.001.01	Extra pillow cover velours, ecru, size L
110.001.03	Extra pillow cover cotton, white, one size

- 1 unique edge
- 2 adjustable in height

SISSEL® Soft Bambini

The bambini version of the proven SISSEL® Orthopedic Pillow Soft!

- for children four years and up
- supports a correct neck position
- with colorful cover (100% cotton, washable at 40° C)
- size: approx. 37 x 25 x 9 cm
- pillow core washable by hand

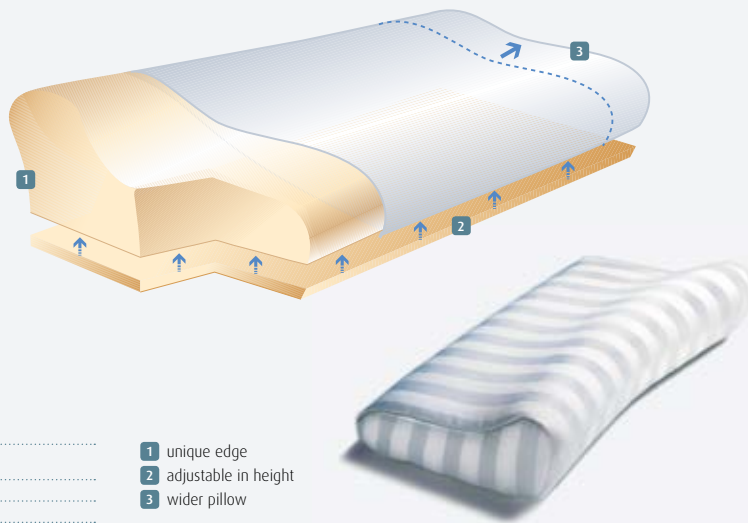


ITEM NUMBER	ATTRIBUTES
110.007	SISSEL® Soft Bambini, incl. colorful pillow cover
110.007.01	Extra pillow cover

SISSEL® Soft Deluxe

The wider orthopedic pillow, adjustable in height!

- 16 cm wider than the SISSEL® Soft Plus
- adjustable in height by adding or removing the Vario Pad
- comes with luxurious satin cover (50% cotton/50% polyester, washable at 40° C)
- size: approx. 63 x 33 x 10/12 cm



ITEM NUMBER	ATTRIBUTES
110.003	SISSEL® Soft Deluxe, incl. pillow cover
110.003.01	Extra satin pillow cover, white

- 1 unique edge
- 2 adjustable in height
- 3 wider pillow

SISSEL® Test Pillow Set

The smart all-in-one set to find the perfect orthopedic pillow!

- proven, height-adjustable neck support, effective and gentle
- SISSEL® Test Pillow Set includes:
 - 1 x SISSEL® Soft Plus (from visco-elastic foam)
 - 1 x SISSEL® Classic Plus (from polyurethane foam)
 - size: approx. 47 x 33 x 11/14 cm
 - with velours cover (75% cotton/25% polyester)
 - 1 x SISSEL® Test Pillow Bag



ITEM NUMBER	ATTRIBUTES
110.017	SISSEL® Test Pillow Set

Ideal for finding the perfect height and preferred material

SISSEL® Test Pillow Compact Set

The orthopedic neck pillow with enhanced pressure relief

- SISSEL® Test Pillow Compact:
 - material: visco-elastic foam
 - size: approx. 37 x 25 x 9 cm
- incl. 10 hygiene covers
- incl. velour cover
- incl. manual
- SISSEL® Test Pillow Compact carry bag

ITEM NUMBER	ATTRIBUTES
110.019	SISSEL® Test Pillow Compact Set
110.019.01	SISSEL® Hygienic cover bag of 10



NEW



ORTHOPEDIC PILLOWS

ACTIVELY SUPPORTING POLYURETHANE FOAM

These pillows with active support are made of polyurethane foam which provides a firmer corrective positioning. The standard choice for a healthy and relaxed sleep, tried and tested a million times.

Recommended for:

- neck/shoulder tension
- tension headaches
- preventing curvature of the spinal column (for side sleepers)

YouTube



The metal ball demonstrates how the firm polyurethane foam supports and cushions.



SISSEL® Classic

Available in medium and large

Our standard orthopedic neck pillow!

- incl. velours cover (75% cotton/25% polyester, ecru, washable at 40° C)
- size: M – approx. 47 x 33 x 11 cm
L – approx. 47 x 33 x 14 cm



Health guide „Healthy & relaxed sleep“ available.

You can find more information about the SISSEL® marketing tools in the brochure „Professional Presentation“. Ask for your free copy now!

ITEM NUMBER	ATTRIBUTES
110.004	SISSEL® Classic, large, incl. pillow cover ecru
110.005	SISSEL® Classic, medium, incl. pillow cover ecru
110.001.01	Extra pillow cover velours, ecru, size L
110.001.02	Extra pillow cover velours, ecru, size M
110.001.03	Extra pillow cover cotton, white, one size

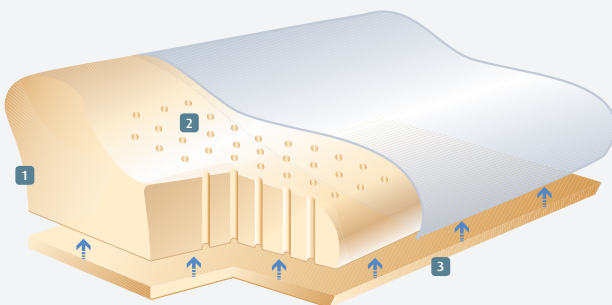
SISSEL® Classic Plus



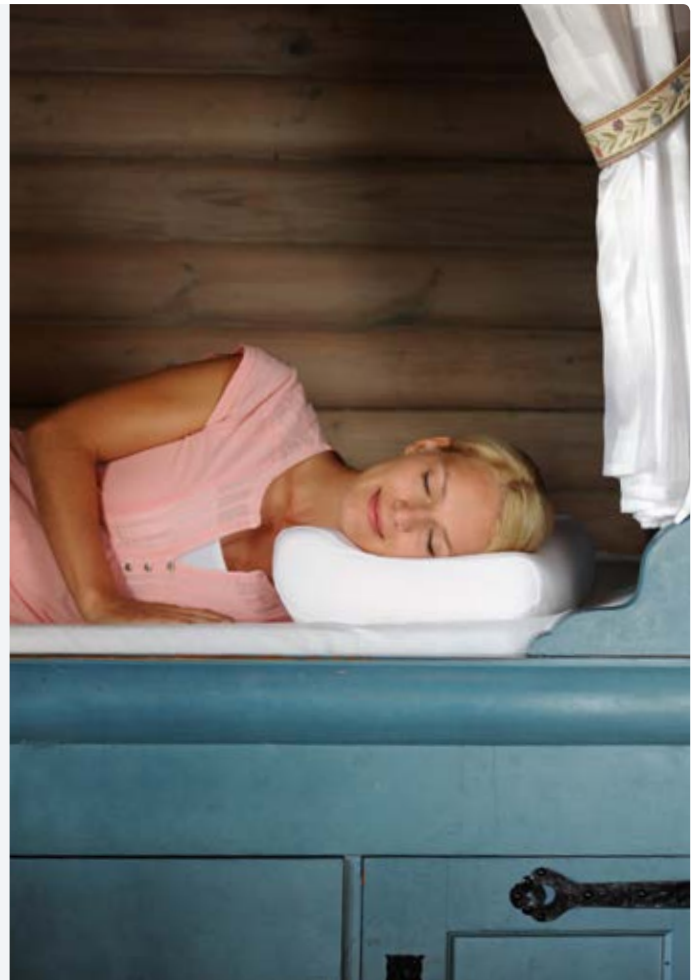
The height-adjustable orthopedic pillow for any size!

- especially suited to relieve vertebrae and intervertebral discs
- adjustable in height by adding or removing the Vario Pad
- incl. velours cover (75% cotton/25% polyester, ecru, washable at 40° C)
- siz: approx. 47 x 33 x 11/14 cm

- 1 The **unique edge** of all SISSEL® Orthopedic Pillows guarantees ideal support of your shoulder when in a lateral position, thus relieving vertebrae and intervertebral discs.
- 2 **Ventilation system for ideal sleep climate!** More than 90 ventilation channels prevent unpleasant heat pockets.
- 3 **One pillow for all patients!** Adaption to all shoulder widths, neck lengths and individual rest preference due to Vario Pad.



ITEM NUMBER	ATTRIBUTES
110.001	SISSEL® Classic Plus, incl. pillow cover ecru
110.001.01	Extra pillow cover velours, ecru, size L
110.001.03	Extra pillow cover cotton, white, one size





GENTLE SUPPORT PILLOWS

VISCO-ELASTIC FOAM

The soft curve guarantees gentle support of the shoulder and neck, thus relieving vertebrae and intervertebral discs.



The right choice especially for sensitive users: On the gentle support pillows, head and neck rest literally weightless. They perfectly adapt and provide a soft but stable base with slightly less correction intensity than the SISSEL® Orthopedic Pillows. Vertebrae and muscles can sufficiently relax and regenerate, blood circulation remains unobstructed. For a refreshed start in the new day. The pillow is molded into one piece, guaranteeing consistent quality and long life-span of the material. The soft cover made of fluffy velours offers absolute cuddle comfort.

SISSEL® Soft Curve

The gentle support pillow!

- pleasantly soft and reliable neck support in one for relief of the vertebrae and muscles
- perfectly contours to the natural shape of the cervical spine
- high-quality visco-elastic special foam molded into one piece
- durable and shape-retaining
- pillow core hand washable
- incl. high-quality velours cover (75% cotton/25% polyester), with zipper, ecru, machine washable at 40° C
- available in 4 sizes: S (approx. 63 x 30 x 8 cm), M (approx. 63 x 32 x 10 cm), L (approx. 63 x 32 x 13 cm), Compact (approx. 48 x 32 x 10 cm)



Compact Size S Size M Size L

ITEM NUMBER ATTRIBUTES

112.004	SISSEL® Soft Curve, size S, incl. cover velours, ecru
112.005	SISSEL® Soft Curve, size M, incl. cover velours, ecru
112.006	SISSEL® Soft Curve, size L, incl. cover velours, ecru
112.007	SISSEL® Soft Curve, Compact, incl. cover velours, ecru
112.004.01	Extra pillow cover, size S, velours, ecru
112.005.01	Extra pillow cover, size M, velours, ecru
112.006.01	Extra pillow cover, size L, velours, ecru
112.007.01	Extra pillow cover, Compact, velours, ecru



SISSEL® Travel Cover

The convenient travel case for all standard SISSEL® pillows!

- fits SISSEL® orthopedic pillows Soft, Soft Plus, Classic and Classic Plus
- easy and space-saving wrapping of the neck pillow
- can also be used as neck support when rolled up
- material: 100% polyester, washable at 40° C

Process of rolling in (example with SISSEL® Orthopedic Pillow Soft):



ITEM NUMBER ATTRIBUTES

110.002	SISSEL® Travel Cover, blue
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TRADITIONAL PILLOWS

VISCO-ELASTIC OR NATURAL FILLING

Our traditional pillows are ideally suited for everyone looking for a comfortable yet health-conscious way to sleep. Depending on the individual needs, the traditional pillow range offers different filling materials. Whereas visco-elastic foam material mainly provides pressure-relief, millet chaff or spelt fillings feature natural support for the neck vertebrae with a temperature and moisture regulating effect.

SISSEL® Dream Comfort Pillow

The luxurious pillow for dreamlike sleeping comfort!

- visco-elastic sleeping pillow in gentle wave shape
- pleasantly soft, pressure relieving
- incl. dual purpose cover (top: 25% viscose/ 74% polyester/1% spandex, bottom: 29% viscose/ 70% polyester/1% spandex, washable at 60° C)
- size: approx. 65 x 38 x 10 cm



YouTube



ITEM NUMBER	ATTRIBUTES
110.030	SISSEL® Dream Comfort Pillow

SISSEL® Fragrance Pack Sleep & Relax

The natural scent bag for all SISSEL® pillows!

- insert in neck, natural and positioning pillows
- with relaxing herbal scent
- material cover: 100% cotton, natural-colored
- size: approx. 13 x 14 cm
- 2 fragrances available:
Sleep – Betony, chamomile, mint, lavender
Relax – lemon balm, chamomile, mint, lavender



ITEM NUMBER	ATTRIBUTES
111.010	SISSEL® Fragrance Pack „Sleep“
111.011	SISSEL® Fragrance Pack „Relax“

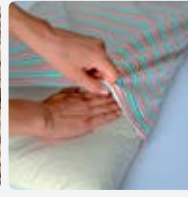
SISSEL® Panicore

The millet chaff pillow – natural support for your neck vertebrae!

- precise adjustment to the shape of your head and neck and provides best possible support for your neck vertebrae
- temperature and moisture regulating
- relaxing, gently massaging
- noise and dust reduced
- filling: 100% millet chaff
- pillow case 100% cotton
- size: approx. 60 x 40 cm



100% millet chaff filling



fits in any standard pillow cover

Advantages of millet chaff

Millet chaff is fine and soft and because it adjusts to your body it is very pleasant to use. Millet chaff pillows are particularly suitable for those who prefer not to have the soft and natural rustle of spelt husks.

ITEM NUMBER ATTRIBUTES

111.004 SISSEL® Panicore, approx. 60 x 40 cm, without cover



SISSEL® Palea

The spelt pillow – a present of nature!

- perfectly adjusts to the shape of head and neck
- maintains the ideal line of the cervical spinal column
- moisture and heat regulating
- breathable, relieving
- spelt consists of over 90% of silicon dioxide, therefore, spelt pillows are very agreeable
- not washable
- pillow case 100% cotton
- size: approx. 60 x 40 cm




100% spelt filling



fits in any standard pillow cover

Advantages of spelt

Spelt husks regulate moisture, retain body warmth and release it naturally. The pillow adjusts itself to every head and neck and provides a pleasant and stable support.

 **Note:** Product subject to natural weight fluctuations.

ITEM NUMBER ATTRIBUTES

111.001 SISSEL® Palea, approx. 60 x 40 cm, without cover



SISSEL® Buchi®

The flexible neck support with natural buckwheat filling!

- supports the neck on long, exhausting trips by car, train or airplane
- ideal as relaxing reading aid at home
- ideally adjusts to the shape of the neck
- lining 100% cotton, cover 100% polyester (washable at 40° C)
- available in three attractive colors



with anatomically adjusted neckline

ITEM NUMBER ATTRIBUTES

116.001	SISSEL® Buchi®, blue
116.003	SISSEL® Buchi®, burgundy
116.004	SISSEL® Buchi®, gray



ADVANTAGES OF BUCKWHEAT FILLING

Light, durable, naturally cool. The distinctive buckwheat husks adjust to the body and create supported and firm nests for the head, neck and shoulders.



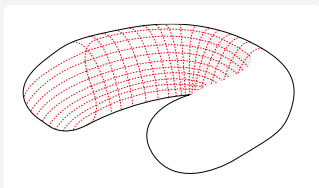
SISSEL® Buchi® Soft

Relaxed travelling – with the visco-elastic version of our famous SISSEL® Buchi®!

- cuddly yet supporting
- reliable, high-quality visco-elastic foam core
- ideally adjusts to individual neck shape due to two different inclination angles
- fluffy soft velours cover (75% cotton/ 25% polyester, washable at 40° C), with zipper
- cover: blue/gray, removable, washable
- with practical carry bag



The pillow front is flatter for optimal anatomical comfort when the head is turned.



ITEM NUMBER ATTRIBUTES

116.010	SISSEL® Buchi® Soft, blue/gray
116.010.01	SISSEL® Buchi® Soft, extra cover, blue/gray





Ideal aid also for therapeutic use.



Stable positioning of babies in supine or lateral position – babies feel safe and secure.

SISSEL® Comfort

Optimal positioning for all ages!

- ideal aid for positioning and care of the elderly
- perfect for daily relaxation and support of babies and adults
- use for nursing – takes the strain off arms and shoulders
- during or immediately after pregnancy individual body parts (especially abdominal wall and perineum) can be specifically relaxed while resting in a supine or lateral position
- cotton, velours (washable at 40° C) and PU covers available
- size: approx. 195 x 35 cm
- with practical fleece bag with zipper

Different filler materials available:

- **our polystyrene pillow** – with micro beads, pleasantly contour to your body, tested for harmful substances, machine washable up to 60° C, with zipper for refilling
- **our polypropylene pillow** – washable up to 95° C, with zipper for refilling, no loss of volume due to multiple shock resistance of the slightly larger beads, filling received a “recommendable” rating by “Ökotex” magazine, very suitable to use in hospitals, nursing homes and therapy

Different covers available:

Cotton covers 100%
(washable at 40° C):



hibiscus starfish ornament blue
light blue graffiti blue sun, moon and stars

Terry cover
(75% cotton/
25% polyester):



white

**PU-cover,
Polyurethane**



blue (water-repellent)

Velours covers
(75% cotton/25% polyester,
washable at 40° C)



bordeaux/
anthrazit chocolate/
cream

ITEM NUMBER	ATTRIBUTES
170.001	SISSEL® Comfort, filler material: polystyrene, without cover
170.014	SISSEL® Comfort, filler material: polypropylene, without cover
170.003	Terry cover, white
170.004	Cotton cover, light blue
170.009	Cotton cover, graffiti blue
170.006	Cotton cover, sun, moon and stars
170.019	Cotton cover, hibiscus
170.020	Cotton cover, starfish
170.021	Cotton cover, ornament blue
170.022	Polyurethane cover, blue (water-repellent)
170.023	Velours cover, chocolate/cream
170.024	Velours cover, bordeaux/gray



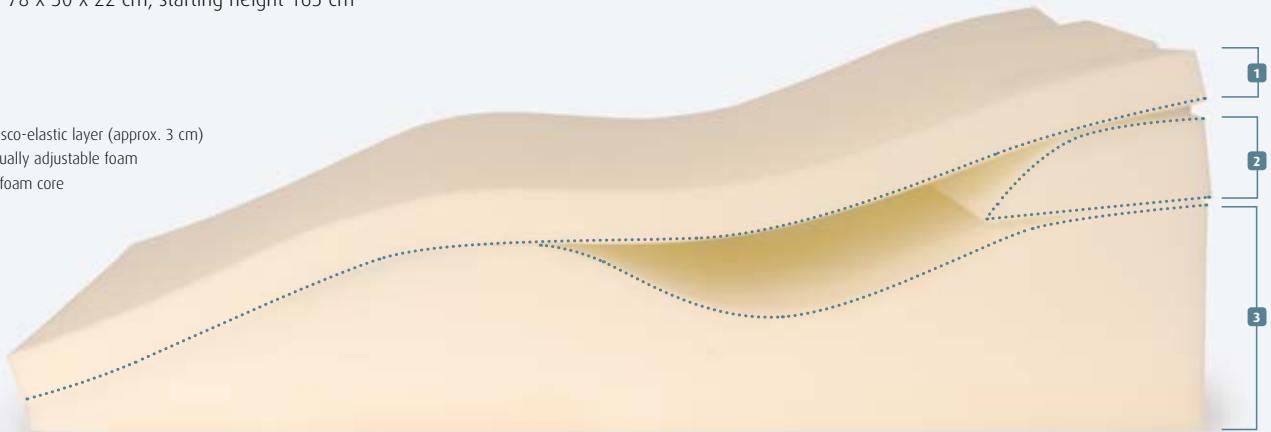
SISSEL® Venosoft

Features the advantages of leg pillows with a visco-elastic layer!

- the integrated layer makes effective leg elevation wonderfully soft and pleasant, even for sufferers of severe, inflammatory vein ailments
- use to ease vein trouble, varicose veins, congestions, swollen legs and during pregnancy
- incl. velours cover (75% cotton / 25% polyester, ecru, washable at 40° C)
- available in 2 sizes, incl. cover:
 - approx. 65 x 50 x 22 cm, height up to 165 cm,
 - approx. 78 x 50 x 22 cm, starting height 165 cm



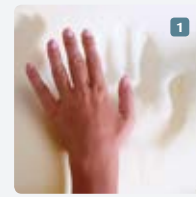
- 1 with visco-elastic layer (approx. 3 cm)
- 2 individually adjustable foam
- 3 stable foam core



ITEM NUMBER	ATTRIBUTES
140.004	SISSEL® Venosoft, approx. 65 x 50 x 22 cm, incl. Velours cover, ecru
140.005	SISSEL® Venosoft, approx. 78 x 50 x 22 cm, incl. Velours cover, ecru
140.008	Velours Cover for Venosoft small, ecru
140.009	Velours Cover for Venosoft large, ecru

Product brochure
"SISSEL® Venosoft" available.

You can find more information about the
SISSEL® marketing tools in the brochure
"Professional Presentation". Ask for
your free copy now!



YouTube



SISSEL® Veno

Blissful relaxation for tired and swollen legs!

- perfectly supports leg elevation or relaxation
- use to ease swollen legs, congestions and during pregnancy
- material: flexible polyurethane foam (PUR)
- incl. cover (75% cotton / 25% polyester, ecru, washable at 40° C)
- one size: approx. 66.5 x 40 x 16 cm

ITEM NUMBER	ATTRIBUTES
140.024	SISSEL® Veno, incl. cover



SISSEL® Medi Support

Comfortable rest, relaxing sleep!

- a lot of people experience the lateral position as uncomfortable; the legs are lying upon each other and the knees knock against each other – the SISSEL® Medi Support can provide relief
- use when suffering from hip and knee complaints or as positioning aid after hip operations
- simply adjust with 2 convenient Velcro fasteners to the leg
- reduces pressure on the knee joints
- prevents sweating
- for perfect positioning when lying, the pelvis is less bent
- incl. velours cover (75% cotton/25% polyester, ecru, washable at 40° C)
- size: approx. 17 x 20 cm, 10 cm at the smallest part

ITEM NUMBER	ATTRIBUTES
170.060	SISSEL® Medi Support
170.060.01	SISSEL® Medi Support, extra cover, ecru



SISSEL® HEALTHCARE PRODUCTS

HEALTHY SITTING

GENTLE RELIEF



SISSEL® Sit Standard and Colour

... promote a perfectly upright posture!

- relieve spine and intervertebral discs and this way enhance an ergonomically and anatomically correct sitting posture
- stable core
- 100% cotton cover (washable at 30° C)
- sitting wedge Colour with rugged cover (blue/graffiti, black/graffiti) and anti-slip bottom layer, highly effective on slippery surfaces
- size: approx. 35 x 35 x 6.5 cm
- note: best use for short periods, for longer sitting we recommend the use of SISSEL® Sit Special 2 in 1 with anti-slide effect

SISSEL® Sit Standard
with cover blue, burgundy
and black



Sitting wedge Colour comes with rubberized bottom.



Sitting wedges are made of 100% recycled foam!

SISSEL® Sit Colour
with anti-slip cover blue/graffiti,
black/graffiti



ITEM NUMBER ATTRIBUTES

120.001	SISSEL® Sit Colour, sitting wedge with anti-slip cover, black/graffiti
120.003	SISSEL® Sit Colour, sitting wedge with anti-slip cover, blue/graffiti
120.001.01	SISSEL® Sit Colour, extra cover, black/graffiti
120.003.01	SISSEL® Sit Colour, extra cover, blue/graffiti
120.050	SISSEL® Sit Standard, sitting wedge, with cover, blue
120.051	SISSEL® Sit Standard, sitting wedge, with cover, black
120.052	SISSEL® Sit Standard, sitting wedge, with cover, burgundy
120.010	SISSEL® Sit Standard, extra cover, black
120.011	SISSEL® Sit Standard, extra cover, blue
120.012	SISSEL® Sit Standard, extra cover, burgundy

SISSEL® Sit Special 2 in 1

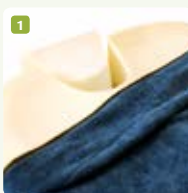
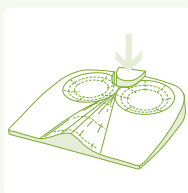
For comfortable, soft and upright sitting – perfectly relieves sacrum and coccyx!

- relieves spinal column and intervertebral discs
- ideal aid after injuries and operations
- no sliding, even during long sitting periods
- unique bridge and two anatomical depressions improve the quality of sitting and provide an even more convenient sitting experience
- with removable visco-elastic opening for perfect relief of sacrum and coccyx **1**
- material: high-quality polyurethane foam for perfect pressure balancing combined with visco-elastic special foam
- 5 years warranty on dimensional stability
- comes with velours cover (100% polyester), washable at 40° C
- available in 3 colors
- size: approx. 43 x 40 x 9 cm

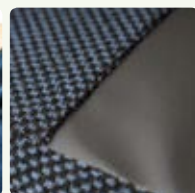


Health guide "Healthy & active sitting" available.

You can find more information about the SISSEL® marketing tools in the brochure "Professional Presentation". Ask for your free copy now!



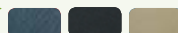
with rubberized bottom



YouTube

ITEM NUMBER ATTRIBUTES

120.021	SISSEL® Sit Special 2 in 1, incl. cover, blue
120.022	SISSEL® Sit Special 2 in 1, incl. cover, gray
120.023	SISSEL® Sit Special 2 in 1, incl. cover, beige
120.021.01	SISSEL® Sit Special 2 in 1, extra cover, blue
120.022.01	SISSEL® Sit Special 2 in 1, extra cover, gray
120.023.01	SISSEL® Sit Special 2 in 1, extra cover, beige



Principle of the sitting wedge



Without sitting wedge:
Difficult to maintain an upright sitting position, tendency to develop a hunchback posture.



With a SISSEL® sitting wedge:
The body moves effortlessly to an upright posture, the pelvis tilts slightly forwards.

SISSEL® SIT AIR

The comfortable wedge seat for active, upright sitting!

- continuous, gentle mobilization of the back and core muscles
- sitting comfort and sitting dynamics variable due to integrated valve
- anatomically optimized design prevents heat pockets
- use to upgrade uncomfortable, unhygienic seating while travelling, such as airplane or train seats
- mesh cover for increased air flow
- material: pillow core
PU foam, cover
100% polyester
- size: approx.
35.5 x 35 x 5.5 cm



with rubberized bottom



ITEM NUMBER ATTRIBUTES

120.060	SISSEL® SIT AIR, black
120.061	SISSEL® SIT AIR, blue



SISSEL® Sit Ring

Pleasant and pressure-free sitting anywhere!

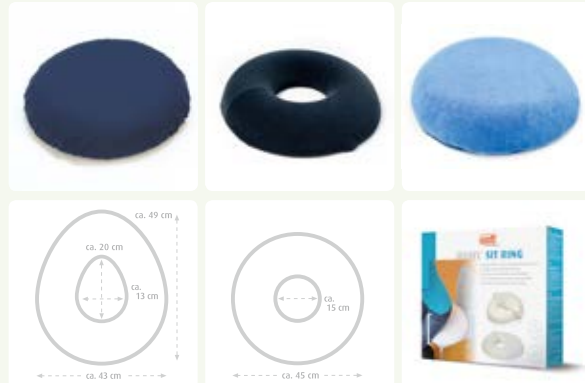
- everyday sitting support
- for local pressure relief
- use when suffering from obstructed sitting especially after surgeries of the perineum, anal lesions, hemorrhoids or during or after pregnancy
- material: polyurethane foam, maintains its shape, hypo-allergic and flame-resistant
- comes with eudermic terry cover (80% cotton/20% polyester), washable at 60° C
- available in 2 variations: round or oval
- option: PU hygienic cover, waterproof



PU hygienic cover
optionally available

NEW – Cover special
optionally available

NEW – Terry cover
optionally available



NEW

ITEM NUMBER ATTRIBUTES

121.017	SISSEL® Sit Ring, incl. terry cover, round, white
121.018	SISSEL® Sit Ring, incl. terry cover, oval, white
121.018.01	SISSEL® Sit Ring, extra cover, round/oval, terry, white
121.017.02	SISSEL® Sit Ring, extra cover, round/oval, PU, blue
121.018.05	SISSEL® Sit Ring, cover special, blue
121.018.06	SISSEL® Sit Ring, terry cover, blue

SISSEL® SITFIT® Plus

Latex-free

Active sitting with 2 in 1 function!

- perfect combination of sitting wedge and air filled sitting pad
- ergonomically enhanced shape provides optimal ensemble of active sitting and outstanding sitting comfort
- active and dynamic sitting relieves upper body and works back muscles without exercising
- enhances an upright posture
- also suitable to exercise musculature of back and pelvic floor
- with pump for individual pressure regulation
- handles weights up to 138 kg
- Ø approx. 37 cm, one size for teens and adults
- option: velours cover (75% cotton/25% polyester), available in 4 colors



Round side in the front:

- active and dynamic sitting
- suitable for short sitting intervals and exercises

Thigh rest in the front:

- stabilized sitting due to thigh rest
- suitable for long sitting intervals



YouTube



A perfect eye-catcher: The SISSEL® SITFIT® Plus promotion chair!



Product brochure "Are you sitting correctly" available.

You can find more information about the SISSEL® marketing tools in the brochure "Professional Presentation". Ask for your free copy now!

ITEM NUMBER ATTRIBUTES



160.070	SISSEL® SITFIT® Plus, blue
160.071	SISSEL® SITFIT® Plus, red
160.074	SISSEL® SITFIT® Plus, black

SISSEL® SITFIT® & SISSEL® SITFIT® Plus Covers

- velours cover
- available for SISSEL® SITFIT®, Ø approx. 33 cm and 36 cm, and SISSEL® SITFIT® Plus
- material: 75% cotton, 25% polyester, washable at 60° C
- available in 4 colors: blue, burgundy, gray, black



Incl. exercise poster



ITEM NUMBER ATTRIBUTES



160.074.01	Cover SISSEL® SITFIT® Plus, Ø approx. 37 cm, velours, blue
160.074.03	Cover SISSEL® SITFIT® Plus, Ø approx. 37 cm, velours, burgundy
160.074.04	Cover SISSEL® SITFIT® Plus, Ø approx. 37 cm, velours, gray
160.074.07	Cover SISSEL® SITFIT® Plus, Ø approx. 37 cm, velours, black
160.104.01	Cover SISSEL® SITFIT® Ø approx. 33 cm, velours, blue
160.104.03	Cover SISSEL® SITFIT® Ø approx. 33 cm, velours, burgundy
160.104.04	Cover SISSEL® SITFIT® Ø approx. 33 cm, velours, gray
160.104.07	Cover SISSEL® SITFIT® Ø approx. 33 cm, velours, black
160.114.01	Cover SISSEL® SITFIT® Ø approx. 36 cm, velours, blue
160.114.03	Cover SISSEL® SITFIT® Ø approx. 36 cm, velours, burgundy
160.114.04	Cover SISSEL® SITFIT® Ø approx. 36 cm, velours, gray
160.114.07	Cover SISSEL® SITFIT® Ø approx. 36 cm, velours, black



SISSEL® SITFIT®

Latex-free

A way to work your back – without actively exercising!

- exercises muscles of back and pelvic floor
- builds foot and leg muscles
- relieves upper body and builds back musculature
- can also be used as active, dynamic sitting aid
- valve permits pressure variation, individually adjustable
- max. body weight: 138 kg
- Ø approx. 33 cm (also suitable for children and teens) or 36 cm
- option: velours cover (75% cotton/25% polyester), available in 4 colors

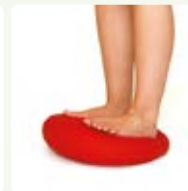


It's never too early for healthy sitting!



The SISSEL® SITFIT® Ø 33 cm is also ideally suited for children. It perfectly works the back muscles during long sitting periods in front of the PC, when studying or doing homework.

One of many exercises shown on the exercise poster.



incl. exercise poster



YouTube

ITEM NUMBER ATTRIBUTES

ITEM NUMBER	ATTRIBUTES
160.100	SISSEL® SITFIT®, Ø approx. 33 cm, red
160.103	SISSEL® SITFIT®, Ø approx. 33 cm, black
160.104	SISSEL® SITFIT®, Ø approx. 33 cm, blue
160.110	SISSEL® SITFIT®, Ø approx. 36 cm, red
160.113	SISSEL® SITFIT®, Ø approx. 36 cm, black
160.114	SISSEL® SITFIT®, Ø approx. 36 cm, blue



SISSEL® DorsaBack & SISSEL® DorsaBack-Pad

Comfortable sitting everywhere!

- prevention and rehabilitation of back problems
- comfortable sitting everywhere – on all chairs, even too soft or deep ones, on all couches
- supports the entire back
- corrects a poor posture
- variable sitting angle (from upright to lying)
- encourages healthy, upright sitting
- easy to transport, weighs only 2.3 kg
- covered in a durable, luxurious polysuede fabric (50% polyester/50% polyamide)
- size: approx. 31 x 50 cm (back), 44 x 37 x 3.5 cm (seat)
- 3 year warranty on shape retention

Optional accessory: SISSEL® DorsaBack-Pad for SISSEL® DorsaBack

- height-adjustable lumbar support
- colors and material identical to the SISSEL® DorsaBack



SISSEL® DorsaBack-Pad for SISSEL® DorsaBack available!

- 1 layered, natural wood shell
- 2 high-quality vinyl foam
- 3 easy to clean cover
- 4 anti-skid underside



without SISSEL® DorsaBack



with SISSEL® DorsaBack



Fixing



YouTube

ITEM NUMBER ATTRIBUTES

121.005.20	SISSEL® DorsaBack, black	
121.006.20	SISSEL® DorsaBack, gray	
121.007.20	SISSEL® DorsaBack, blue	
121.009	SISSEL® DorsaBack-Pad, black	
121.010	SISSEL® DorsaBack-Pad, gray	
121.011	SISSEL® DorsaBack-Pad, blue	



Health guide "Healthy & strong back" available.

You can find more information about the SISSEL® marketing tools in the brochure "Professional Presentation". Ask for your free copy now!



SISSEL® DorsaBack-Car

Use the comfort of the SISSEL® DorsaBack while driving in your car!

- anatomically shaped wooden core
- support of the entire back
- can be easily mounted on every car seat
- cover material made of 50% polyester/50% polyamide
- 3 year warranty on shape retention
- lumbar support SISSEL® DorsaBack-Pad available

Note: do not use if seat rests are equipped with integrated side impact air bags

ITEM NUMBER ATTRIBUTES

121.001	SISSEL® DorsaBack-Car, black
121.002	SISSEL® DorsaBack-Car, gray
121.003	SISSEL® DorsaBack-Car, blue
121.009	SISSEL® DorsaBack-Pad, black
121.010	SISSEL® DorsaBack-Pad, gray
121.011	SISSEL® DorsaBack-Pad, blue



1 Option: Height-adjustable lumbar support SISSEL® DorsaBack-Pad available!



SISSEL® Back

Special treatment for a "car-damaged" lumbar spinal column!

- upright, improved sitting while driving
- supports lumbar spine during long car rides
- gently guides the spine into a relaxed and healthy position
- easy and fast mounting on every car seat thanks to two sturdy belts
- 100% polyester cover, washable at 40° C
- size: approx. 33 x 33 cm

Note: do not use if seat rests are equipped with integrated side impact air bags

ITEM NUMBER ATTRIBUTES

121.015	SISSEL® Back, blue
121.016	SISSEL® Back, gray
121.015.01	Extra cover, blue
121.016.01	Extra cover, gray



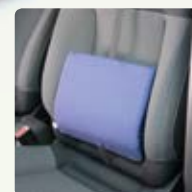
SISSEL® Tour

The height-adjustable lumbar support!

- secures to the car seat with an elastic band
- ideal for vehicles without integrated lumbar support
- adjustable in height – can be adjusted to individual needs
- size: approx. 31.5 x 25.5 x 5.5 cm deep
- made from cut PU foam, comes with 100% cotton cover (washable at 40° C)

ITEM NUMBER ATTRIBUTES

121.013	SISSEL® Tour, black
121.014	SISSEL® Tour, blue



SISSEL® HEALTHCARE PRODUCTS

HEALTHY MOVING

FIT AND IN SHAPE



SISSEL® PRODUCT VIDEOS

ATTRACTIVE INFORMATION MEDIA AVAILABLE AT [YOUTUBE.COM](https://www.youtube.com) OR YOUR SMARTPHONE!

Many SISSEL® Health Products come with information videos showing how they can be used. They provide insight into the range of applications, how the products operate or training possibilities. Motivating, inspiring and informative. Scan the QR code and immerse yourself in the natural Swedish SISSEL® Health World.

Note: QR codes can be found on the packaging of many SISSEL® products.



 INFORMATION VIDEOS AT [YOUTUBE.COM/SISSEL.COM](https://www.youtube.com/sisselcom)

SISSEL® Medicine Ball

One of the best fitness and rehabilitation tools for a whole body workout!

- ideal for muscle build-up
- areas of application: gymnastics, general fitness, stamina build-up and therapeutic applications in physical rehabilitation programs
- available in 5 weights (1–5 kg) for users of all ages
- material: thermo-plastic polyethylene, non-toxic, lead-free, anti-static, UV resistant
- non-slip, washable surface
- waterproof

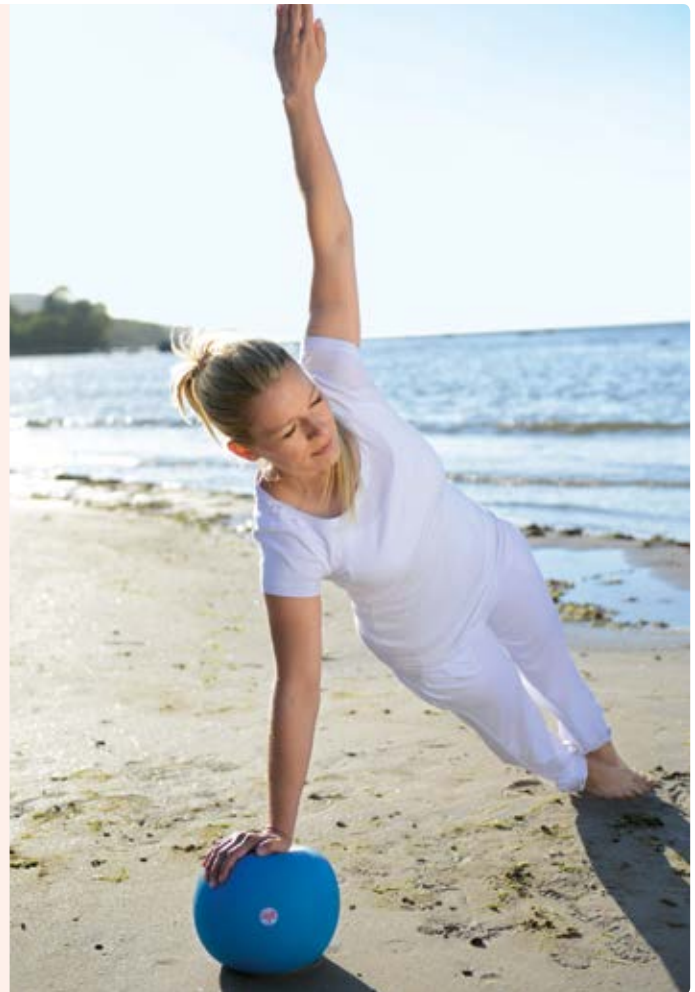


Display for up to 5 SISSEL® Medicine Balls available.



YouTube

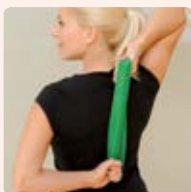
ITEM NUMBER	ATTRIBUTES					
160.320	SISSEL® Medicine Ball, 1 kg, Ø approx. 18.5 cm, crimson					
160.321	SISSEL® Medicine Ball, 2 kg, Ø approx. 21.5 cm, violet					
160.322	SISSEL® Medicine Ball, 3 kg, Ø approx. 23.5 cm, blue					
160.323	SISSEL® Medicine Ball, 4 kg, Ø approx. 26 cm, sand					
160.324	SISSEL® Medicine Ball, 5 kg, Ø approx. 29 cm, green					
160.310	Display for 5 SISSEL® Medicine Balls					





SISSEL® Exercise Loop

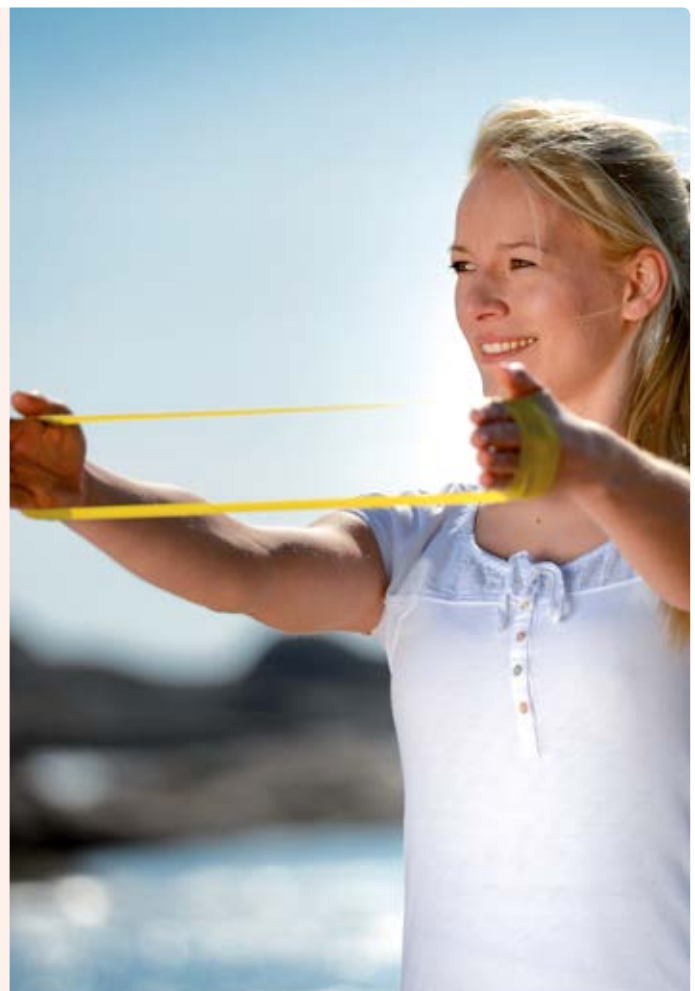
A well-rounded tool for your fitness!

- ideal aid for progressive muscle build-up in fitness and rehabilitation
- for a wide range of applications: group and personal training, aqua gym and senior fitness
- small, convenient and ready to use
- ideal fitness aid for travelling
- set of 2: 1 light for muscle build-up (yellow), 1 strong for fitness training and toning (green)
- size: approx. 5 cm x 33 cm
- with exercise instruction



YouTube

ITEM NUMBER	ATTRIBUTES		
163.110	SISSEL® Exercise Loop, set of 2, 1 yellow, 1 green		



SISSEL® Fitband & SISSEL® Fitband Essential

A strong band for workout and therapy!

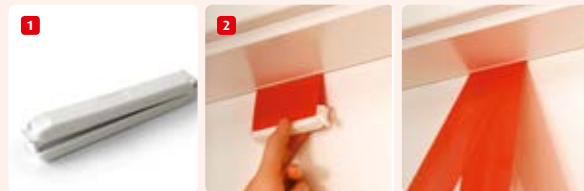
- supports therapy, movement exercises and muscle increase for all ages
- available in 4 levels of resistance for progressive exercising
- less powder – nice to touch
- material: allergen-reduced natural latex
- **SISSEL® Fitband** incl. 1 clip (approx. 7.5 cm x 2 m); also available in rolls (approx. 14.5 cm x 5 m / 14.5 cm x 25 m / 14.5 cm x 46 m) for groups

NEW: Less expensive shorter version

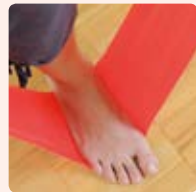
- **SISSEL® Fitband Essential:** approx. 15 cm x 2.5 m and approx. 15 cm x 1.5 m



ITEM NUMBER	ATTRIBUTES				
163.005	SISSEL® Fitband, yellow (light), approx. 7.5 cm x 2 m				
163.006	SISSEL® Fitband, red (medium), approx. 7.5 cm x 2 m				
163.007	SISSEL® Fitband, green (strong), approx. 7.5 cm x 2 m				
163.008	SISSEL® Fitband, blue (x-strong), approx. 7.5 cm x 2 m				
163.009	SISSEL® Fitband, yellow (light), approx. 14.5 cm x 5 m				
163.010	SISSEL® Fitband, red (medium), approx. 14.5 cm x 5 m				
163.011	SISSEL® Fitband, green (strong), approx. 14.5 cm x 5 m				
163.012	SISSEL® Fitband, blue (x-strong), approx. 14.5 cm x 5 m				
163.013	SISSEL® Fitband, yellow (light), approx. 14.5 cm x 25 m				
163.014	SISSEL® Fitband, red (medium), approx. 14.5 cm x 25 m				
163.015	SISSEL® Fitband, green (strong), approx. 14.5 cm x 25 m				
163.016	SISSEL® Fitband, blue (x-strong), approx. 14.5 cm x 25 m				
163.060	SISSEL® Fitband, yellow (light), approx. 14.5 cm x 46 m				
163.061	SISSEL® Fitband, red (medium), approx. 14.5 cm x 46 m				
163.062	SISSEL® Fitband, green (strong), approx. 14.5 cm x 46 m				
163.063	SISSEL® Fitband, blue (x-strong), approx. 14.5 cm x 46 m				
163.101	SISSEL® Fitband Essential, yellow (light), approx. 15 cm x 2.5 m				
163.102	SISSEL® Fitband Essential, red (medium), approx. 15 cm x 2.5 m				
163.103	SISSEL® Fitband Essential, green (strong), approx. 15 cm x 2.5 m				
163.104	SISSEL® Fitband Essential, blue (x-strong), approx. 15 cm x 2.5 m				
163.105	SISSEL® Fitband Essential, yellow (light), approx. 15 cm x 1.5 m				
163.106	SISSEL® Fitband Essential, red (medium), approx. 15 cm x 1.5 m				
163.107	SISSEL® Fitband Essential, green (strong), approx. 15 cm x 1.5 m				
163.108	SISSEL® Fitband Essential, blue (x-strong), approx. 15 cm x 1.5 m				



- 1 Clip system prevents knots (7.5 cm x 2 m band).
- 2 With clip also suitable for door application.



SISSEL® Fitband Essential, extra-wide for maximum comfort



SISSEL® Fitband also available in rolls



YouTube

7.5 cm x 2 m band includes exercise instruction



SISSEL® Fitbands – the bands with reduced protein contents.

Latex bands are an indispensable part of therapy but the basic material, latex, usually contains a high level of proteins.

The SISSEL® Fitband is different.

Most of the proteins in the natural material latex which cause an allergic reaction have been removed using a complex cleaning process. The result is a band proven to have fewer allergens.



SISSEL® FLOSSING BAND

The SISSEL® Flossing Band is made of the same high-quality, allergen-reduced natural latex we use for the SISSEL® Fitbands. More information about the SISSEL® Flossing Band on page 73.

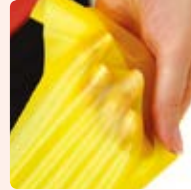
SISSEL® Fun & Active Band

The strong aid for your fitness!

- ideal aid for low impact workouts
- pleasant texture and extra tough
- available in 3 different levels of resistance
- pleasant to the touch material
- latex-free and odorless
- with practical sports box
- size: approx. 15 x 200 cm
- also available in attractive, sales promoting display (with 4 pcs./color)



ITEM NUMBER	ATTRIBUTES
163.200	SISSEL® Fun & Active Band, orange, light
163.201	SISSEL® Fun & Active Band, yellow, medium
163.202	SISSEL® Fun & Active Band, green, strong
163.210	Display SISSEL® Fun & Active Band, 4 pcs./color



YouTube

SISSEL® Fit-Tubes

Small, versatile and affordable!

- for wellness, rehabilitation, muscle strengthening and aerobics
- concise posture and stretching exercises for upper body and legs
- with hygienic, flexible handles for a better grip

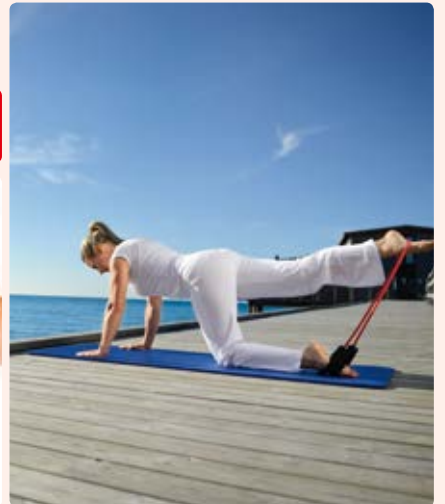


incl. exercise manual



ITEM NUMBER	ATTRIBUTES
163.030	SISSEL® Fit-Tube, yellow (light), incl. exercise manual
163.031	SISSEL® Fit-Tube, red (medium), incl. exercise manual
163.032	SISSEL® Fit-Tube, green (strong), incl. exercise manual
163.033	SISSEL® Fit-Tube, blue (x-strong), incl. exercise manual

with hygienic flexible handles



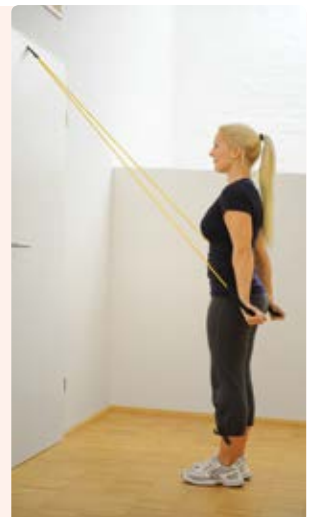
YouTube

SISSEL® Door Anchor

The practical accessory to diversify resistance band and tube exercises!

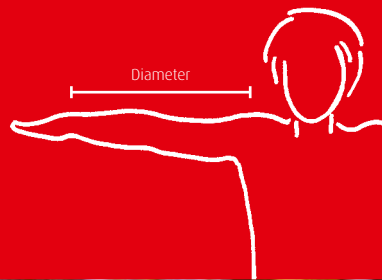
- flexible door attachment for resistance bands and tubes
- easy adjustment by clamping in the door
- variable placement side, top or bottom of the door for targeted training

ITEM NUMBER	ATTRIBUTES
163.029	SISSEL® Door Anchor



Which size is right for me?

Measure the length of your arm from shoulder to hand. This measurement roughly corresponds to the required minimum diameter. Always choose the ball slightly larger in diameter!



Product brochure "The natural way" available.

You can find more information about the SISSEL® marketing tools in the brochure "Professional Presentation". Ask for your free copy now!



SISSEL® Securemax® Ball

Ideal for total body conditioning and therapy!




- noticeably relieves spine and strengthens back musculature
- encourages correct sitting
- a proven medical device in physio therapy
- use to sit on at home or school
- including exercise poster and plug lifter
- surface has a pleasant, friendly to the touch structure, extremely resistant to abrasion
- contains CITROFOL® BII, a PVC softener based on renewable resources
- burst-proof up to 500 kg
- for a user weight of up to 150 kg
- sizes: Ø approx. 45 cm, 55 cm, 65 cm or 75 cm
- available in 4 diameters and 3 colors

The Securemax® System:

For your safety – when punctured, the ball will not burst but loose air gradually.



ITEM NUMBER ATTRIBUTES

ITEM NUMBER	ATTRIBUTES			
160.008	SISSEL® Securemax® Ball, Ø approx. 45 cm, blue-purple			
160.013	SISSEL® Securemax® Ball, Ø approx. 55 cm, blue-purple			
160.011	SISSEL® Securemax® Ball, Ø approx. 55 cm, red			
160.010	SISSEL® Securemax® Ball, Ø approx. 65 cm, blue-purple			
160.009	SISSEL® Securemax® Ball, Ø approx. 65 cm, red			
160.012	SISSEL® Securemax® Ball, Ø approx. 65 cm, silver			
160.015	SISSEL® Securemax® Ball, Ø approx. 75 cm, blue-purple			
160.014	SISSEL® Securemax® Ball, Ø approx. 75 cm, silver			



YouTube



Safe as always – improved comfort!

SISSEL® Ball

The affordable way to keep fit!

- the ideal fitness device and sitting aid
- relieves spine, strengthens back musculature
- improves correct sitting posture
- improved burst resistance
- burst-proof up to 400 kg
- for a user weight of up to 100 kg
- contains CITROFOL® BII, a PVC softener based on renewable resources
- sizes: Ø approx. 55 cm, 65 cm, 75 cm

ITEM NUMBER ATTRIBUTES

ITEM NUMBER	ATTRIBUTES		
160.060	SISSEL® Ball, Ø approx. 55 cm, blue		
160.061	SISSEL® Ball, Ø approx. 55 cm, red		
160.062	SISSEL® Ball, Ø approx. 65 cm, red		
160.063	SISSEL® Ball, Ø approx. 65 cm, blue		
160.064	SISSEL® Ball, Ø approx. 75 cm, blue		
160.065	SISSEL® Ball, Ø approx. 75 cm, red		



YouTube

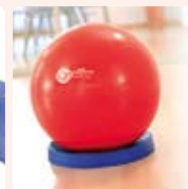
Note: Our Securemax® System is especially recommendable for children, seniors, pregnancy exercises and therapy work.

Accessories

SISSEL® Stabilizer – for a safe workout! Holds the ball in place also when not used. Offers a safe base for pre-birth exercising (Lamar classes etc.). Made from high-quality polypropylene.

Our 3-piece-set of **Stackers** provides a space-saving storage of 3 balls at a time (for ball diameters of Ø approx. 65 cm and up).

The ultra strong **Hand Pump** – even works in case of strong counter pressure.



YouTube

ITEM NUMBER ATTRIBUTES

160.016	SISSEL® Stabilizer, Ø approx. 45 cm, quadripartite, blue
160.017	Set of Stackers, acrylic, 3 pcs.
160.018	Hand Pump



SISSEL® Gym Mat Professional

Our softer gym mat – optimal balance between shock absorption and pressure distribution for floor exercises!

- solid surface for better hygiene
- skin-friendly, warm
- anti-slip
- made from sturdy foam for optimal pressure resistance and durability in professional use
- extremely tear-resistant, rugged
- rolls out flatly
- modern wave structure with rounded edges
- sizes: approx. 180 x 100 x 1.5 cm
- optional: SISSEL® Mat Strap



YouTube

ITEM NUMBER	ATTRIBUTES
200.030	SISSEL® Gym Mat Professional, blue, approx. 180 x 100 x 1.5 cm
200.000	SISSEL® Mat Strap
SISSEL® Gym Mat Professional only available in bulk without packaging.	

SISSEL® Gym Mat

NEW

The optimal exercise mat for sports, fitness, yoga and much more!

- skin-friendly, warm
- hygienic, easy to clean
- handy and easy to roll up
- anti-slip, rugged
- optimal shock absorbing qualities
- from high-quality foam for better pressure resistance
- modern wave structure with rounded edges
- sizes: approx. 180 x 60 x 1.5 cm (green, blue, red and gray) or 180 x 60 x 1.0 cm (blue and gray)
- optional: SISSEL® Carry Bag, SISSEL® Mat Strap



NEW: Hang them higher!
SISSEL® mats now with optional hanging rings!



ITEM NUMBER	ATTRIBUTES
200.001.5	SISSEL® Gym Mat, blue, approx. 180 x 60 x 1.5 cm
200.002.5	SISSEL® Gym Mat, red, approx. 180 x 60 x 1.5 cm
200.003.5	SISSEL® Gym Mat, gray, approx. 180 x 60 x 1.5 cm
200.006.5	SISSEL® Gym Mat, green, approx. 180 x 60 x 1.5 cm
200.004.5	SISSEL® Gym Mat, blue, approx. 180 x 60 x 1.0 cm
200.005.5	SISSEL® Gym Mat, gray, approx. 180 x 60 x 1.0 cm
200.010.015	SISSEL® Carry Bag for Gym Mat
200.000	SISSEL® Mat Strap
SISSEL® Gym Mat also available in bulk without packaging.	



YouTube



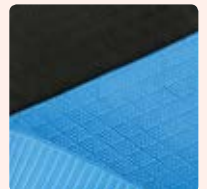


SISSEL® Superior Mat

The premium PVC-FREE mat for fitness, rehabilitation, physio therapy, gymnastics, yoga & Pilates, for studio workout, clinic or home use!

- novelty hi-tech, closed-cell structure
- extreme anti-slip – for a safer workout
- high shock absorption and soft
- easy to clean surface, water-repellent
- light and pleasantly warm to the touch
- attractive look and feel – both side textured design
- nonhazardous material, no PVCs, phthalates, latex!
- size: approx. 180 x 60 x 1.5 cm
- Do not use with shoes.
- optional: SISSEL® Carry Bag, SISSEL® Mat Strap

For a healthy workout
PVC-FREE!



YouTube

ITEM NUMBER	ATTRIBUTES
200.040	SISSEL® Superior Mat, dark gray, approx. 180 x 60 x 1.5 cm
200.040.5	SISSEL® Superior Mat, dark gray, approx. 180 x 60 x 1.5 cm, incl. packaging
200.041	SISSEL® Superior Mat, blue, approx. 180 x 60 x 1.5 cm
200.041.5	SISSEL® Superior Mat, blue, approx. 180 x 60 x 1.5 cm, incl. packaging
200.010.015	SISSEL® Carry Bag for Gym Mat
200.000	SISSEL® Mat Strap

SISSEL® Gym Mats – accessories

1 SISSEL® Carry Bag for Gym Mat
(up to 60 cm width)

2 SISSEL® Mat Strap – The practical carry strap for your SISSEL® exercise mats and roller!

- ideal for transporting exercise mats and roller
- easy and quick adaption of diameter
- comfortable length, approx. 3.2 cm wide
- material: 100% cotton, natural-colored



ITEM NUMBER	ATTRIBUTES
200.000	SISSEL® Mat Strap
200.010.015	SISSEL® Carry Bag for Gym Mat

SISSEL® Sport-Swing

The multifunctional fitness bar for dynamic core exercises!

- designed to specifically build-up trunk musculature, for cardio and strength training, motion exercises, training of deep musculature and to improve posture and coordination
- specially developed for professional use in sports and fitness
- ergonomically shaped handle for convenient usage and safe grip
- high-quality, anti-slip handle and end pieces made from silicone rubber – odorless
- extremely rugged bar with perfectly tuned vibration action
- length: approx. 150 cm



incl. exercise poster



YouTube

Display for up to 14 SISSEL® Sport-Swings available.

ITEM NUMBER ATTRIBUTES

162.055 SISSEL® Sport-Swing, incl. exercise poster

162.055.20 Display for 14 SISSEL® Sport-Swing

SISSEL® Sport-Swing also available in bulk without packaging.



SISSEL® Fit-Dome Pro

The multi-functional fitness tool!

- ideally suited for balance, cardio, strength and proprioceptive exercises
- for a versatile and effective full-body workout
- platform facing up or down permits balance training in many variations
- functional and sports-oriented exercise tool
- challenging in individually varying degrees
- with pump and exercise poster
- burst-proof up to 200 kg dynamic weight
- size: Ø approx. 60 cm, 25 cm high
- tubes optionally available (set of 2)



incl. exercise poster



YouTube

ITEM NUMBER ATTRIBUTES

160.311 SISSEL® Fit-Dome Pro

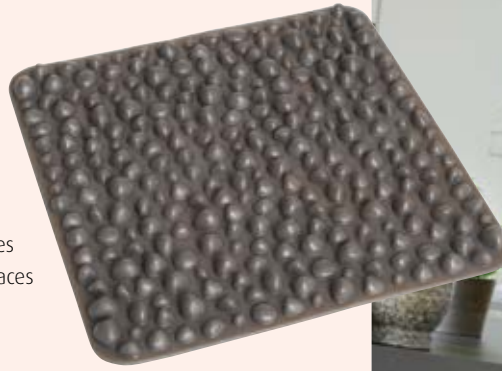
160.311.10 Tubes for SISSEL® Fit-Dome Pro



SISSEL® STEP-FIT®

The natural pebble beach for your home!

- improves whole-body coordination
- suitable for senso-motor training after injuries of the musculoligamentous structures of the foot, ankle, knee and hip
- for proprioceptive training after injuries/surgeries
- suitable for sensitivity training with various surfaces
- ideal for reflexology
- stimulates the metabolism
- promotes blood circulation
- for balance training and fall prevention exercises
- material: flexible, washable TPE (thermoplastic elastomer)
- size: approx. 49 x 49 cm



YouTube



Also suitable for parcours application with other proprioceptive devices.

ITEM NUMBER **ATTRIBUTES**

162.053 SISSEL® STEP-FIT®, approx. 49 x 49 cm, gray

SISSEL® Balancefit® Pad & SISSEL® Balancefit® Pad large

Ideal balance training!

- for coordination and reaction training
- for stability exercises
- neuromuscular exercises for maintaining balance proficiency
- for indoor, outdoor and water use
- with anti-slip coating
- material: TPE (thermoplastic elastomer)
- free of PVC, recyclable
- available in 2 sizes and colors:
SISSEL® Balancefit® Pad: approx. 50 x 41 x 6 cm, weight: approx. 0.6 kg (blue marbled, black marbled)
SISSEL® Balancefit® Pad large: approx. 95 x 41 x 6 cm, weight: approx. 1.1 kg (blue marbled)
- max. body weight: 120 kg



SISSEL® Balancefit® Pad



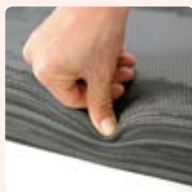
SISSEL® Balancefit® Pad large



The maxi-version – extra large!



sturdy material



SISSEL® Balancefit® Pad



SISSEL® Balancefit® Pad large

YouTube



incl. exercise poster

ITEM NUMBER **ATTRIBUTES**

162.040 SISSEL® Balancefit® Pad, blue marbled

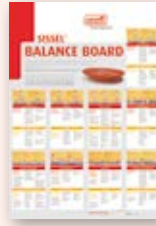
162.043 SISSEL® Balancefit® Pad, black marbled

162.041 SISSEL® Balancefit® Pad large, blue marbled

SISSEL® Balance Board

For balance and proprioceptive exercises!

- improves coordination and motor functions
- strengthens core muscles
- improves concentration
- max. body weight: 100 kg
- material: washable hard plastic
- size: Ø approx. 40 cm, 8 cm high



incl. exercise poster



YouTube

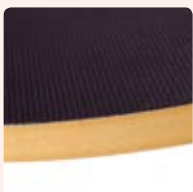
ITEM NUMBER	ATTRIBUTES
162.051	SISSEL® Balance Board



SISSEL® Balance Board Dynamic

Improves balance and coordination!

- standing on the Balance Board Dynamic: effective balance exercise, one of the many exercise variations
- for progressive exercising without changing equipment
- max. body weight: 150 kg
- material: wood, with PVC surface
- size: Ø approx. 40 cm, 8 cm high



ITEM NUMBER	ATTRIBUTES
162.058	SISSEL® Balance Board Dynamic



SISSEL® Balancefit®

Multifunctional training device to improve balance, physical coordination, strength and circulation!

- specially shaped knobbles in two different thicknesses on the standing surface increase the body's perceptive ability
- for foot-massage, e.g. for varicose vein relief exercises
- also suitable to exercise pelvic floor
- can also be used as active, dynamic sitting aid
- with needle-valve for individual pressure regulation
- max. body weight: 130 kg
- size: Ø approx. 32 cm



YouTube

ITEM NUMBER ATTRIBUTES

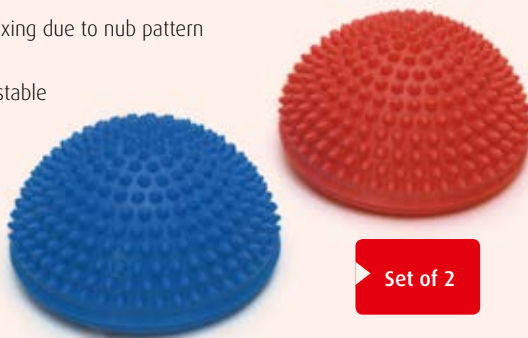
162.030	SISSEL® Balancefit®, red
162.031	SISSEL® Balancefit®, blue



SISSEL® Spiky Dome

Find your balance and have a fun workout!

- for better coordination and balance
- to increase physical perception and mobility
- suitable for all ages
- blissful foot massage, relaxing due to nub pattern
- one solid piece
- pressure individually adjustable
- max. body weight: 80 kg
- size: Ø approx. 16 cm
- set of 2 with one red and one blue



Set of 2

Also suitable for parcours application with other proprioceptive devices.

YouTube



ITEM NUMBER ATTRIBUTES

161.040	SISSEL® Spiky Dome, set of 2: 1 red, 1 blue
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SISSEL® Massage Roller

Rolling away tensions!

- ideal for massage and relaxation
- use to treat muscle tensions and for massage of connective tissue
- for prevention of muscle tensions
- enhances circulation
- perfectly suited for the massage of back and leg muscles
- material: PE* (see page 52)
- size: Ø approx. 15 cm, approx. 47 cm long
- weight: approx. 380 g

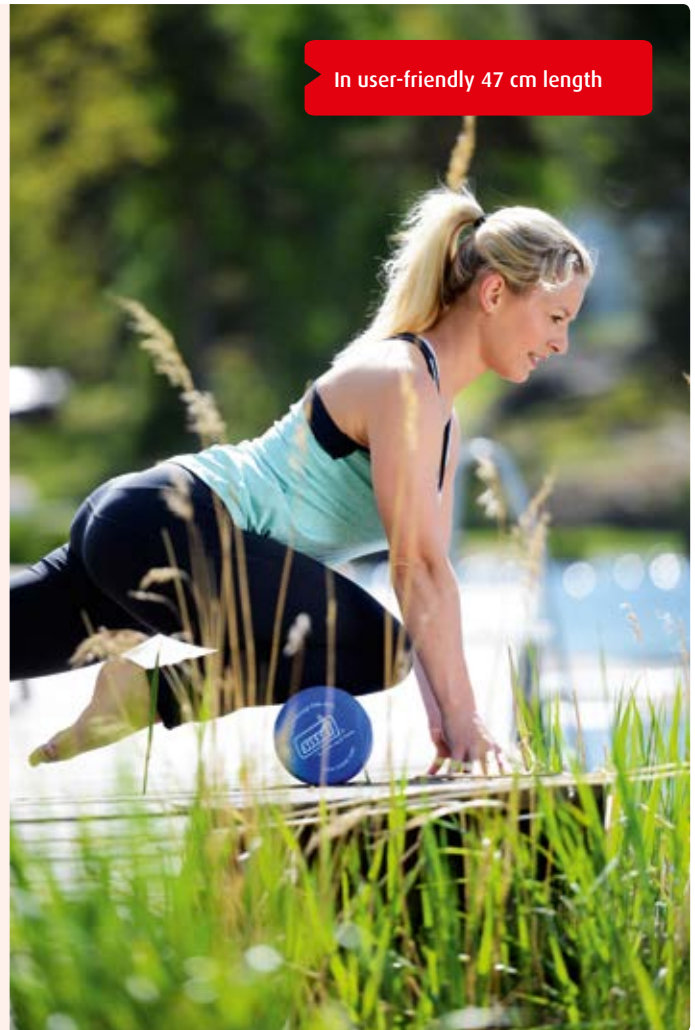


YouTube

ITEM NUMBER	ATTRIBUTES
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310.025	SISSEL® Massage Roller, approx. 47 cm, solid blue
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In user-friendly 47 cm length



NEW



SISSEL® Myofascia Roller

The fascia roller to enhance muscle activity and regeneration!

- for targeted release and relaxation of muscles and fascial soft tissue
- improvement of muscle function, regeneration and flexibility
- prevention of muscle soreness
- areas of application: massage of neck, shoulder, upper arm and back musculature, hip and calf muscles, front/inner/back thighs
- ideal addition to sports, physiotherapy, osteopathy
- intense, deep penetrating massage
- shape-retaining, rugged, easy to use
- anatomically optimized size - for extra comfort, adjusted to hip/shoulder width
- with ergonomic recess for safe usage and proper exercising
- material: EPP (expanded polypropylene) – recyclable, odorless
- size: Ø approx. 15 cm, length: approx. 40 cm



For extra comfort:
anatomically optimized size with ergonomic recess



YouTube

Available in 5 attractive colors and as soft version (white/blue)!



ITEM NUMBER	ATTRIBUTES						
162.080	SISSEL® Myofascia Roller, black						
162.081	SISSEL® Myofascia Roller, magenta						
162.082	SISSEL® Myofascia Roller, blue						
162.083	SISSEL® Myofascia Roller, soft						
162.084	SISSEL® Myofascia Roller, lime green						
162.085	SISSEL® Myofascia Roller, magenta/lime						

SISSEL® Myofascia Roller Mini

The convenient fascia roller in mini-size – small, light-weight, for use everywhere!

- for self-massage of tensions in small, sensitive body parts and muscle groups
- for intensive pressure massage of fore-/upper arms, neck/shoulders, face/ forehead, leg muscles and foot sole
- very suitable for massaging the connective tissue
- use on the floor or on the wall
- small, light, easy to use due to optimized length
- portable and convenient to take along.
- material: EPP (expanded polypropylene) – recyclable, odorless
- size: approx. 5.2 x 17 cm



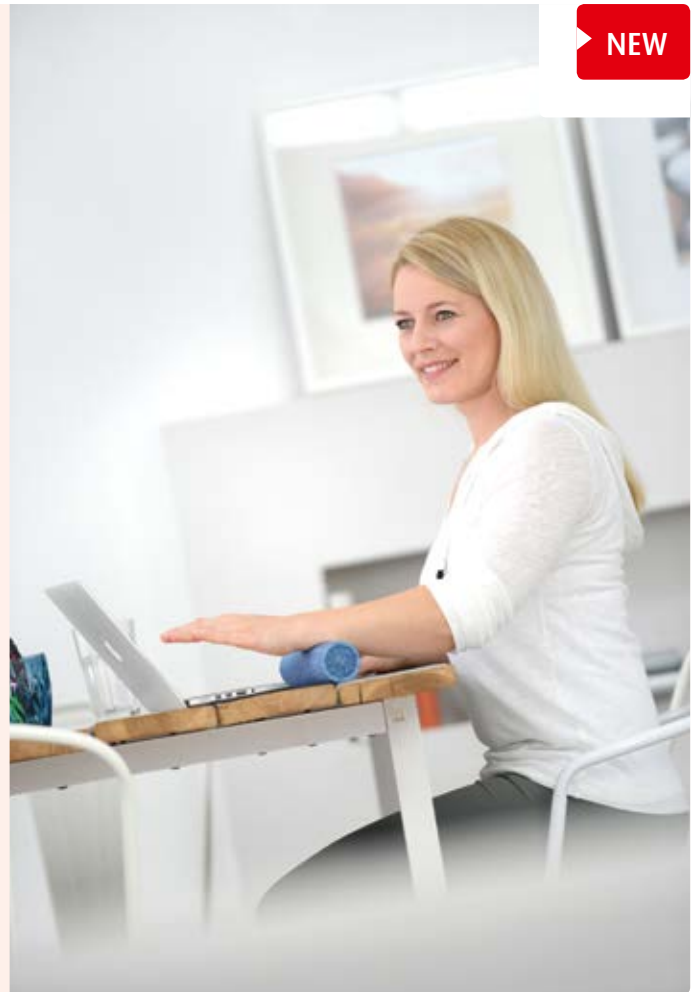
YouTube



ITEM NUMBER **ATTRIBUTES**

162.092 SISSEL® Myofascia Roller Mini, black

162.097 SISSEL® Myofascia Roller Mini, blue



NEW

SISSEL® Myofascia Ball

The fascia ball for deep tissue self-massage!

- for self-massage and targeted release of tense muscles
- for intensive pressure massage of neck, feet and back
- improvement of muscle function, regeneration and flexibility
- Use on the floor, table or on the wall
- available in 2 sizes: approx. 8 cm, approx. 12 cm
- material: EPP (expanded polypropylene) – recyclable, odorless



YouTube



ITEM NUMBER **ATTRIBUTES**

162.090 SISSEL® Myofascia Ball, ca. 8 cm, black

162.095 SISSEL® Myofascia Ball, ca. 8 cm, blue

192.091 SISSEL® Myofascia Ball, ca. 12 cm, black

162.096 SISSEL® Myofascia Ball, ca. 12 cm, blue



NEW

SISSEL® Myofascia Double Ball

The massage tool for fascial release of back, neck and leg muscles!

- for self-massage and targeted release of tense muscles
- simultaneously targets tensions, constrictions of the muscles aligned on both sides of spinal column
- for intensive pressure massage of neck, calf and leg muscles
- Use on the floor or on the wall
- material: EPP (expanded polypropylene) – recyclable, odorless
- size: approx. 8 x 16 cm, approx. 12 x 24 cm



YouTube



ITEM NUMBER ATTRIBUTES

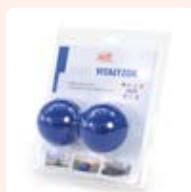
ITEM NUMBER	ATTRIBUTES
162.093	SISSEL® Myofascia Double Ball, 16 cm, black
162.098	SISSEL® Myofascia Double Ball, 16 cm, blue
162.094	SISSEL® Myofascia Double Ball, 24 cm, black
162.099	SISSEL® Myofascia Double Ball, 24 cm, blue



SISSEL® Vitalyzor

The full body soft tissue release system to vitalize your muscles!

- for muscle release and activation
- fibrous connective tissue, knotted by injuries or degeneration, can be precisely targeted and released
- preparation for stretching and relaxation exercises
- ideal device to target tenseness throughout the entire body, especially the back
- hygienic, skinfriendly, portable
- material: high-quality silicone
- incl. exercise manual



YouTube

ITEM NUMBER ATTRIBUTES

161.014	SISSEL® Vitalyzor
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SISSEL® HEALTHCARE PRODUCTS

YOGA

MENTAL BALANCE, FRESH ENERGY



SISSEL® Yoga Relax Cushion

For relaxing moments!

- attractive yoga cushion
- perfect for body exercises, relaxation and meditation
- also suitable as comfortable and useful sitting aid
- maximum sitting comfort
- filling: 100% pure spelt (approx. 27 l), dedusted, heat-treated
- cover: 100% polyester
- size: Ø approx. 40 cm, height approx. 15 cm
- weight incl. filling: approx. 2.6 kg



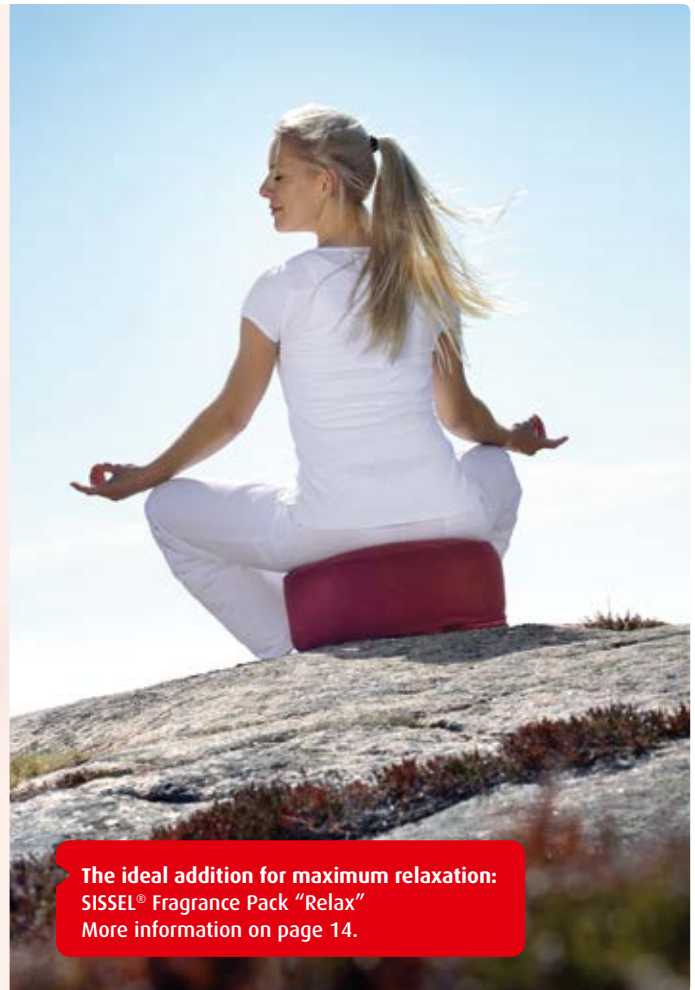
YouTube



ITEM NUMBER ATTRIBUTES

110.200 SISSEL® Yoga Relax Cushion, nori-green

110.201 SISSEL® Yoga Relax Cushion, bordeaux



The ideal addition for maximum relaxation:
SISSEL® Fragrance Pack "Relax"
More information on page 14.

SISSEL® Yoga Block & SISSEL® Yoga Belt

Getting away from everyday life with concentration, selected exercises and relaxation!

- suitable for yoga beginners as well as pros
- SISSEL® Yoga Blocks – extremely light, sturdy blocks, dimensionally stable, made of foam (burgundy), size: approx. 22.5 x 7.5 x 15 cm or solid cork, size: approx. 23 x 7.5 x 12 cm
- SISSEL® Yoga Belt: a fortified cotton strap, natural-colored, approx. 3.75 x 180 cm or 3.75 x 300 cm



YouTube



ITEM NUMBER ATTRIBUTES

162.065 SISSEL® Yoga Block, burgundy

162.066 SISSEL® Yoga Block, cork

162.060 SISSEL® Yoga Belt, approx. 1.8 m

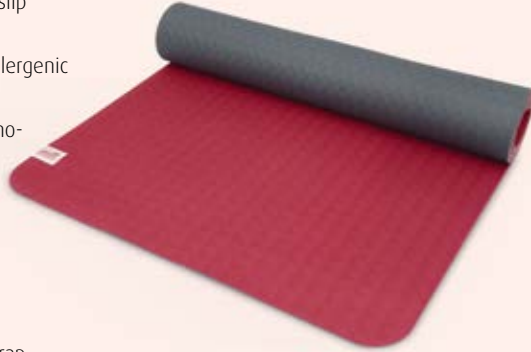
162.061 SISSEL® Yoga Belt, approx. 3 m



SISSEL® Terra Yoga Mat

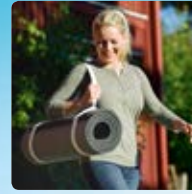
The premium yoga mat - comfortable, non-slip, eco-friendly!

- optimal shock absorbing properties, elastic and comfortable
- superior grip surface, non-slip
- heat and cold resilient
- PVC- and latex-free, non-allergenic
- double sided use
- material: 100% TPE (thermo-plastic elastomers) - bio-degradable
- cleaning: with a damp cloth or hand shower
- size: approx. 183 x 61 x 0.4 cm
- optional: carry bag, mat strap

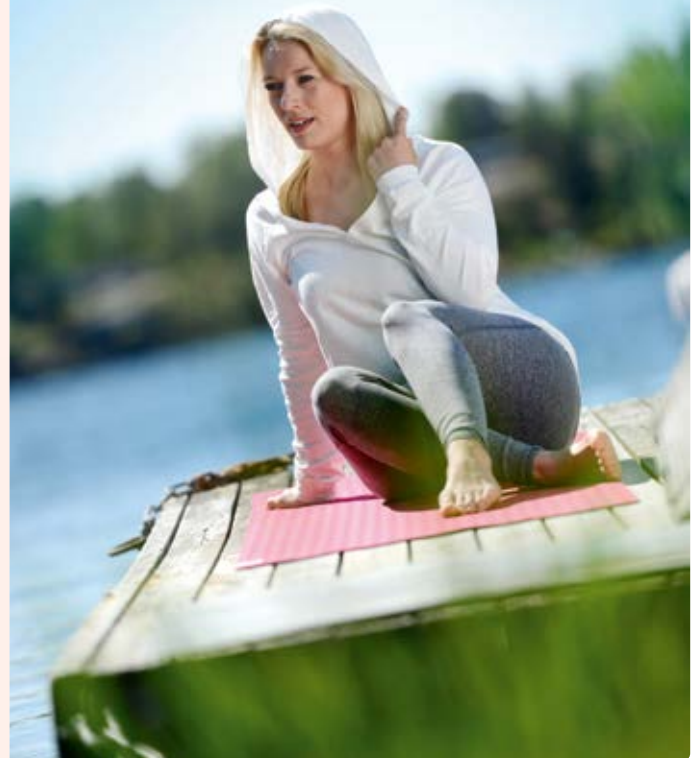


YouTube

ITEM NUMBER	ATTRIBUTES
200.026	SISSEL® Terra Yoga Mat
200.010.015	SISSEL® Carry Bag for Gym Mat
200.023	SISSEL® Carry Bag for Yoga Mat
200.000	SISSEL® Mat Strap



Practical mat strap available (see p. 35).



SISSEL® Pilates & Yoga Mat

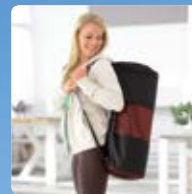
The versatile, skid-proof mat for Pilates and yoga workouts!

- high-quality, anti-slip exercise mat
- wipe clean surface, rolls up easily
- with attractive fabric border
- material: PVC/polyester
- size: approx. 180 x 60 x 0.6 cm
- optional: carry bag, mat strap



YouTube

ITEM NUMBER	ATTRIBUTES
310.040	SISSEL® Pilates & Yoga Mat
200.010.015	SISSEL® Carry Bag for Gym Mat
200.023	SISSEL® Carry Bag for Yoga Mat
200.000	SISSEL® Mat Strap



Practical carry bag available (see p. 35).



SISSEL® Yoga Mat

The reliable mat for yoga and more!

- wipeable, rolls up easily
- material: PVC
- size: approx. 180 x 60 x 0.4 cm
- optional: carry bag, mat strap



YouTube

ITEM NUMBER ATTRIBUTES

200.024	SISSEL® Yoga Mat, royal blue
200.025	SISSEL® Yoga Mat, fuchsia
200.010.015	SISSEL® Carry Bag for Gym Mat
200.023	SISSEL® Carry Bag for Yoga Mat
200.000	SISSEL® Mat Strap



SISSEL® Yoga Socks

The anti-slip socks for yoga, Pilates, dance and barefoot exercises!

- with especially warm, padded bottom for maximum comfort
- rubberized, anti-slip bottom for a safe stand and correct exercising
- with thermal-regulating effect, deodorizing
- material: 65% cotton, 5% spandex, 25% rubber, 5% nylon
- washable at 30° C
- 2 sizes: S/M (36-40), L/XL (41-45)

ITEM NUMBER ATTRIBUTES

162.108	SISSEL® Yoga Socks, S/M (36-40)
162.109	SISSEL® Yoga Socks, L/XL (41-45)



SISSEL® Carry Bag for Yoga Mat

The trendy carry bag for yoga and exercise mats!

- practical accessory for leisure, sports and much more
- suitable for all SISSEL® yoga and exercise mats up to 60 cm width
- with pocket for small items
- material/color: polyester, lime green, with white PP (polypropylene) trimmings
- size: approx. 60 x 18 cm

ITEM NUMBER ATTRIBUTES

200.023	SISSEL® Carry Bag for Yoga Mat
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PILATES MATWORK

A perfect harmony of body, mind and soul, a toned, attractive body, strength and mental power combined in a unique exercise system – that's Pilates. Practiced by many celebrities, stars and dancers for years, Pilates has entered the fitness mainstream.

The secret of the method is its holistic approach with multiple positive effects on body and mind: Pilates perfectly tones and shapes the body. It improves flexibility, strength, endurance and mental balance. The pay for the effort is a completely new way your body looks, feels and performs everyone is thrilled of – no matter what age. Pilates matwork, formerly called the "divine discipline" by Joseph Pilates, is the most well-known facet of Pilates training. He developed countless gentle yet extremely effective exercises, which can be practiced on a mat without accessories. In addition, depending on the level of difficulty desired, small props such as Pilates bands, balls, rollers etc. can be used to modify and intensify the exercises. Pilates matwork can be easily practiced at home. In addition, many gyms and physiotherapy practices have integrated the method and offer Pilates matwork as personal training or group classes.

A growing number of fitness- and health-conscious people are fascinated by the unique whole body training. And for a very good reason. Joseph Pilates, founder of the legendary Pilates method (*9.12.1883 in Mönchengladbach, † 1967 in New York), himself predicted:

"After 10 sessions you'll notice a difference, after 20 others will notice, after 30 you'll have a whole new body."



For more information about Pilates training and products please ask for our latest SISSEL® Pilates catalog or visit our website www.sissel.com.

Get your free sample now!





YouTube

SISSEL® Pilates Circle

Great variety of exercises for core and leg strength!

- resistance training ring
- embedded metal ring with padding on both sides
- soft and comfortable due to anti-slip coating
- Ø approx. 38 cm black



incl. exercise poster



ITEM NUMBER ATTRIBUTES

310.020 SISSEL® Pilates Circle, incl. exercise poster



SISSEL® Pilates Toning Ball

▶ Set of 2

A perfect addition to your Pilates mat program!

- exercises arms, shoulders and upper body
- toning balls can be easily integrated into many more Pilates exercises
- available in 2 weights:
approx. 450 and 900 g, set of 2
- size: Ø approx. 9 cm



YouTube

ITEM NUMBER	ATTRIBUTES
310.037	SISSEL® Pilates Toning Ball, approx. 450 g, set of 2, blue
310.038	SISSEL® Pilates Toning Ball, approx. 900 g, set of 2, blue



SISSEL® Pilates Soft Ball

Supports deep relaxation!

- for muscle build-up
- very suitable for spinal column and abdominal muscle exercises
- available in 2 colors and 2 sizes:
Ø approx. 22 cm, Ø approx. 26 cm
- handles weights up to 155 kg
- incl. exercise manual



YouTube

ITEM NUMBER	ATTRIBUTES
310.030	SISSEL® Pilates Soft Ball, Ø approx. 22 cm, blue
310.031	SISSEL® Pilates Soft Ball, Ø approx. 26 cm, blue
310.034	SISSEL® Pilates Soft Ball, Ø approx. 22 cm, metallic
310.035	SISSEL® Pilates Soft Ball, Ø approx. 26 cm, metallic



SISSEL® Pilates Core Trainer

The all-round tool for an effective core workout!

- use to strengthen back, arm and leg musculature
- for a targeted shaping of individual problem zones
- suitable for fitness, aerobics and therapy
- with four loops for simultaneous training of arms and legs
- with high-quality hygienic handles for a safe grip and easy handling
- medium strength for effective resistance training
- material: multiple layer latex



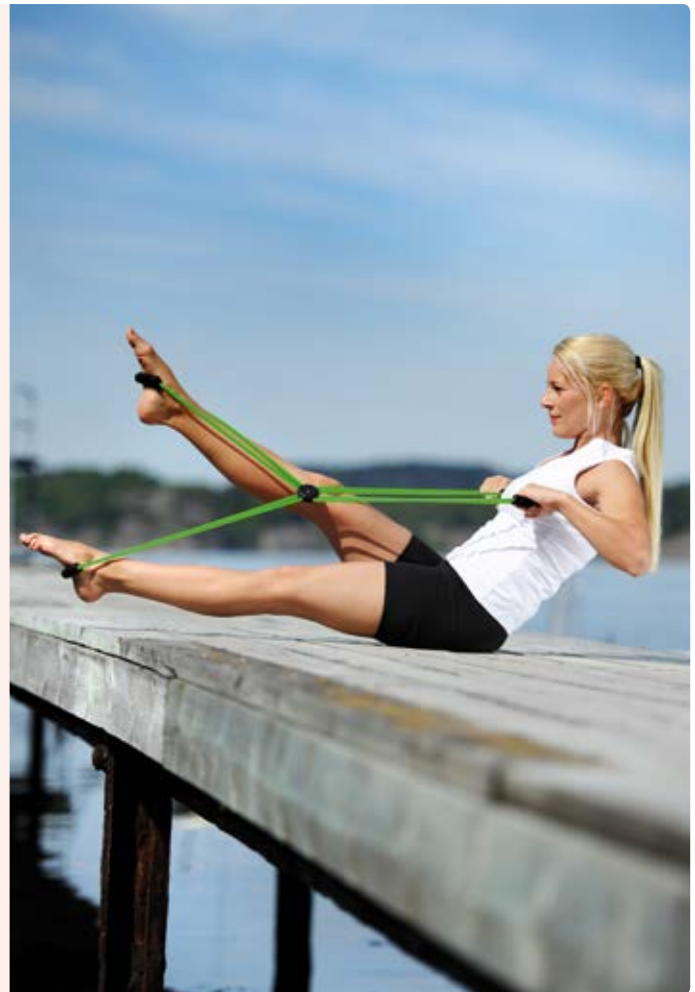
incl. exercise manual



YouTube

ITEM NUMBER ATTRIBUTES

310.121 SISSEL® Pilates Core Trainer, lime green



SISSEL® Pilates Band

Supports dynamic mat exercises!

- made of cotton canvas with 6 integrated pockets to hold hands or feet according to the exercise selected
- simple support for increased core stability and perfect posture while exercising
- offers resistance thus increasing the intensity of the exercise
- material: 100% cotton
- size: approx. 20 x 125 cm
- available in 3 colors



YouTube



incl. exercise poster

ITEM NUMBER ATTRIBUTES

310.050 SISSEL® Pilates Band, natural-colored
 310.051 SISSEL® Pilates Band, blue
 310.052 SISSEL® Pilates Band, red



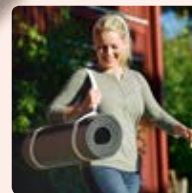
SISSEL® Pilates Roller

Ideal addition to Pilates mat training!

- for balance and core stabilization
- material: PE*
- size: Ø approx. 15 cm, length approx. 90 cm
- also available: SISSEL® Pilates Roller Center, designed to store up to 5 rollers safely and effectively (see p. 54), SISSEL® Mat Strap (see p. 35)

Info: Fascia

Apart from strengthening and stability exercises, the SISSEL® Pilates Roller/Pro and SISSEL® Intense Roller are also ideally suited for the release of fascial soft tissue.



Practical carry strap available (see p. 35).



incl. exercise poster

ITEM NUMBER	ATTRIBUTES
310.010	SISSEL® Pilates Roller, approx. 90 cm, white, incl. exercise poster
200.000	SISSEL® Mat Strap

SISSEL® Pilates Roller Pro

The sturdy roller!

- suitable for beginning and advanced Pilates exercises
- broadens your Pilates exercise options
- more rugged than the SISSEL® Pilates Roller – ideal for professional exercise classes in studio or gym
- material: PE*
- size: Ø approx. 15 cm, length approx. 90 and 100 cm
- also available: SISSEL® Pilates Roller Center, designed to store up to 5 rollers safely and effectively (see p. 54), SISSEL® Mat Strap (see p. 35)



incl. exercise poster

ITEM NUMBER	ATTRIBUTES
310.011	SISSEL® Pilates Roller Pro, approx. 90 cm, solid blue, incl. exercise poster
310.014	SISSEL® Pilates Roller Pro, approx. 100 cm, solid blue, incl. exercise poster
200.000	SISSEL® Mat Strap

YouTube

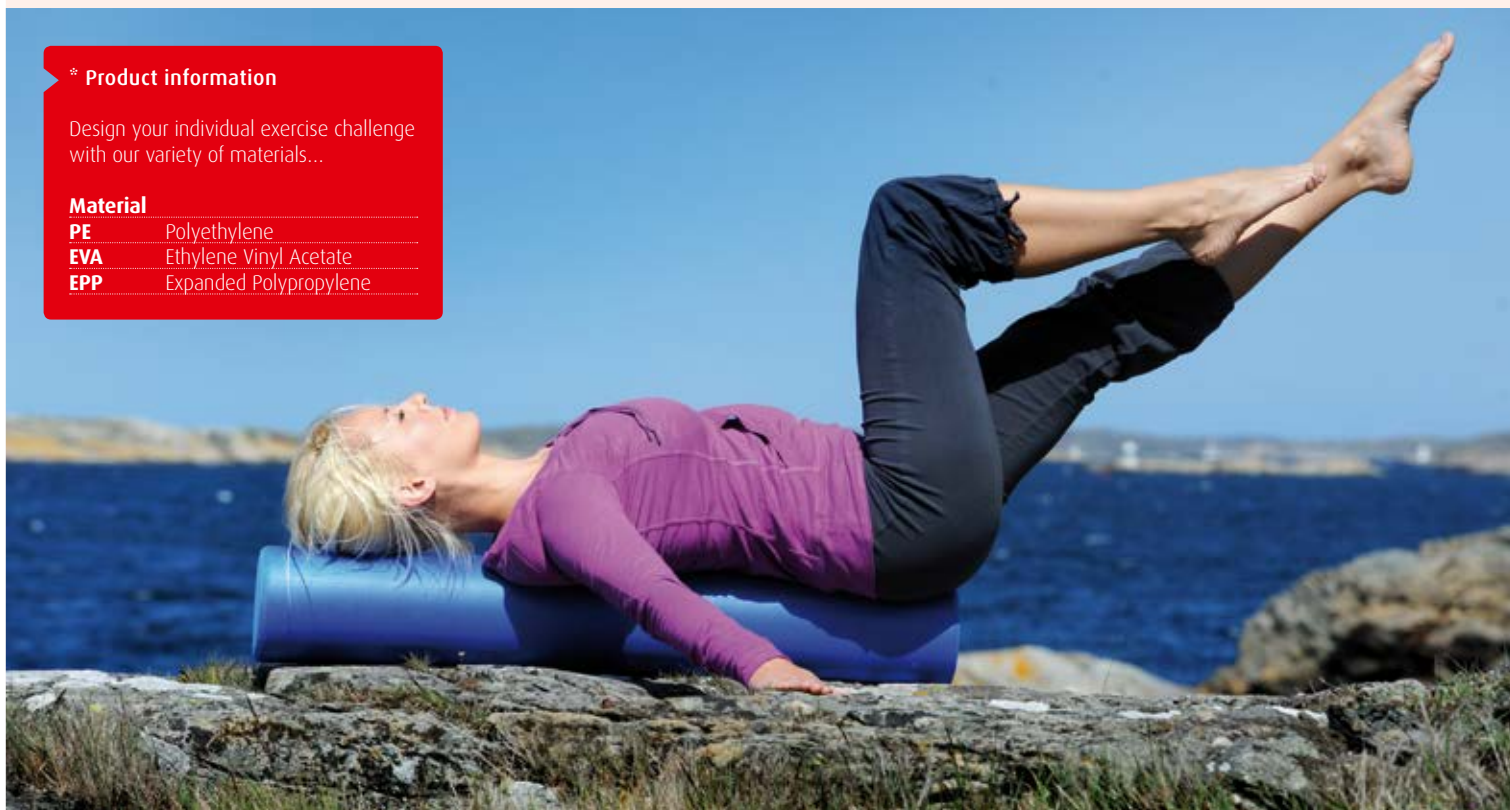


* Product information

Design your individual exercise challenge with our variety of materials...

Material

PE	Polyethylene
EVA	Ethylene Vinyl Acetate
EPP	Expanded Polypropylene



SISSEL® Pilates Roller Pro Soft

The “soft” roller!

- the softer mix of material immediately responds to pressure, making it more comfortable and stable while resting on it (perfect for the Pilates beginner)
- suitable for beginning and advanced users
- adds many options to your Pilates exercises
- material: EVA*
- size: Ø approx. 15 cm, length approx. 90 cm
- including exercise poster
- also available: SISSEL® Pilates Roller Center, designed to store up to 5 rollers safely and effectively (see p. 54), SISSEL® Mat Strap (see p. 35)



YouTube



ITEM NUMBER ATTRIBUTES

310.015 SISSEL® Pilates Roller Pro Soft, approx 90 cm, blue marbled, incl. exercise poster

200.000 SISSEL® Mat Strap

SISSEL® Intense Roller

The EPP foam roller – tough, rugged, low-weight and shape-retaining!

- its shape retention makes it ideal for the massage of larger muscles and trigger points
- great for challenging Pilates exercises, supports stability workouts, building of core strength and balance training
- relieves tight muscles especially in back and legs
- use to prevent sore muscles and for relaxation after physical exertion
- material: EPP*
- size: Ø approx. 15 cm, length approx. 100 cm
- also available: SISSEL® Mat Strap (see p. 35)



made from closed-cell, molded EPP foam



YouTube



ITEM NUMBER ATTRIBUTES

310.016 SISSEL® Intense Roller, approx. 100 cm, black

200.000 SISSEL® Mat Strap



SISSEL® Pilates Roller Head Align Dynamic

Reliable neck-support for Pilates exercises!

- practical tool for Pilates mat and roller exercises
- prevents over-extension of cervical spine
- for optimal body alignment
- rounded shape for dynamic positioning
- keeps head in an anatomically correct position
- usable facing up or down
- material: PE* (see page 52)
- fits any standard SISSEL® Pilates Roller (Ø approx. 15 cm)



YouTube



incl. exercise poster

ITEM NUMBER **ATTRIBUTES**

310.101 SISSEL® Pilates Roller Head Align Dynamic, blue marbled

SISSEL® Pilates Roller Center

The space-saving accessory!

- designed to store up to 5 rollers
- material: PE* (see page 52)
- accomodates all SISSEL® Pilates Rollers
- size: approx. 95 x 19.5 x 6 cm



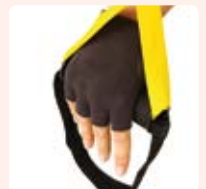
ITEM NUMBER **ATTRIBUTES**

310.100 SISSEL® Pilates Roller Center, blue

SISSEL® Workout Gloves

Safe grip for mat exercises and weight training!

- hygienic, anti-bacterial and sweat-absorbent
- rubberized anti-slip palm for a safe grip
- comfortable, rugged and breathable
- exposed fingers for better tactile perception
- especially recommendable for sensitive hands
- material: 80% viscose, 18% polyester and 2% spandex, machine washable at 30° C
- size: one size



ITEM NUMBER **ATTRIBUTES**

310.125 SISSEL® Workout Gloves, black

SISSEL® Pilates Socks

The toe socks for correct exercising!

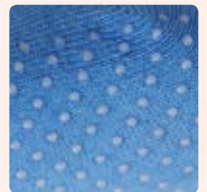
- improve tactile perception
- rubberized, anti-slip bottom
- 2 sizes: S/M (35-39), L/XL (40-45)
- washable at 30° C

1 SISSEL® Pilates Socks – cotton

- material: 85% cotton, 13% polyester and 2% spandex
- color: black

2 SISSEL® Pilates Socks – viscose

- hygienic, deodorizing and sweat-absorbent
- with thermal regulating effect: warm and comfortable in cold weather; breathable and cool in hot weather
- optimal moisture balance – absorb sweat and keep feet comfortably dry
- material: 70% viscose fibers, 25% polyester, 5% spandex
- colors: fuchsia and sky blue (only available in S/M (35-39))

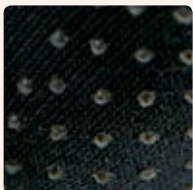
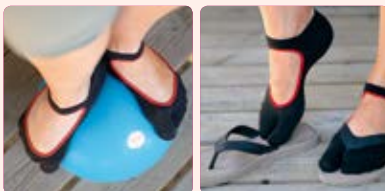


ITEM NUMBER	ATTRIBUTES
310.060	SISSEL® Pilates Socks - cotton, L/XL (40-45), black
310.070	SISSEL® Pilates Socks - cotton, S/M (35-39), black
310.071	SISSEL® Pilates Socks - viscose, S/M (35-39), fuchsia
310.073	SISSEL® Pilates Socks - viscose, S/M (35-39), sky blue

SISSEL® Pilates One Toe Socks

The functional one toe socks in attractive ballerina look!

- for a safe stand while exercising
- for Pilates, yoga and relaxation exercises
- ideal in combination with flip-flops
- moisture regulating, rugged
- comfortable fit
- with Coolmax fiber and rubberized anti-slip bottom
- 2 sizes: S/M (36-39), L/XL (40-42)
- machine washable at 30° C
- material: 42% Coolmax, 36% cotton, 16% polyester, 4% nylon, 2% spandex
- color: black



YouTube

ITEM NUMBER	ATTRIBUTES
310.063	SISSEL® Pilates One Toe Socks, S/M (36-39), black
310.064	SISSEL® Pilates One Toe Socks, L/XL (40-42), black



SISSEL® HEALTHCARE PRODUCTS

WELL-BEING

NATURAL RELIEF AND REGENERATION



SISSEL® Hot-Cold Pearl Pack



NEW

The hot-cold packs with pearl gel filling - decongestant, soothing, relaxing!

- innovative, flexible pearl gel filling
- areas of application: swellings, inflammations, bruises/sprains, sports injuries, headaches/migraine, muscle aches, beauty treatments, relaxation
- suitable for preparation for or regeneration after sports
- anatomically adjusted models for targeted application
- retains flexibility – even when frozen
- use: store in refrigerator/freezer for cold applications, simple heating in microwave
- reusable, hygienic, non-toxic

Available in 4 variations:

- 1** SISSEL® Hot-Cold Pearl Eye Mask:
especially for itching/watery/red/puffy eyes, headaches/migraine (size: approx. 68 x 10 cm open, with Velcro fastener)
- 2** SISSEL® Hot-Cold Pearl Facial Mask:
especially for facial swellings/inflammations, headaches/migraine, beauty treatments (size: approx. 68 x 21 cm open, with opening for eyes/nose/mouth and Velcro fastener)
- 3** SISSEL® Hot-Cold Pearl Relief Pack:
especially for swellings, inflammations, bruises/sprains, sore muscles, insect bites, preparation/regeneration after sports (size: approx. 27 x 14 cm)
- 4** SISSEL® Hot-Cold Pearl Sports Pack:
especially for swellings, inflammations, bruises/sprains, sports injuries, sore muscles, muscle aches, insect bites, preparation/regeneration after sports (size: approx. 17 x 11 cm)
- 5** **NEW** – SISSEL® Hot-Cold Mini Pearl Pack: Also available in test size



innovative, flexible pearl gel filling

YouTube

ITEM NUMBER ATTRIBUTES

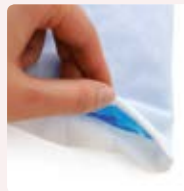
ITEM NUMBER	ATTRIBUTES
150.042	SISSEL® Hot-Cold Pearl Eye Mask
150.040	SISSEL® Hot-Cold Pearl Facial Mask
150.041	SISSEL® Hot-Cold Pearl Relief Pack
150.043	SISSEL® Hot-Cold Pearl Sports Pack
150.044	SISSEL® Hot-Cold Mini Pearl Pack



SISSEL® Pack

SISSEL® Pack compresses are ideal for home and therapy applications!

- quick microwave or hot water heating
- keep in refrigerator for cool pack applications
- affordable and universal application
- retains flexibility up to -18° C
- size: approx. 12.7 x 25.4 cm
- option: SISSEL® Pack incl. cover (100% polyester) with elastic strap



ITEM NUMBER	ATTRIBUTES
150.007.10	SISSEL® Pack, without cover, approx. 12.7 x 25.4 cm, without packaging
150.007	SISSEL® Pack, incl. cover, approx. 12.7 x 25.4 cm, with packaging

SISSEL® Hot-Cold-Soft-Pack

Especially suited for back applications!

- warm or cold application
- can be heated in water or microwave
- size: approx. 40 x 28 cm



textile-like surface



ITEM NUMBER	ATTRIBUTES
150.015	SISSEL® Hot-Cold-Soft-Pack, approx. 40 x 28 cm, blue/burgundy



Attractive sales tool available!

SISSEL® Counter Display

For value presentation of your SISSEL® hot-cold products.

- size: approx. 25 x 31 x 29 cm



You can find more information about the SISSEL® marketing tools in the brochure **“Professional Presentation”**. Ask for your free copy now!

SISSEL® Soft Touch Pro

The tri-sectional heat pack: Permits specific treatment of neck, kidney, back and shoulder regions!

- fast heating in microwave
- pleasant heat regulation
- convenient and simple handling
- perfect tri-sectional fit
- pleasant to the touch surface
- easy to clean

Treats sports injuries, bruises, etc. with cold therapy:

- cool in refrigerator or freezer compartment
- can be shaped even in cooled condition



YouTube

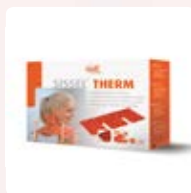
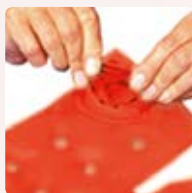
ITEM NUMBER ATTRIBUTES

150.009 SISSEL® Soft Touch Pro, approx. 42.5 x 26 cm

SISSEL® Therm

Our self-activating hot pack!

- fluid and transparent before usage, after activating, it smoothly contours to your body
- heats up to approx. 54° C within seconds
- reusable many times, boil for 15 minutes to return to original state
- size: approx. 44 x 20 cm



YouTube

ITEM NUMBER ATTRIBUTES

150.030 SISSEL® Therm, tri-sectional



SISSEL® Therm Hand Warmer

The SISSEL® Therm in pocket size!

- self-activating hand warmer
- pleasant warmth at one click
- reusable (boil for 5 min. to return to original state)
- size: approx. 10 x 10 cm



ITEM NUMBER ATTRIBUTES

150.031 SISSEL® Therm Hand Warmer

SISSEL® Hydrotemp®

For deep-penetrating moist heat application!

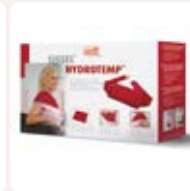
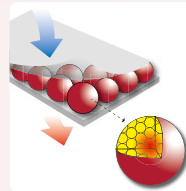
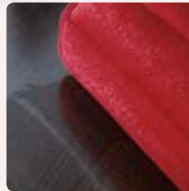
- perfect for back, neck and shoulder pain, muscle aches, arthritis and tensions
- draws moisture from the air and releases it as clean, deep-penetrating moist heat when microwaved, additional moistening is not necessary
- perfect for therapy and home use or wherever deeply penetrating heat is desired
- filler: special micro-beads
- latex-free and environmentally friendly
- delivers therapeutic warmth for up to 30 minutes
- easy to use, simply microwave and apply

SISSEL® Hydrotemp® 1
lower back,
approx. 32.5 x 19 cm



SISSEL® Hydrotemp® 3
large,
approx. 29 x 25 cm

SISSEL® Hydrotemp® 2
neck / shoulder



YouTube

Underneath a pleasant, skin-friendly cover special micro-beads store pure moisture and release it when microwaved.

ITEM NUMBER ATTRIBUTES

150.200	SISSEL® Hydrotemp®, neck / shoulder
150.202	SISSEL® Hydrotemp®, large, approx. 29 x 25 cm
150.201	SISSEL® Hydrotemp®, lower back, approx. 32.5 x 19 cm

SISSEL® Cold Therapy Compression

Cold and compression combined!

- 2 piece compress with removable, individually coolable cold pad
- areas of application: inflammations, swellings, pains, sports injuries, rheumatic conditions
- reduction of pain and inflammation
- cold and compression provide prevention of swellings
- with pump for pressure regulation
- Slow Flow Gel provides long-lasting and safe temperature preservation
- convenient velcro closure ensures correct fit on every joint
- hygienic and easy to disinfect
- available in 3 variations: wrist, knee/elbow, ankle
- option: replacement pads available

With removable, individually coolable cold pad.



ankle 1



knee/elbow 2



wrist 3



ITEM NUMBER ATTRIBUTES

151.001	SISSEL® Cold Therapy Compression wrist
151.002	SISSEL® Cold Therapy Compression ankle
151.003	SISSEL® Cold Therapy Compression knee/elbow
151.001.01	SISSEL® CTC Replacement Pad wrist
151.002.01	SISSEL® CTC Replacement Pad ankle
151.003.01	SISSEL® CTC Replacement Pad knee/elbow

SISSEL® Heat Wave



The innovative warm water bottle, convenient, fast and effective!

- electric warm water bottle with removable cord
- long-lasting warmth for several hours
- heats up in just a few minutes – just hook up, wait for automatic switch-off and enjoy the warmth
- safe and convenient – no need to fill water
- odorless, mobile and versatile
- automatic switch-off function cuts power as soon as the operating temperature is achieved
- 3-layer leakage protection
- pleasant velours soft touch cover
- size: approx. 30 x 20 cm
- **NEW!** 3 attractive colors: red, retro beige, pink stone



Improved quality!

ITEM NUMBER	ATTRIBUTES
150.300	SISSEL® Heat Wave, red
150.301	SISSEL® Heat Wave, retro beige
150.302	SISSEL® Heat Wave, pink stone



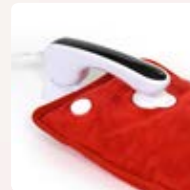
Health guide "Healthy hot & cold therapy" available.

You can find more information about the SISSEL® marketing tools in the brochure "Professional Presentation". Ask for your free copy now!

NEW



charger



YouTube



SISSEL® Heating Pillow



The cuddly 2-in-1 pillow for pleasant warmth!

- electric heating pillow from cosy fleece
- 4 temperature setting, with Turbo heating
- timer: 90 minutes, with automatic switch-off
- illuminated LED display
- removable controller
- removable inner cushion
- material: cosy fleece (100 % polyester), washable at 30° C (without inner cushion)
- APS (Active Protect System) overheat control
- wattage: 100 watt
- size: approx. 34 x 44 x 13 cm



ITEM NUMBER	ATTRIBUTES
131.002	SISSEL® Heating Pillow



SISSEL® Foot Warmer



Cosy warmth for cold feet!

- electric foot warmer from cosy fleece
- 4 temperature setting, with Turbo heating
- timer: 90 minutes, with automatic switch-off
- illuminated LED display
- material: cosy fleece (100 % polyester), removable inner cover (washable at 30° C)
- APS (Active Protect System) overheat control
- wattage: 100 watt
- size: approx. 27 x 30 x 24 cm



ITEM NUMBER	ATTRIBUTES
131.001	SISSEL® Foot Warmer



SISSEL® Warming Underbed



Pleasantly warm sleeping comfort at the touch of a button!

- electric warming underbed with extra warmth for the feet
- 4 temperature setting, with Turbo heating
- 2 separate heat zones (body/feet), additional warmth for feet
- timer: 120 minutes, with automatic switch-off
- illuminated LED display
- removable controller
- APS (Active Protect System) overheat control
- material: cosy fleece (100 % polyester), washable at 30° C
- wattage: 100 watt
- size: approx. 80 x 150 cm



ITEM NUMBER	ATTRIBUTES
131.000	SISSEL® Warming Underbed



SISSEL® Vinotherm

The natural heating pad – tri-sectional. For specific treatment of neck, shoulder, back and kidney region!

- 100% grape seed filling – no further filling material added
- pleasant scent when heated
- easy and fast heating in microwave or oven
- tri-sectional shape for convenient usage and perfect fit
- 100% cotton case
- size: approx. 35 x 19 cm



YouTube

ITEM NUMBER ATTRIBUTES

150.120 SISSEL® Vinotherm, tri-sectional

Advantages of grape seed filling

Grape seeds are naturally fine and fit snugly and lightly to the body. They contain grape seed oil which stores heat for a long time and releases it as a dry warmth which penetrates deep into the body. Use: To relax tense muscles, warm up muscles before massage or for cold-related discomfort.



SISSEL® Aroma Neck Roll

The aroma neck roll with natural filling – warming, stimulating, relaxing!

- soothing heat application with invigorating herbal scent
- relaxing and stimulating
- cuddly, long-lasting warmth
- natural filling of linseed and spelt, enhanced with aromatic herbs
- easy heating in microwave
- also for cold application
- weight: approx. 800 g
- double sided use
- material cover: 100% cotton



YouTube

ITEM NUMBER ATTRIBUTES

116.030 SISSEL® Aroma Neck Roll



SISSEL® Linum

Linseed compresses – a proven natural remedy!

- useful, multiple applications
- smooth and soft, it contours to your body, providing a pleasant and effective application
- pleasant relief where warmth is required – helps treat muscle tensions, indisposition due to cold and stomach pains
- heat up in microwave or oven
- 100% cotton case
- available in 2 variations:
approx. 38 x 36 cm (tri-sectional shape)
approx. 45 x 30 cm (rectangular shape)



ITEM NUMBER	ATTRIBUTES
150.051	SISSEL® Linum, approx. 38 cm x 36 cm, blue
150.052	SISSEL® Linum, approx. 45 cm x 30 cm, blue
150.051.01	SISSEL® Linum, extra cover, approx. 38 cm x 36 cm, blue



SISSEL® Linum Relax Comfort

Cuddly comfort for cold feet – with relaxing lavender scent!

- soothing and long-lasting intensive heat for cold feet
- can also be used chilled, e.g. to treat swollen feet
- contours to your feet, with relaxing lavender scent
- natural filling (99.5% linseed/0.5% lavender) stores the heat effectively and gradually releases it
- designed for barefoot use
- material cover: 100% polyester
- rugged bottom with anti-slip knobs
- heat up in microwave or oven
- available in 2 sizes:
S/M (36-40), L/XL (41-45)



YouTube



ITEM NUMBER	ATTRIBUTES
150.053	SISSEL® Linum Relax Comfort, S/M (36-40), red, pair
150.054	SISSEL® Linum Relax Comfort, L/XL (41-45), red, pair



SISSEL® Cherry

The natural cherry heat pack for healthy warmth!

- proven device for therapy and home use
- use as heat pack for treating back pain, muscular tensions, indigestion etc.
- cherry stones provide gentle massage
- simple heating in microwave or oven
- also for cold application
- 100% cotton case
- contents: cleaned and dried cherry stone
- available in 4 colors and also as a red heart
- sizes: approx. 23 x 26 cm (medium), approx. 20 x 40 cm (large)



The power of cherry stones

Unlike seeds, stones generally store dry heat. Cherry stones warm up very quickly and release heat slowly and steadily. They fit snugly to the body and provide a sense of well-being.



ITEM NUMBER ATTRIBUTES

ITEM NUMBER	ATTRIBUTES
150.005	SISSEL® Cherry, approx. 23 x 26 cm, blue
150.006	SISSEL® Cherry, approx. 23 x 26 cm, cherry blossom design
150.014	SISSEL® Cherry, approx. 23 x 26 cm, cherry design
150.013	SISSEL® Cherry, heart-shaped
150.016	SISSEL® Cherry, approx. 20 x 40 cm, blue
150.019	SISSEL® Cherry, approx. 20 x 40 cm, red



SISSEL® Balu

A very likeable cherry stone pouch for young and old!

- approx. 24 cm high
- 100 % cotton case
- heat up in microwave or oven



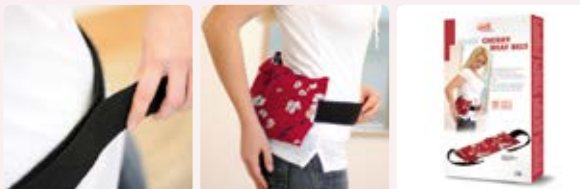
ITEM NUMBER ATTRIBUTES

150.111 SISSEL® Balu, orange

SISSEL® Cherry Heat Belt

Blissful warmth for tense back muscles!

- sustainable nature product with 100 % cherry stone filling
- slightly moist heat eases back tensions and pains
- can also be used to treat stomach cramps and colic
- provides warmth together with massage effect
- relaxing, enhances circulation
- ideally contours to the body for an effective treatment
- convenient heating in microwave
- 100 % cotton case, Oeko-Tex
- with practical Velcro closure
- size: approx. 50 x 17 cm (without belt), one size



ITEM NUMBER ATTRIBUTES

150.002 SISSEL® Cherry Heat Belt, cherry-blossom



SISSEL® Spiky-Ball

Fast and easy massage anytime – anywhere!

- massages muscle tensions
- supports blood circulation
- especially suited for massage of the foot reflex zone
- one-piece design, with valve
- made for years of use
- economic set of two



YouTube

ITEM NUMBER	ATTRIBUTES
161.008	SISSEL® Spiky Ball, yellow (Ø approx. 8 cm), set of two
161.009	SISSEL® Spiky Ball, red (Ø approx. 9 cm), set of two
161.010	SISSEL® Spiky Ball, blue (Ø approx. 10 cm), set of two

SISSEL® Spiky-Ball also available in bulk without packaging.



Improved quality!

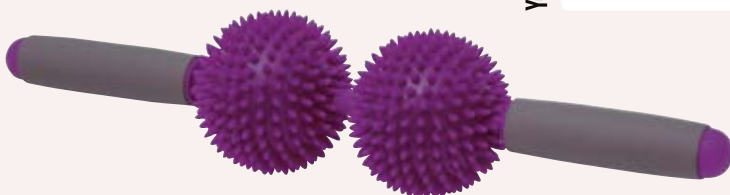
SISSEL® Spiky Twin Roller

For an effective but simple body massage!

- use to reduce muscle tensions and general tension
- perfectly suited for the massage of the long muscles alongside the spinal column
- may support circulation and stimulation of metabolism
- may improve blood and lymphatic circulation
- also suitable for reflexology
- may support cellulite reduction
- made for longterm use
- **NEW:** available in 2 attractive colors



YouTube



ITEM NUMBER	ATTRIBUTES
162.052	SISSEL® Spiky Twin Roller, blue
162.056	SISSEL® Spiky Twin Roller, lilac



NEW

SISSEL® Spiky Body Roll

For an effective and soothing body massage!

- new design for an effective and relaxing massage of feet, thighs, arms, back and neck
- use in reflexology, to improve blood circulation, for relaxation
- specially shaped spikes provide intensive sensation
- with integrated air valve for individual pressure regulation
- hygienic, free of phthalates
- set of 2
- made in Germany



YouTube



NEW

ITEM NUMBER	ATTRIBUTES
162.020	SISSEL® Spiky Body Roll, set of two

SISSEL® Fit-Roller

The ideal massage program!

- a combination of traditional Chinese natural healing practices with up-to-date knowledge
- use to treat muscle tensions and tension complaints
- enhances blood circulation, boosts metabolism
- combination of pointy and round knobs works on different tissue zones
- improves lymph circulation
- European product, beech, oiled
- massage parts: PVC, free of phthalates



SISSEL® T-Roller – for the long musculature along the spinal column, approx. 16 x 9 cm



SISSEL® Scalp and Migraine Roller, approx. 17 cm



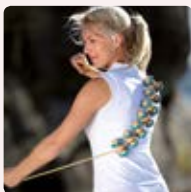
SISSEL® Super King Size Roller – for massage of the foot reflex zone, approx. 31 x 24.5 x 10 cm



SISSEL® Rope-Roller, approx. 36.5 x 8.5 cm plus 2 ropes approx. 58 cm each

small knobs for connective tissue

big pearls for musculature



YouTube

ITEM NUMBER	ATTRIBUTES
161.020	SISSEL® T-Roller, approx. 16 x 9 cm
161.021	SISSEL® Ergo-Roller, approx. 13 x 9 x 10 cm
161.022	SISSEL® Rope-Roller, approx. 36.5 x 8.5 cm plus 2 ropes approx. 58 cm each
161.023	SISSEL® Super King Size Roller, approx. 31 x 24.5 x 10 cm
161.024	SISSEL® Scalp and Migraine Roller, approx. 17 cm



SISSEL® Ergo-Roller, approx. 13 x 9 x 10 cm

SISSEL® FUNMASSAGER

Ideal for trigger therapy!

Experience effective trigger point treatment!

- small and convenient massager for home-use and to go
- offers a deep or superficial massage of neck and back
- ideal for trigger point treatment
- easy and functional applications
- enhances circulation and loosens muscles
- material: styrol-polymer

ITEM NUMBER	ATTRIBUTES
161.002	SISSEL® FUNMASSAGER, blue
161.003	SISSEL® FUNMASSAGER, green
161.004	SISSEL® FUNMASSAGER, crystal
161.005	SISSEL® FUNMASSAGER, purple
161.006	SISSEL® FUNMASSAGER, pink



YouTube



SISSEL® Intensive Massager

Intensive deep tissue massage and muscle relaxation without effort!

- suitable for the treatment of smaller, shorter muscle parts
- provides effective relaxation even of deep musculature
- use to treat muscle and back tensions, tension headaches, for relaxation of musculature after exercising or preparation before a massage
- perfect for anti-cellulite treatment
- intensive thumping action with 2 soft rubber massaging spheres vibrating 1,000 - 3,000 times/min.
- 95% of the energy is transmitted into the musculature effecting an ideal tension and blood circulation of the treated muscle
- including set of 2 exchangeable treatment heads for varying massage effects and intensities
- intensity adjustable in 5 levels
- for home-use and to go
- attractive ergonomic design for maximum comfort
- user-friendly, easy to clean



- Different attachments for countless applications:
- Soft, rounded attachment - for gentle massage (gray)
 - Medium attachment - for firm massage (black)

Intensive thumping action activates circulation of tissue.



YouTube

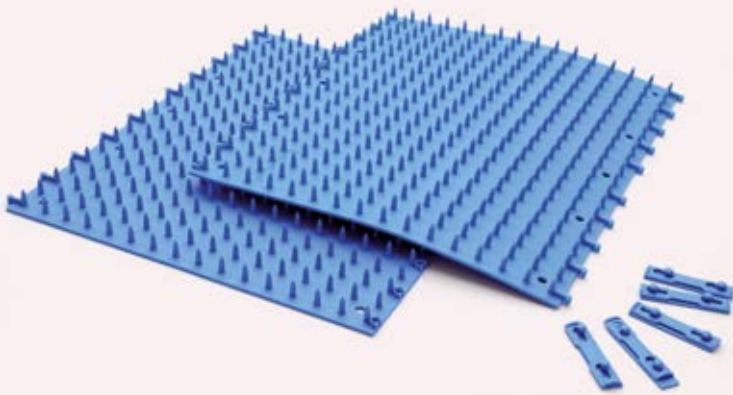
ITEM NUMBER	ATTRIBUTES
161.060	SISSEL® Intensive Massager



SISSEL® Acupressur Mat

Blissful relief for aching and tense muscles!

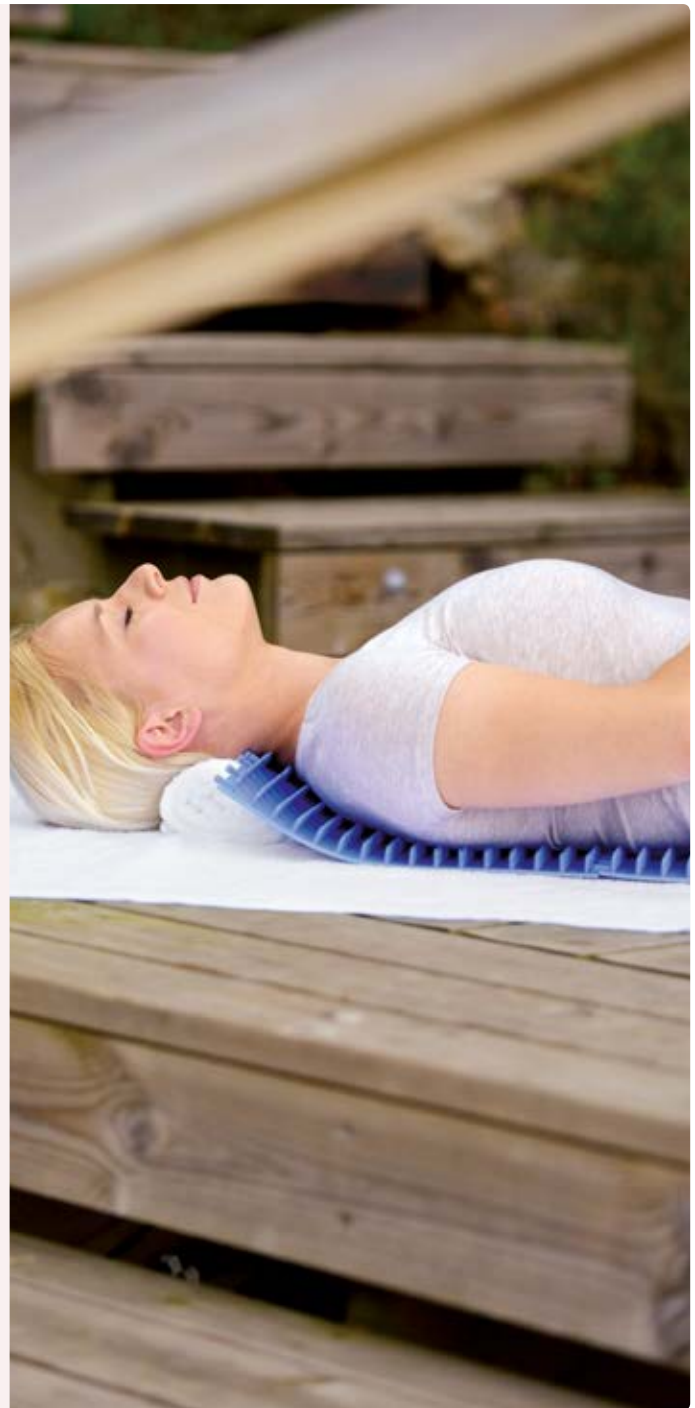
- relieving and relaxing when suffering from neck, shoulder and back complaints
- use to treat tense and sore muscles
- enhances blood circulation, stimulating
- for general relaxation and stress reduction
- also suitable to treat sleep disorders and other complaints
- user-adjustable in effect and size
- size: approx. 40 x 65 cm, two-part, height of spikes: approx. 1.5 cm
- material: hygienic, recyclable TPE, washable, disinfectable



YouTube

ITEM NUMBER ATTRIBUTES

161.051 SISSEL® Acupressur Mat, two-part, light blue



SISSEL® Massage Roller

Rolling away tensions!

- ideal for massage and relaxation
- use to treat muscle tensions and for massage of connective tissue
- for prevention of muscle tensions
- enhances circulation
- perfectly suited for the massage of back and leg muscles

More information on page 40.

In user-friendly 47 cm length



YouTube

Apart from massage and relaxation, the SISSEL® Massage Roller is also ideally suited for the release of fascial soft tissue.

More products for fascial release on page 40 – 43.

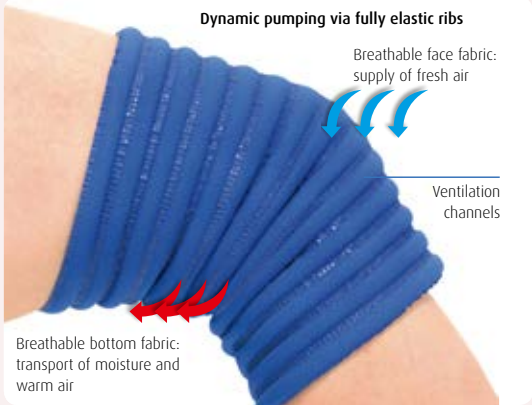


SISSEL® Soft Support Bandage

The high tech bandage for maximum comfort!

- for gentle support without restriction
- enhances blood circulation and lymph drainage
- gentle protection against external pressure, especially on joints at night
- areas of application: pains in the hand/thumb, elbow, knee, rheumatic complaints, arthritis, sports injuries (sprains, swellings, congestions)
- 3-dimensional elasticity
- foam ridges offer gentle micromassage
- temperature regulating: promotes air circulation, prevents moist heat pockets
- especially suitable for sensitive areas such as elbow, knee and hand joints
- manufactured with ultrasonic bonding technology
- material: face fabric: polyester velours, bottom fabric: polyester, foam material: PUR
- machine washable at 60° C
- available in different variations and sizes (available separately):
 - 1 hand/thumb, 2 elbow, 3 knee

improved sit, improved stitching!



ITEM NUMBER	ATTRIBUTES
151.010	SISSEL® Soft Support Bandage elbow, S/M
151.011	SISSEL® Soft Support Bandage elbow, L
151.012	SISSEL® Soft Support Bandage elbow, XL
151.020	SISSEL® Soft Support Bandage knee, S/M
151.021	SISSEL® Soft Support Bandage knee, L
151.022	SISSEL® Soft Support Bandage knee, XL
151.014	SISSEL® Soft Support Bandage hand/thumb, right S/M
151.015	SISSEL® Soft Support Bandage hand/thumb, left S/M
151.016	SISSEL® Soft Support Bandage hand/thumb, right L/XL
151.017	SISSEL® Soft Support Bandage hand/thumb, left L/XL







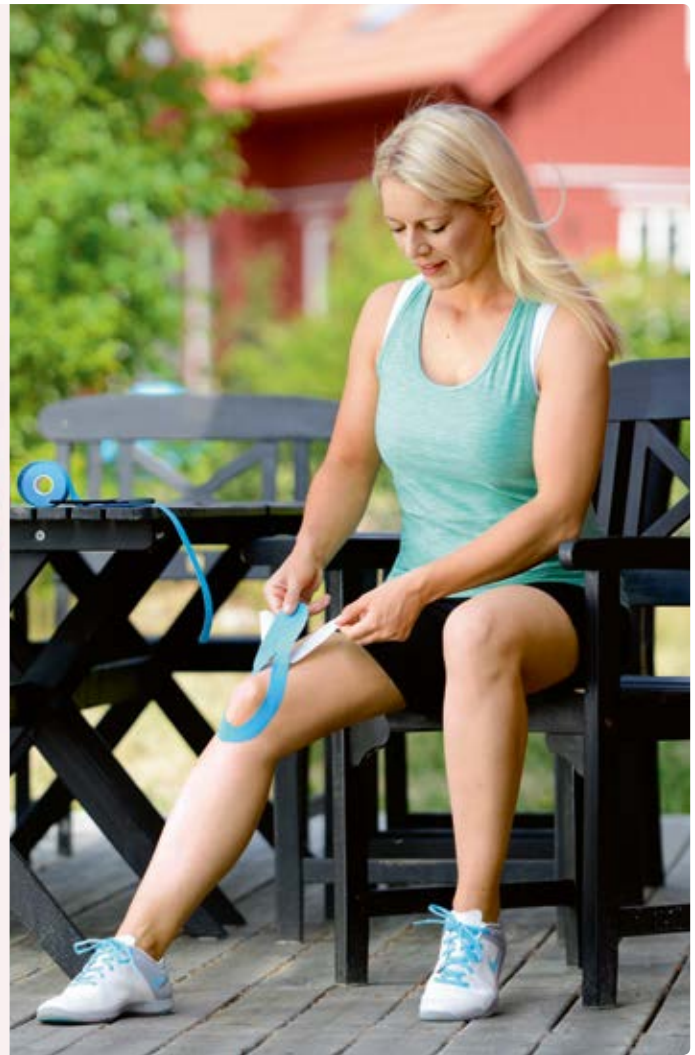
SISSEL® Kinesiology Tape

The kinesiology tape in four attractive colors!

- for use in sports
- support of joint and muscle mobility
- 96% cotton, 4% lycra, with skin-friendly acrylic glue
- breathable, water resistant
- comfortable and skin-friendly
- available in 4 colors
- size: approx. 5 cm x 5 m
- each roll individually packed



ITEM NUMBER	ATTRIBUTES				
162.200	SISSEL® Kinesiology Tape, approx. 5 cm x 5 m, natural-colored				
162.201	SISSEL® Kinesiology Tape, approx. 5 cm x 5 m, blue				
162.202	SISSEL® Kinesiology Tape, approx. 5 cm x 5 m, pink				
162.203	SISSEL® Kinesiology Tape, approx. 5 cm x 5 m, black				



SISSEL® Flossing Band

Elasticity and grip for targeted application!



- for compression of muscles and joints
- for muscle activation on mobilized joint
- for active and passive/assistive use
- material: 100% natural latex, wipeable
- free of harmful substances
- perfect grip, reduced protein contents
- highly elastic, linear expansion
- TÜV certified quality (10,000 strains)
- size/strength:
 - approx. 5 cm x 2 m x 1.1 mm (yellow) &
 - approx. 5 cm x 2 m x 1.6 mm (blue)

SISSEL® Flossing Band & SISSEL® Fitband – the bands with reduced protein contents.

Most of the proteins in the natural material latex which cause an allergic reaction have been removed using a complex cleaning process. The result is a band proven to have fewer allergens.

More information about the SISSEL® Fitband on page 30.



ITEM NUMBER	ATTRIBUTES		
163.151	SISSEL® Flossing Band, 1.1 mm, yellow		
163.152	SISSEL® Flossing Band, 1.6 mm, blue		



SISSEL® Press-Ball & SISSEL® Press-Egg

Work your hands and forearms!

- permits a specific training of musculature and improves the mobility of hand and forearm
- works all muscles in your hand and fingers
- SISSEL® Press-Ball – especially suitable for finger therapy
- SISSEL® Press-Egg – ideal for hand rehabilitation
- available in 4 different resistances
- comes with exercise booklet



ITEM NUMBER	ATTRIBUTES				
162.005	SISSEL® Press-Ball, pink (soft)				
162.006	SISSEL® Press-Ball, blue (medium)				
162.007	SISSEL® Press-Ball, green (strong)				
162.008	SISSEL® Press-Ball, orange (x-strong)				
162.011	SISSEL® Press-Egg, pink (soft)				
162.012	SISSEL® Press-Egg, blue (medium)				
162.013	SISSEL® Press-Egg, green (strong)				
162.014	SISSEL® Press-Egg, orange (x-strong)				



YouTube

SISSEL® Theraputty flex

Therapy putty for finger and hand exercises!

- use to strengthen and mobilize the fingers and hands
- improves flexibility
- trains fine motor skills
- use after surgery, injuries of the hand or rheumatic ailments
- softer material, especially suitable for therapy and rehabilitation
- available in five different resistances, permit a continuous increase in training



YouTube

ITEM NUMBER	ATTRIBUTES					
162.015	SISSEL® Theraputty flex, ivory (x-soft), approx. 85 g					
162.016	SISSEL® Theraputty flex, yellow (soft), approx. 85 g					
162.017	SISSEL® Theraputty flex, red (medium), approx. 85 g					
162.018	SISSEL® Theraputty flex, green (strong), approx. 85 g					
162.019	SISSEL® Theraputty flex, blue (x-strong), approx. 85 g					



SISSEL® Hand Grip

Designed to build up musculature in rehabilitation and sport therapy!

- designed for individually adjustable muscle build-up
- improves the mobility of fingers
- continuously adjustable
- anti-slip grip
- available in 2 different variations:
SISSEL® Hand Grip (orange): approx. 2-15 kg and
SISSEL® Hand Grip Sport (blue): approx. 5-20 kg

SISSEL® Hand Grip



SISSEL® Hand Grip Sport



ITEM NUMBER	ATTRIBUTES		
162.100	SISSEL® Hand Grip Sport, blue		
162.101	SISSEL® Hand Grip, orange		

SISSEL® Finger Exerciser

Finger and hand mobilization!

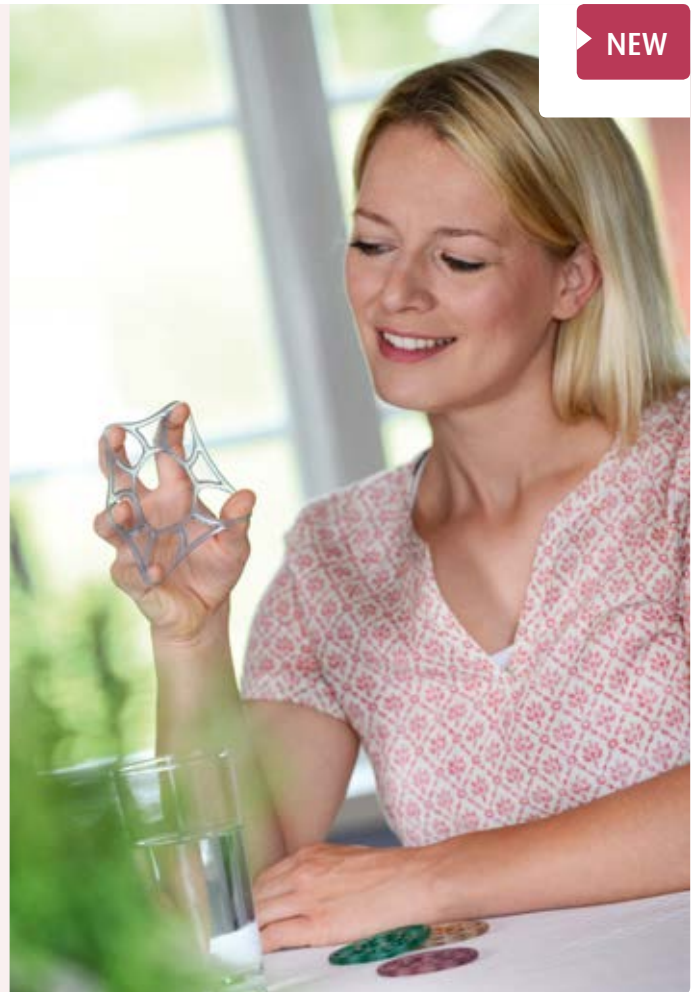
- flexible hand and finger trainer to increase strength of hand and finger coordination
- regular exercise improves flexibility, mobility and strength
- PVC/Latex-free, washable
- available in 4 resistances



YouTube



ITEM NUMBER	ATTRIBUTES
162.021	SISSEL® Finger Exerciser, 4 pcs., x-soft/soft
162.023	SISSEL® Finger Exerciser, 4 pcs., medium/firm



NEW

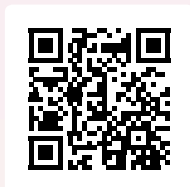
SISSEL® Twin Grip

Hand trainer – highly elastic, flexible and odor-free!

- maintains and increases flexibility
- promotes muscle build-up in rehabilitation
- relaxing
- set of 2 with 2 resistances (pink-soft/green-medium)
- material: TPE – eco-friendly and recyclable



YouTube



ITEM NUMBER	ATTRIBUTES
162.070	SISSEL® Twin Grip, set of 2



SISSEL® HEALTHCARE PRODUCTS

PORTABLE PRODUCT LINE

MASSAGE UND RELAXATION TO GO



SISSEL® Portable Massage Table Basic & Robust

The professional tables for a wide range of applications!

- extremely soft and pleasant cushioning for maximum comfort
- higher frame provides more leg-space for the user
- cushioning with rounded edges made from 2-layered, high density special foam for longer durability
- skin-friendly PU cover
- height-adjustable with double lock
- light-weight and easy set up – even in confined spaces
- easy to transport due to low weight
- simple storage
- incl. carry bag

SISSEL® Portable Massage Table Basic

- size: approx. 186 x 62 cm, 59 – 86 cm high, approx. 13.5 kg (without bag)
- approx. 5 cm cushioning
- max. load dynamic: 220 kg
- two openings at the front for retrofit headrest set
- optional: headrest set consisting of armrest and headrest with facial pad

SISSEL® Portable Massage Table Robust

- size: approx. 186 x 71 cm (incl. headrest 212 cm), 59 – 86 cm high, approx. 16 kg (without bag)
- approx. 5 cm cushioning
- max. load dynamic: 250 kg
- incl. armrest and adjustable headrest with facial pad



cushioning with rounded edges



sturdy handle for easier portability



height-adjustable legs with double lock



nose-opening with cover incl.



extremely soft cushioning for maximum comfort



higher frame for more leg-space



incl. carry bag



Optional accessory for the SISSEL® Portable Massage Table Basic: height-adjustable (positive and negative) headrest set consisting of armrest and headrest with facial pad



SISSEL® Portable Massage Table Robust, incl. head- and armrest



SISSEL® Portable Massage Table Basic



removable facial pad



height-adjustable headrest – positive and negative



aluminium headrest – length-adjustable to table



ITEM NUMBER	ATTRIBUTES
300.100	SISSEL® Portable Massage Table Basic, blue, incl. carry bag
300.200	SISSEL® Portable Massage Table Robust, blue, incl. carry bag
300.100.15	Carry bag for model Basic
300.200.15	Carry bag for model Robust
300.101	SISSEL® Basic Accessory Kit (armrest & headrest)



SISSEL® Portal Pro Therapy Chair by Oakworks

The professional portable chair for massage and therapy - light, convenient and comfortable!

- versatile adjusting possibilities of head, chest, arm and knee pad, seat position and height for maximum flexibility
- each element can be individually adjusted
- ergonomic design with patented QuickLock™ headrest
- allows physiological positioning for long-lasting treatment sessions
- soft, skin-friendly TerraTouch™ cushioning for maximum comfort, environmentally friendly, free of PVC
- easily transportable and adjustable
- frame: powder-coated aluminum, black, with built-in wheels
- color cushioning: black coal or ocean blue
- weight: approx. 8.6 kg
- max. body weight: 159 kg
- incl. DVD with setup instructions/instructions for use
- option: sternum pad for pregnant and large-breasted women, carry bag



ITEM NUMBER	ATTRIBUTES
301.200	SISSEL® Portal Pro Therapy Chair by Oakworks, black coal
301.201	SISSEL® Portal Pro Therapy Chair - Sternum pad, black coal
301.210	SISSEL® Portal Pro Therapy Chair by Oakworks, ocean blue
301.211	SISSEL® Portal Pro Therapy Chair - Sternum pad, ocean blue



SISSEL® Massage Chair

The portable massage chair in compact size!

- convenient massage chair for fast set-up anywhere
- flexible adjustment of headrest, chest pad, armrest and seat height
- easy to fold and transport
- frame: steel, matt black
- material: cover: PU, blue, cushioning: PU/viscoelastic foam
- size: approx. 48 x 69 cm, approx. 115-130 cm high
- weight: approx. 9.8 kg
- max. load dynamic: 225 kg
- incl. carry bag



incl. carry bag



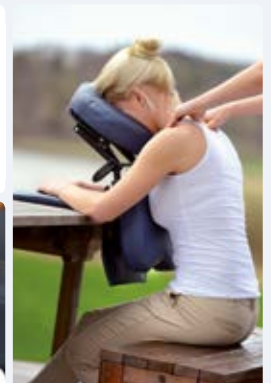
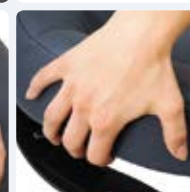
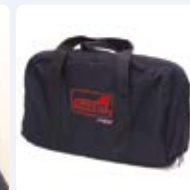
ITEM NUMBER	ATTRIBUTES
301.010	SISSEL® Massage Chair, blue, incl. carry bag

SISSEL® Desktop Mobil

Convenient and easy to use!

- safely position on every regular table or treatment table
- headrest continuously adjustable to individual head and upper body posture
- successful treatment of clients with limited mobility without re-positioning
- use at a table for simple pressure relief
- opening in headrest prevents pressure on nose and eyes
- incl. carry bag

incl. carry bag



ITEM NUMBER	ATTRIBUTES
301.000	SISSEL® Desktop Mobil, blue, incl. carry bag

SISSEL® Hang up & SISSEL® Hang up Pro

The versatile inversion tables for home and professional use!

- increasing stress on musculature, joints and the spinal column caused by physical activities, like sports, excessive workouts, bending, lifting, long sitting or standing lead to compression and rotation pressure and are often the reason for complaints
- the reversed strain during exercises with the inversion table automatically creates a relief
- eases tensions, contributing to a sustainable pain relief
- enhances blood circulation
- can also be used for athletic workouts, such as sit-ups
- fast set up, space-saving storage

SISSEL® Hang Up

- the compact inversion table
- suitable for body heights of approx. 1.40 m up to 1.98 m
- maximum height approx. 2.05 m to 2.09 m (with maximum body height adjustment)
- max. body weight: approx. 110 kg

SISSEL® Hang Up Pro

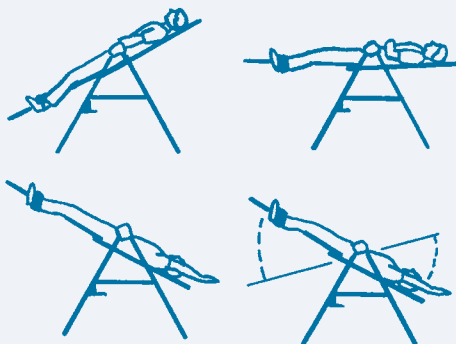
- the comfortable inversion table for highest demands
- padded, quick-release ankle locking system
- durable steel construction
- high-quality foam backrest with wave structure for increased comfort
- patented break bar system locks at any inversion angle
- nonskid floor stabilizers for extra stability
- suitable for body heights of approx. 1.45 m up to 2.00 m
- max. body weight: approx. 160 kg
- size: approx. 83 x 140 x 145.5 cm



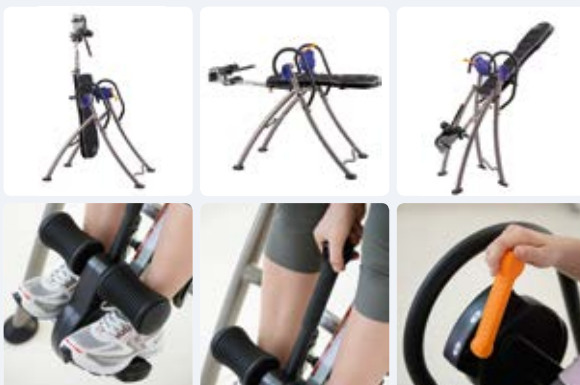
SISSEL® Hang up

Inversion for back problems

A full or partial inversion stretches the back naturally, enabling the spine and weight-bearing joints to relax and recuperate. The stretching is determined by the body's own weight and is therefore automatically customized.



folds for storage



YouTube



SISSEL® Hang up Pro

ITEM NUMBER	ATTRIBUTES
302.001	SISSEL® Hang Up, black
302.002	SISSEL® Hang Up Pro, black



The natural way of Sweden

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