



The natural way

SISSEL® QUALITY PRODUCTS

FOR YOUR HEALTHY LIFESTYLE

2023 | 2024

Over 35 years of
experience and quality
assured in Germany.

WWW.SISSEL.COM



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SISSEL® WORLDWIDE – A PHILOSOPHY WITH SWEDISH ROOTS



The natural way

A neck pillow from Sweden writes a success story!

The SISSEL® neck pillow was originally created in 1986 when a Swedish woman was looking for a solution to relieve her neck pain. The result was an anatomically shaped neck pillow that quickly attracted the interest of professionals in therapy, nursing and rehabilitation. Clinical studies also proved the successful mode of action of this pillow.

The SISSEL® neck pillow became a great success. The uniquely slanted and supportive shape of the neck pillow, affectionately called "Kudden" in the company, became the trademark of the company, which is also expressed in the company logo. To this day, this anatomical, effective shape has stood the test of time and has since formed the foundation of our corporate philosophy "The Natural Way".

What began with the SISSEL® neck pillow was expanded under the visionary leadership of the two managing directors, Jens and Lars Friebel, into a diverse, health-oriented product portfolio with the theme worlds "Healthy Sleeping", "Healthy Sitting", "Healthy Moving" and "Well-being".



Jens and Lars Friebel form the dynamic and future-oriented management of SISSEL® GmbH.

Thanks to international partners, SISSEL® is now available in over 70 countries worldwide. With competent advice, first-class service and field-tested implementation concepts, we support our customers in their daily business. For example, you can draw on an extensive pool of ready-made advertising materials and marketing tools: catalogues, posters, banners, displays, customer and product brochures arouse interest and promote sales. In addition, almost all SISSEL® products come in attractive packaging with a QR code to the matching application video.

A perfectly coordinated system for maximum success.

YouTube



SISSEL® – Proven quality for over 35 years

Convincingly good: For over 35 years, the SISSEL® brand has stood for quality and customer satisfaction. Every product in our health range is selected and manufactured to the highest quality standards.

Continuous innovation in terms of product development, production processes and technologies, material selection as well as a focus on sustainability and social responsibility are cornerstones of our company.

- Production mainly in Europe (especially Sweden and Germany).
- All SISSEL® medical products comply with the safety and performance requirements according to Regulation (EU) 2017/745 (MDR).
- Quality management system certified according to DIN EN ISO 13485:2016

SISSEL® – The natural way

Equally formative is our guiding principle and claim to support the health of our customers in a natural way. With a high-quality product portfolio that helps to maintain and promote health.

Customer satisfaction guaranteed: 5 years SISSEL® guarantee

You can rely on SISSEL® quality. That's why we give a 5-year guarantee on the shape stability of all orthopaedic SISSEL® neck pillows, SISSEL® Soft Curve, SISSEL® Buchi® Soft, SISSEL® Medi Support, SISSEL® Sit Special 2 in 1, SISSEL® Sit Ring and SISSEL® Back.

This is the "Swedish difference" that makes our products and our company special.



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SISSEL GMBH



THE SISSEL® HEALTH CARE CIRCLE

At SISSEL® we see health holistically.

You will find selected products for your health in the areas of Healthy Sleeping, Healthy Sitting, Healthy Moving and Well-being.

In keeping with SISSEL® The natural way – we stand for a high-quality and diverse range of innovative health and wellness products that support people's health and well-being in a natural way.

For more health and quality of life.



THE SISSEL® INNOVATION – THE SPINEFITTER BY SISSEL® SYSTEM

Innovative, modular system for maximum application possibilities

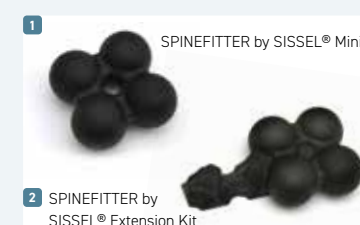
Versatile training – mindful, easy and everywhere.

The SPINEFITTER by SISSEL® system was developed by an interdisciplinary team of physiotherapists, osteopaths and Pilates trainers. Numerous exercises from the fields of Pilates and yoga can be combined and supplemented with the SPINEFITTER by SISSEL®. To support this, twelve exercise videos are available online. Furthermore, the SPINEFITTER by SISSEL is registered as a medical device within the EU and has quickly become a professional asset in physiotherapy and medical applications.

The multitool is made of PU integral foam. This material is comfortable, light, flexible, disinfected and can therefore be used in any place. It is available in the colours green, blue, purple-red and anthrazit and comes with a carrying strap. For versatile, holistic training. Thanks to targeted exercises, the SPINEFITTER equally supports the mobilisation of joints, the release of tension and the strengthening of deep muscles. It thus provides more mobility and effectively helps with pain in the back, neck and shoulder area.

In addition, the modular design of the system makes it easy to attach various add-ons, such as the SPINEFITTER by SISSEL® Trigger Tool. This is attached to the SPINEFITTER by means of a plug-in connection and is used for increased, punctual pressure build-up, for the targeted loosening of pain points (trigger points) and hardening of the paravertebral musculature. Thanks to a similar technique, the SPINEFITTER can be extended with the Extension Kit. The SPINEFITTER by SISSEL® Linum Pro (wipeable and disinfected), a heating/cooling pad filled with linseed, enables easy and precise fitting thanks to holding pockets and Velcro fastener.

*Study data: You can request the summary of the study via e-mail – info@sissel.de



NEW DESIGN

SISSEL ACADEMY

The SISSEL® ACADEMY was founded a decade ago and stands for first class international fitness and rehabilitation educational programmes led by a global community of experienced Educators.

As Head of SISSEL® ACADEMY, Nina Metternich, dedicates her time building and developing the ACADEMY on an international scale. With her profound knowledge of physiotherapy, osteopathy, and Pilates, Nina has a long career that encompasses academic excellence, therapy practice, and educating trainers at the highest level. Therefore, she is the perfect mastermind and visionary behind this growing institution. The ACADEMY's mission is to support the high quality training of future Educators and to create exciting and purposeful new workshops for the fitness and health industry of tomorrow.

The SISSEL® ACADEMY offers high quality workshops in a stimulating and professional environment. Deepen your skill set and get inspired by our dedicated workshop formats focusing on the SPINEFITTER by SISSEL® and new SISSEL® product developments.

Our diverse course concepts give trainers, therapists, and movement specialists the opportunity to expand their professional knowledge. The SISSEL® ACADEMY workshops permit attendees to dive deeper into the anatomical correlations and core principles of the selected SISSEL® product and includes exercise programmes to support individual and group training and rehabilitation. The courses contain a strong focus on practice based knowledge, thus allowing specialists to directly implement their newly gained know how from the workshop in their personal training or therapy practice.

www.sissel-academy.com



NEW

1 SPINEFITTER by SISSEL® Mini

Our compact mini version of the SPINEFITTER by SISSEL® – perfect for on the go.

2 SPINEFITTER by SISSEL® Extension Kit

Allows the SPINEFITTER to be extended – perfect for people over 1.80 m tall. Consisting of the SPINEFITTER by SISSEL® Mini and a connecting piece, the Connector.

3 SPINEFITTER by SISSEL® Linum & Linum Pro

The precisely fitting SPINEFITTER pad with natural linseed filling can be used for heat and cold applications on the SPINEFITTER and comes in two varieties (one for home and one for professional applications).

4 SPINEFITTER by SISSEL® Trigger Tool

SPINEFITTER Add-On as a plug-in attachment, which enables the targeted treatment of pain points (trigger points), tension and hardening along the spine.

Tip: Can also be used with the SPINEFITTER Mini.

5 SPINEFITTER by SISSEL® Drinking Bottle

Double-walled, food-safe vacuum insulated bottle made of stainless steel. Keeps your drink at the desired temperature level for a long time. The ideal training companion.

Read more on pages 56-61.

SISSEL® ON THE PULSE OF TIME

As a traditional family business, SISSEL® stands for the highest quality and customer satisfaction as well as for a constant drive for innovation, a sense of responsibility and sustainability.

A milestone in terms of resource conservation is our new product packaging, which will be introduced successively from 2023. The new, fresh design impresses with clarity, a reduced, elegant look with Scandinavian flair and a focus on the essentials.

The new packaging offers numerous advantages:

- Sustainability and resource saving
- Climate-neutral natural cardboard (CO2 neutral)
- Reduced use of colours (use of only one printing colour)
- Packaging from responsible sources (FSC certification)
- No outer carton necessary (packaging is suitable for direct shipping)

Clarity and navigation in the assortment:

- Easy navigation and clear affiliation of the products to the 4 theme worlds of the SISSEL® Health Care Circle (see page 4)
- Stylised application illustration on the front



Our logo and claim were also gently modernised and thus made fit for the future.

SISSEL® – The natural way. Our guiding principle is a living programme for us, which we dedicate ourselves to and implement stringently. In the course of modernising our company logo, it was particularly important for us to focus on the core of our guiding principle. Strengthened by innovative products and in a new, sustainable guise, we are ready for the future.



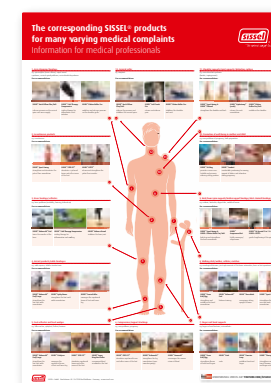
The natural way

Preserve the tried and tested – Professional presentation with the SISSEL® sales aids

Our advertising materials and sales aids are of course still available to you as usual. Put yourself in the "limelight" professionally and show what you have to offer! With the SISSEL® marketing concept you increase your sales success and your image. You have access to an extensive pool of attractive, ready-made advertising materials and marketing tools in natural design: catalogues, posters, banners, displays, customer and product brochures arouse interest and promote sales.

If you are interested in Point Of Sale materials, such as the SPINEFITTER by SISSEL® roll-up, display, branded Gym Mat Plus etc., please contact us at the following email address: info@sissel.com.

Cross-Selling Poster



SPINEFITTER by SISSEL® Point of Sale



Roll-Up SISSEL® Health Care Circle

HEALTHY SLEEPING

COMFORTABLE REST



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

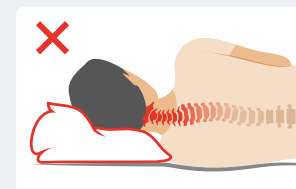


SISSEL® ORTHOPEDIC PILLOWS

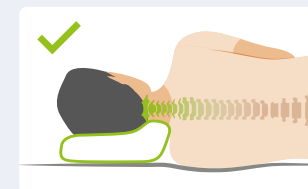
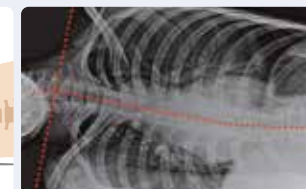
The shape, quality and design, tried and tested for over 35 years!

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.

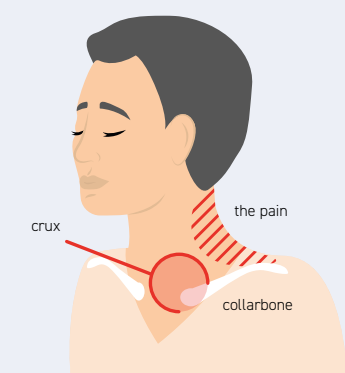


SCIENTIFIC BACKGROUND: NECK PROBLEMS AND TRANSFERRED NECK PAIN

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.

Healthy sleep is essential because it is 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)
- pillow core washable by hand
- size: M – approx. 47 x 33 x 11 cm,
L – approx. 47 x 33 x 14 cm



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



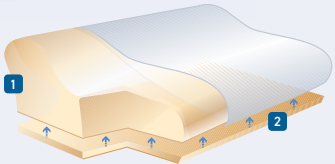
ITEM NUMBER	ATTRIBUTES
110.011	SISSEL® Soft, size L, incl. pillow cover ecru
110.020	SISSEL® Soft, size M, incl. pillow cover ecru
110.001.01	Extra pillow cover velours, ecru, size L
110.001.02	Extra pillow cover velours, ecru, size M
110.001.03	Extra pillow cover cotton, white, one size

Available in medium and large

SISSEL® SOFT PLUS

The soft neck pillow with the plus for an optimal adjustment!

- 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)
- pillow core washable by hand
- size: approx. 47 x 33 x 11/14 cm



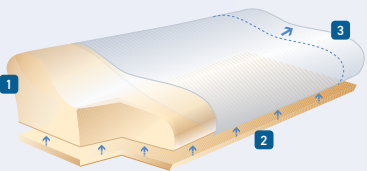
- 1 unique edge
- 2 adjustable in height



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
- material: visco-elastic foam
- comes with luxurious satin cover (50% cotton/50% polyester, washable at 40° C)
- pillow core washable by hand
- size: approx. 63 x 33 x 10/12 cm



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



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



SISSEL® SOFT BAMBINI

- The Bambini version of the proven **SISSEL® Orthopedic Pillow Soft!**
- for children four years and up
 - supports a correct neck position
 - material: visco-elastic foam
 - with colorful cover (100 % cotton, washable at 40° C)
 - size: approx. 37 x 25 x 9 cm
 - pillow core washable by hand



NEW – Extra pillow cover „Forest“ available

ITEM NUMBER	ATTRIBUTES
110.007	SISSEL® Soft Bambini, incl. colorful pillow cover „Animals“
110.008.01	Extra pillow cover „Forest“



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

- Our standard orthopedic neck pillow!**
- material: polyurethane foam
 - incl. velours cover (75% cotton/25% polyester, ecru, washable at 40° C)
 - pillow core washable by hand
 - size: M – approx. 47 x 33 x 11 cm, L – approx. 47 x 33 x 14 cm

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



Available in medium and large

SISSEL® COMPACT PILLOW

- The orthopedic neck pillow in mini format!
- perfect on the road
 - material: visco-elastic foam
 - size approx.: 37 x 25 x 9 cm
 - incl. velours cover
 - pillow core washable by hand



TIP: Optimal for the application on the therapy table!

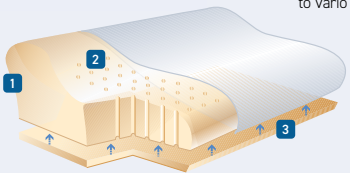


ITEM NUMBER	ATTRIBUTES
110.019	SISSEL® Compact Pillow, size approx. 37 x 25 x 9 cm



SISSEL® CLASSIC PLUS

- The height-adjustable orthopedic pillow for any size!**
- adjustable in height by adding or removing the Vario Pad
 - especially suited to relieve vertebrae and intervertebral discs
 - material: polyurethane foam
 - incl. velours cover (75% cotton/25% polyester, ecru, washable at 40° C)
 - pillow core washable by hand
 - size: approx. 47 x 33 x 11/14 cm



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

- 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.
- One pillow for all patients!** Adaption to all shoulder widths, neck lengths and individual rest preference due to Vario Pad.

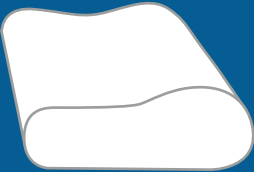


GENTLE SUPPORT PILLOWS

VISCO-ELASTIC FOAM

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.

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



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 washable by hand
 - material: visco-elastic foam
 - 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



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)
- pillow core washable by hand
- size: approx. 65 x 38 x 10 cm



YouTube



ITEM NUMBER	ATTRIBUTES
110.030	SISSEL® Dream Comfort Pillow
110.030.01	Extra pillow cover

SISSEL® PANICORE

The millet 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
- pillow case 100% cotton
- size: approx. 60 x 40 cm



Note: Product subject to natural weight fluctuations.

100% millet filling



Advantages of millet

Millet is fine and soft and because it adjusts to your body it is very pleasant to use. Millet 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



Note: Product subject to natural weight fluctuations.

100% spelt filling



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.

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



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.



with anatomically adjusted neckline

Note: Product subject to natural weight fluctuations.

ITEM NUMBER	ATTRIBUTES
116.001	SISSEL® Buchi®, blue
116.003	SISSEL® Buchi®, burgundy
116.004	SISSEL® Buchi®, gray

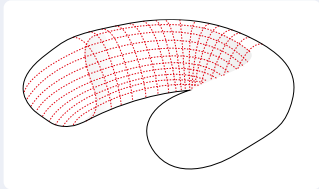
SISSEL® BUCHI® SOFT

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
- with practical carry bag
- SISSEL® Buchi® Soft core washable by hand



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



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
- in 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



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

*Cover incl. strap – perfectly suitable for forming a nest and positioning the baby

Different covers available:

Cotton covers 100% (washable at 40° C)



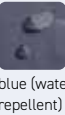
Velours covers

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



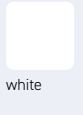
PU-cover:

Polyurethane



Terry cover

(75% cotton/ 25% polyester)



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
170.019	Cotton cover, hibiscus
170.021	Cotton cover, ornament blue
170.012	Cotton cover, grey/white stars
170.013	Cotton cover, white/grey dots
170.022	Polyurethane cover, blue (water-repellent)
170.023	Velours cover, chocolate/cream
170.024	Velours cover, bordeaux/gray



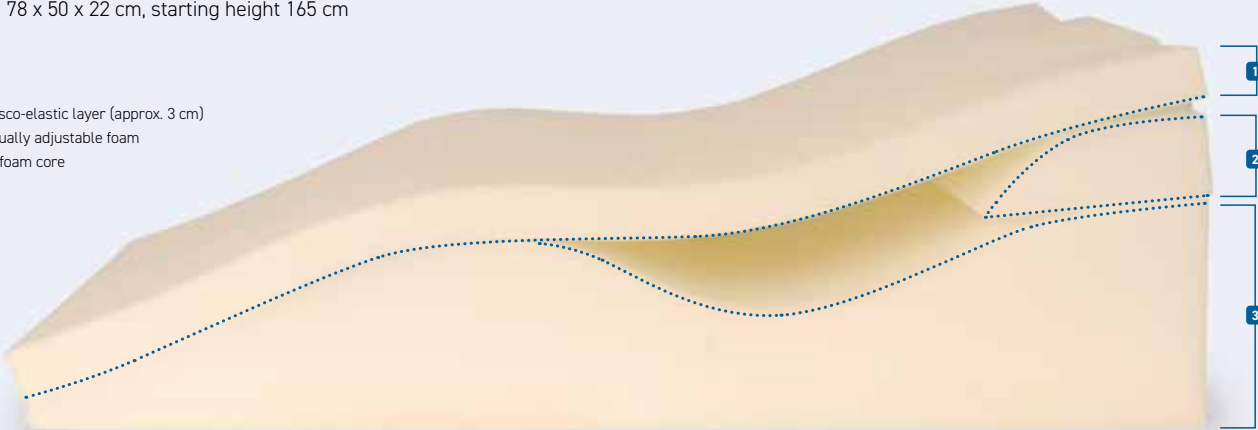
SISSEL® VENOSOFT®

Combines the outstanding abilities of our leg pillow with a visco-elastic layer!

- the integrated layer promotes optimal pressure relief and effective, optimal, pressure point-free leg elevation
- a relaxation aid that supports the venous blood flow and can help to relieve the lower back thanks to its ergonomic shape
- 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



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

Lie down in comfort, relax and sleep!

- simply attach to the legs, using two convenient Velcro strips
- reduces heavy pressure on the knee joints
- ideal recumbent position, the pelvis is only slightly bent
- prevents unpleasant 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



HEALTHY SITTING

GENTLE RELIEF



SISSEL® SITFIT® PLUS

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



Incl. exercise poster

ITEM NUMBER	ATTRIBUTES			
160.070	SISSEL® SITFIT® Plus, blue			
160.071	SISSEL® SITFIT® Plus, red			
160.074	SISSEL® SITFIT® Plus, black			
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			



Latex-free



A perfect eye-catcher: SISSEL® SITFIT® sticker for your own promotion chair available.



- 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



Velours cover available in 4 colors



YouTube



SISSEL® SITFIT®

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

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			
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			

Incl. exercise poster



Latex-free



Velours cover available in 4 colors



YouTube



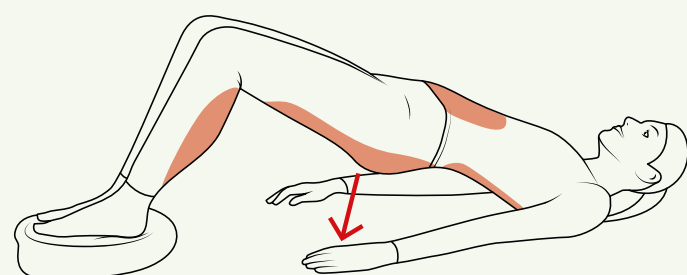
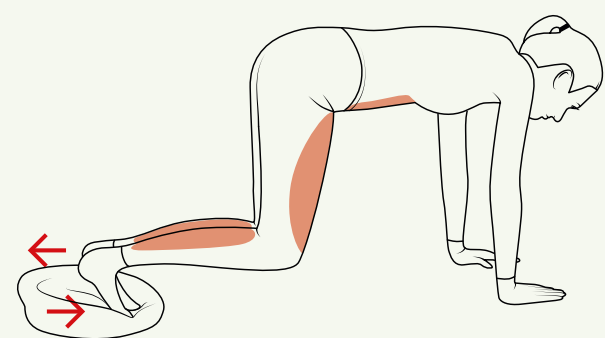
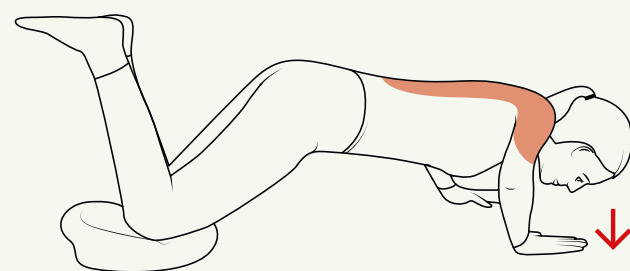
It's never too early for healthy sitting!

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.



SISSEL® SITFIT® AND SITFIT® PLUS – MORE THAN JUST A CUSHION

For those for whom active and dynamic sitting is not enough, our SISSEL® SITFIT® and SISSEL® SITFIT® PLUS seat cushions offer even more. Our exercise poster provides simple and easy to follow exercises for a balanced full body workout.



SISSEL® BACK CHANGE

A change for your back – our 2 in 1 back support and active sitting cushion!

- sitting pad with ergonomic design features a unique way to effectively guide the back between pressure and relief
- exercise and relax your back with ONE product:
 - for sitting: tension – active sitting improves core stability and works the deep muscles
 - placed behind your back: relief – perfectly supports the lumbar lordosis, enhances the natural sitting position and simultaneously incorporates back relaxation and gentle massage
- extreme comfort and usable by virtually everybody:
 - air-filled cushion with slightly rounded surface and straight bottom
 - Ø approx. 40 cm, load-bearing up to 100 kg
- latex-free
- degree of stability and firmness is freely adjustable by adding air (pump included)
- Polyester/Mesh cover for a proper air circulation (100% polyester, handwash)

ITEM NUMBER ATTRIBUTES

160.120 SISSEL® Back Change



YouTube



SISSEL® SIT SPECIAL 2 IN 1

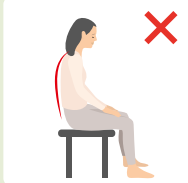
For comfortable, soft and upright sitting – perfectly relieves sacrum and coccyx!

- 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
- cushion core washable by hand
- available in 3 colors
- size: approx. 43 x 40 x 9 cm



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
120.021.11	SISSEL® Sit Special 2 in 1, extra cover, blue structured
120.022.11	SISSEL® Sit Special 2 in 1, extra cover, gray structured
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



Perfect for on the go – easy to roll up and store away thanks to valve



ITEM NUMBER	ATTRIBUTES
120.060	SISSEL® Sit Air, black
120.061	SISSEL® Sit Air, blue



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, cut from one piece
- **Sitting Wedge Colour:** with rugged cover, blue/graffiti (100 % cotton, washable at 30° C) and anti-slip bottom layer, highly effective on slippery surfaces
- **Sitting Wedge Standard:** with 100% cotton cover (blue, bordeaux, black – washable at 30° C)
- 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



ITEM NUMBER	ATTRIBUTES
120.003	SISSEL® Sit Colour, sitting wedge with anti-slip cover, blue/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

Sitting wedges are made of 100% recycled foam!



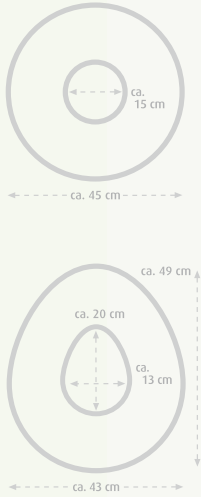
Sitting wedge Colour comes with rubberized bottom



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
- cushion core washable by hand
- available in 2 variations: round or oval
- option: PU hygienic cover, waterproof



PU hygienic cover optionally available



Cover special optionally available



Terry cover optionally available



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, round, special, blue
121.018.06	SISSEL® Sit Ring, terry cover, round/oval, blue

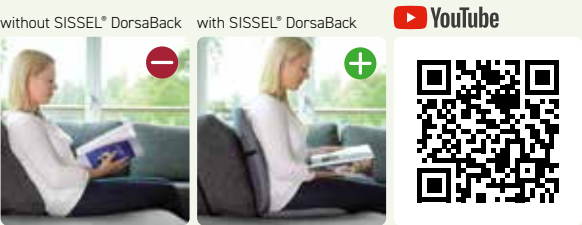
SISSEL® DORSABACK & SISSEL® DORSABACK-PAD

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 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



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			



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			



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		
121.015.11	Extra cover: blue structured		
121.016.11	Extra cover: gray structured		



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		



HEALTHY MOVING

FIT AND IN SHAPE



SISSEL® PRODUCT VIDEOS

Attractive information media available at [YouTube.com](https://www.youtube.com/SISSEL) For 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.

▶ YouTube



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

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

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
 - 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 4 colors

Securemax®-System:
For your safety – when punctured, the ball will not burst but loose air gradually.



SISSEL® Gym Ball Cover – Turns your gym ball into a stylish piece of furniture (more information on page 31).



▶ YouTube



ITEM NUMBER	ATTRIBUTES				
160.008	SISSEL® Securemax® Ball, Ø approx. 45 cm, blue-purple				
160.020	SISSEL® Securemax® Ball, Ø approx. 45 cm, lime green				
160.013	SISSEL® Securemax® Ball, Ø approx. 55 cm, blue-purple				
160.011	SISSEL® Securemax® Ball, Ø approx. 55 cm, red				
160.021	SISSEL® Securemax® Ball, Ø approx. 55 cm, lime green				
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				
160.022	SISSEL® Securemax® Ball, Ø approx. 65 cm, lime green				
160.015	SISSEL® Securemax® Ball, Ø approx. 75 cm, blue-purple				
160.014	SISSEL® Securemax® Ball, Ø approx. 75 cm, silver				
160.023	SISSEL® Securemax® Ball, Ø approx. 75 cm, lime green				



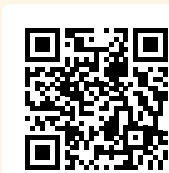
SISSEL® BALL

The affordable way to keep fit!

- the ideal fitness device and sitting aid
- relieves spine, strengthens back musculature
- improves correct sitting posture
- for a user weight of up to 100 kg
- sizes: Ø approx. 55 cm, 65 cm, 75 cm

Note: The SISSEL® Stabilizer offers a safe base and prevents the balls from rolling.

YouTube



ITEM NUMBER ATTRIBUTES

160.060	SISSEL® Ball, Ø approx. 55 cm, blue
160.061	SISSEL® Ball, Ø approx. 55 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



SISSEL® GYM BALL COVER

Turns your gym ball into a stylish piece of furniture

- healthy sitting at home in a new look
- for SISSEL® Gym Balls, size 65 cm
- pleasant fabric provides improved sitting comfort
- adjustable handle for easy transport
- hidden zipper - prevents damage to clothing and floors
- material: 100% Polyester, washable at 40° C

TIP: In combination with the SISSEL® Stabilizer also protected against rolling off.

YouTube



ITEM NUMBER ATTRIBUTES

160.000	SISSEL® Gym Ball Cover, gray, 65 cm
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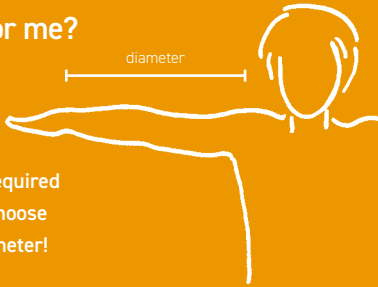


ACCESSORIES

- SISSEL® Stabilizer** holds the ball in place also when not used. 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.

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!

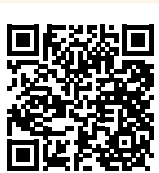


ITEM NUMBER ATTRIBUTES

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



YouTube



SISSEL® POSTURE SHIRT

The **Posture Alignment Technology** prevents you from slouching and reminds you to stand up straight by keeping your shoulders aligned.

When shoulder blades are back and aligned, you automatically activate muscles and engage the core while standing and sitting. The SISSEL® Posture Shirt does not need compression to make you stand tall.

- loose and comfortable around the waist and back
- impressive, simple and discreet design fits to every outfit
- can be worn hidden under any shirt

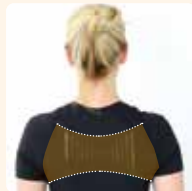
Poor posture



Good posture



Posture Alignment Technology



ITEM NUMBER ATTRIBUTES

114.000	SISSEL® Posture Shirt, Woman, XS, black
114.001	SISSEL® Posture Shirt, Woman, S, black
114.002	SISSEL® Posture Shirt, Woman, M, black
114.003	SISSEL® Posture Shirt, Woman, L, black
114.010	SISSEL® Posture Shirt, Man, S, black
114.011	SISSEL® Posture Shirt, Man, M, black
114.012	SISSEL® Posture Shirt, Man, L, black
114.013	SISSEL® Posture Shirt, Man, XL, black

YouTube



Starting 2024:
SISSEL® Octocore
Workshops*

NEW



SISSEL® OCTOCORE

The SISSEL® OCTOCORE is a 3D elastic band in X-shape that offers versatile and effective support during training. It offers individual adjustment possibilities and enables holistic training for user groups from rehabilitation to competitive sports.

The numbered, integrated loops allow for extensive variation of functional training without the need to knot the band or wrap it around the hands and feet. In addition, it can be used as a support for Pilates and Yoga and is ideal to take along on trips.

- X-shaped, elastic loop band for holistic and multi-dimensional training
- dimensions: approx. 190 x 190 cm
- material: 39 % Nylon, 35 % Polyester, 26 % Latex
- colour: Anthrazit, Yellow

ITEM NUMBER	ATTRIBUTES
163.303	SISSEL® Octocore



* Find out more at
sissel-academy.com

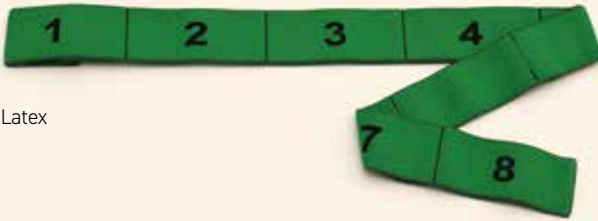


SISSEL® X-TENSION BAND

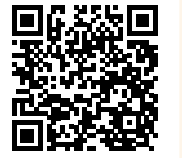
Elastic textile band with 8 loops for varied training!

- for varied fitness and strength training of all muscle groups
- 8 numbered loops offer a simple and quick variation of the exercises
- 3 different tensile strengths allow effective training in every performance range
- suitable for stretching and warming up before training sessions
- durable, dimensionally stable, skin-friendly
- includes exercise poster
- washable at 30 °C
- length: approx. 104 cm (8 loops à 13 cm)
- material: 39 % Nylon, 35 % Polyester, 26 % Latex

ITEM NUMBER	ATTRIBUTES
163.300	SISSEL® X-Tension Band, yellow, light
163.301	SISSEL® X-Tension Band, red, medium
163.302	SISSEL® X-Tension Band, green, strong



YouTube



SISSEL® X-TENSION RING SET

Elastic textile bands for varied training!

- 3 different tensile strengths allow effective training in every performance range
- for varied, targeted training of small muscle chains and individual muscles of the entire body
- durable, dimensionally stable, skin-friendly
- set consisting of 3 SISSEL® X-Tension Ring with different tensile strengths: light (7 kg), medium (10 kg), strong (15 kg)
- includes exercise poster
- washable at 30 °C
- length: approx. 33 cm
- material: 39 % Nylon, 35 % polyester, 26 % latex

ITEM NUMBER	ATTRIBUTES
163.311	SISSEL® X-Tension Ring Set



YouTube





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 by using a complex cleaning process. The result is a band proven to have fewer allergens.

SISSEL® FITBAND PLUS & 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 Plus:

incl. 1 clip (approx. 7.5 cm x 2 m);
also available in rolls (approx. 15 cm x 5 m /
15 cm x 25 m / 15 cm x 46 m) for groups

SISSEL® Fitband Essential:

approx. 15 cm x 2,5 m



ITEM NUMBER	ATTRIBUTES				
163.005	SISSEL® Fitband Plus, yellow (light), approx. 7.5 cm x 2 m				
163.006	SISSEL® Fitband Plus, red (medium), approx. 7.5 cm x 2 m				
163.007	SISSEL® Fitband Plus, green (strong), approx. 7.5 cm x 2 m				
163.008	SISSEL® Fitband Plus, blue (x-strong), approx. 7.5 cm x 2 m				
163.009	SISSEL® Fitband Plus, yellow (light), approx. 15 cm x 5 m				
163.010	SISSEL® Fitband Plus, red (medium), approx. 15 cm x 5 m				
163.011	SISSEL® Fitband Plus, green (strong), approx. 15 cm x 5 m				
163.012	SISSEL® Fitband Plus, blue (x-strong), approx. 15 cm x 5 m				
163.013	SISSEL® Fitband Plus, yellow (light), approx. 15 cm x 25 m				
163.014	SISSEL® Fitband Plus, red (medium), approx. 15 cm x 25 m				
163.015	SISSEL® Fitband Plus, green (strong), approx. 15 cm x 25 m				
163.016	SISSEL® Fitband Plus, blue (x-strong), approx. 15 cm x 25 m				
163.060	SISSEL® Fitband Plus, yellow (light), approx. 15 cm x 46 m				
163.061	SISSEL® Fitband Plus, red (medium), approx. 15 cm x 46 m				
163.062	SISSEL® Fitband Plus, green (strong), approx. 15 cm x 46 m				
163.063	SISSEL® Fitband Plus, blue (x-strong), approx. 15 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				

7,5 cm x 2 m
Fitband and
15 cm x 2,5 m
Fitband Essential
include exercise
instruction



SISSEL® Fitband Plus
also available in rolls

YouTube



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

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			



Latex-free

YouTube



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



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



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
 - size: approx. 140 cm



with hygienic flexible handles

YouTube

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				



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

SISSEL® KINESIOLOGY TAPE

- The kinesiology tape in four attractive colors!**
- for use in sports
 - support of joint and muscle mobility
 - 96% cotton, 4% elasthane, with skin-friendly acrylic glue
 - breathable, water resistant
 - comfortable and skin-friendly
 - available in 4 colors
 - size: approx. 5 cm x 5 m & approx. 5 cm x 32 m
 - each roll individually packed

YouTube



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				
162.210	SISSEL® Kinesiology Tape, approx. 5 cm x 32 m, natural-colored				
162.211	SISSEL® Kinesiology Tape, approx. 5 cm x 32 m, blue				
162.212	SISSEL® Kinesiology Tape, approx. 5 cm x 32 m, pink				
162.213	SISSEL® Kinesiology Tape, approx. 5 cm x 32 m, black				



SISSEL® SPORT SWING PLUS

- 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
 - Material Handle & Weights: TPR and Silicone (colour dark blue)
 - Material Staff: Fiberglass (colour red)
 - length: approx. 115 cm



ITEM NUMBER	ATTRIBUTES
162.057	SISSEL® Sport Swing Plus

YouTube



NEW

SISSEL® GYM MAT PROFESSIONAL

Our wider 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



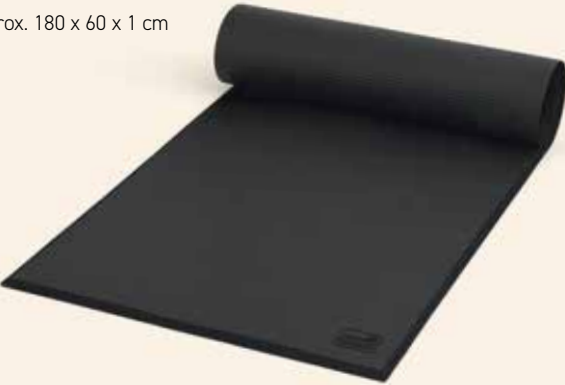
ITEM NUMBER	ATTRIBUTES
200.030	SISSEL® Gym Mat Professional, blue, approx. 180 x 100 x 1.5 cm
200.000	SISSEL® Mat Strap
SISSEL® Gym Mat Professional only available in bulk without packaging.	



SISSEL® GYM MAT PLUS

The SISSEL® Gym Mat Plus lies flat immediately thanks to its unique material properties and the bevelled edge design – no "roll-up" effect

- closed cell surface structure allows for easy cleaning
- excellent cushioning properties due to the unique foam structure
- extremely durable
- very good anti-slip properties for a safe workout
- straight, minimalist design blends seamlessly into any environment
- bevelled edges reduce the risk of stumbling
- colour: anthracite
- NBR foam
- sizes: approx. 180 x 60 x 1 cm



ITEM NUMBER	ATTRIBUTES
200.100.5	SISSEL® Gym Mat Plus anthrazit in Showbox
SISSEL® Gym Mat Plus also available in bulk without packaging.	



SISSEL® GYM MAT

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, Hanging Rings



SISSEL® Gym Mat is also available for hanging up!

YouTube



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
200.010.015	SISSEL® Carry Bag for Gym Mat
200.000	SISSEL® Mat Strap
SISSEL® Gym Mat also available in bulk without packaging.	

SISSEL® GYM MATS – ACCESSORIES:

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

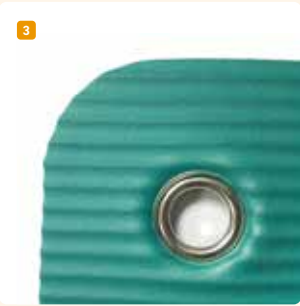
 - ideal for transporting exercise mats and roller
 - easy and quick adaption of diameter
 - comfortable length, approx. 3.2 cm wide
 - material: 100% cotton, natural-colored
- 2** SISSEL® Carry Bag for SISSEL® Gym Mat

 - fits all SISSEL® Yoga- and Gym Mats up to 60 cm width
 - with practical pocket
 - material/color: polyester/black
- 3** Hanging Rings for our 60 cm SISSEL® gym mats

 - space saving option to store more SISSEL® gym mats
 - inside diameter: approx. 3 cm
 - 2 hanging rings per mat

- Distances:
- distance inner ring to inner ring: approx. 45 cm
 - distance edge to ring (both sides): approx. 5.5 cm

Contact your SISSEL® product distributor for more information on quantities, packing etc.



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

BALANCE AND STABILIZATION



SISSEL® FIT-DOME SPORT

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
- training tubes included
- burst-proof up to 130 kg dynamic weight
- size: Ø approx. 60 cm, 22 cm high
- available in 2 colours



ITEM NUMBER ATTRIBUTES

160.312	SISSEL® FIT-Dome Sport, red, incl. Tubes and pump
160.313	SISSEL® FIT-Dome Sport, black, incl. Tubes and pump
160.312.10	Tube Set of 2 for SISSEL® FIT-Dome Sport



YouTube



incl. exercise poster





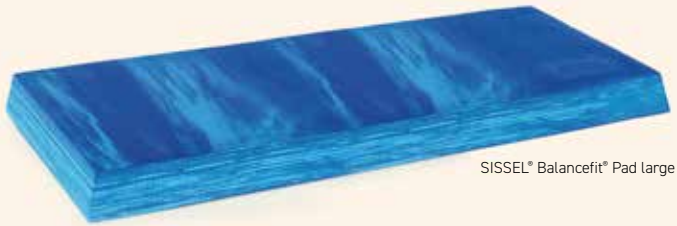
SISSEL® BALANCEFIT® PAD & SISSEL® BALANCEFIT® PAD LARGE

- 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
 - max. body weight: 120 kg
 - 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



SISSEL® Balancefit® Pad

The maxi-version – extra large!



SISSEL® Balancefit® Pad large

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

sturdy material



YouTube
SISSEL® Balancefit® Pad



YouTube
SISSEL® Balancefit® Pad large



incl. exercise poster



SISSEL® STEP-FIT®

- The natural pebble beach for your home!**
- optimization of whole body coordination
 - sensitivity training for combining with other substrates
 - foot reflexology massage
 - stimulation of metabolism
 - balance training
 - strengthening of the muscles
 - material: flexible, washable TPR plastic
 - size: approx. 48,5 x 49 cm



ITEM NUMBER	ATTRIBUTES
162.053	SISSEL® STEP-FIT®, approx. 48,5 x 49 cm, gray



Also suitable for parcours application with other proprioceptive devices.



SISSEL® BALANCE BOARD PLUS

- Space-saving training aid for outdoor use, in the gym or at home
- for balance and proprioceptive training
 - improves coordination and motor skills
 - strengthens the deep muscles
 - improves concentration
 - with integrated handles for more effective training
 - load capacity up to 90 kg
 - material: polyethylene
 - size: Ø approx. 38 cm, height: approx. 8,5 cm

ITEM NUMBER	ATTRIBUTES
162.050	SISSEL® Balance Board Plus



YouTube



incl. exercise poster



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® BALANCE BOARD DYNAMIC

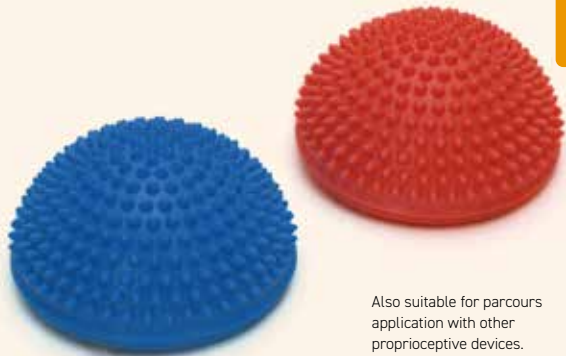
- Improves balance and coordination!
- standing on the Balance Board Dynamic: effective balance exercise, one of the many exercise variations
 - for progressive exercising without changing equipment
 - max. body weight: 150 kg
 - material: wood, with PVC surface
 - size: Ø approx. 40 cm, 8 cm high



ITEM NUMBER	ATTRIBUTES
162.058	SISSEL® Balance Board Dynamic

SISSEL® 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



SISSEL® MOBILYZOR SET

- Versatile companion for massage, stretching and mobilization!**
- the practical tool to support massage applications, stretching and mobilization exercises
 - perfect aid for Pilates and Yoga stretching exercises
 - nubbed variant ideally suited for targeted massage
 - smooth variant ideally suited for stroking out the fasciae
 - Set of 2 SISSEL® Mobilyzor (smooth variant/ nubbed variant)
 - material: polypropylene
 - dimensions: smooth – approx. 24 x 12 x 8 cm, nubbed – approx. 24 x 12 x 9 cm



YouTube



ITEM NUMBER	ATTRIBUTES
161.070	SISSEL® Mobilyzor Set



SISSEL® MASSAGE ROLLER

- Rolling away tensions!**
- use to treat muscle tensions and for massage of connective tissue
 - ideal for massage and relaxation
 - the softer massage roller
 - for prevention of muscle tension
 - enhances circulation
 - perfectly suited for the massage of back and leg muscles
 - material: PE (see page 50)
 - size: Ø approx. 15 cm, approx. 47 cm long
 - weight: approx. 380 g

YouTube



ITEM NUMBER	ATTRIBUTES
310.025	SISSEL® Massage Roller, approx. 47 cm, solid blue



In user-friendly
47 cm length

SISSEL® MYOFASCIA ROLLER

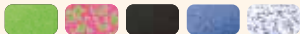
- The fascia roller to enhance muscle activity and regeneration!**
- for targeted release and relaxation of muscles and fascial soft tissue
 - improvement of muscle function, regeneration and flexibility
 - prevention of muscle soreness
 - areas of application: massage of neck, shoulder, upper arm and 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



YouTube



ITEM NUMBER	ATTRIBUTES
162.080	SISSEL® Myofascia Roller, black
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



Available in 4 attractive
colors and as soft
version (white/blue)!

For extra comfort:
anatomically
optimized size with
ergonomic recess

SISSEL® MYOFASCIA ROLLER MINI

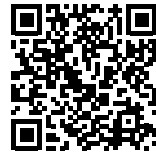
The convenient fascia roller in mini-size – small, light-weight, for use everywhere!

- 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



ITEM NUMBER ATTRIBUTES

162.092 SISSEL® Myofascia Roller Mini, black



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



ITEM NUMBER ATTRIBUTES

162.093 SISSEL® Myofascia Double Ball, 8 x 16 cm, black

162.094 SISSEL® Myofascia Double Ball, 12 x 24 cm, black



SISSEL® MYOFASCIA BALL

The fascia ball for deep tissue self-massage!

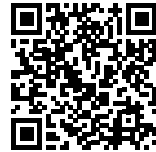
- for self-massage and targeted release of tense muscles
- for intensive pressure massage of neck, feet and back
- improvement of muscle function, regeneration and flexibility
- Use on the floor, table or on the wall
- available in 2 sizes: approx. 8 cm, approx. 12 cm
- material: EPP (expanded polypropylene)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



ITEM NUMBER ATTRIBUTES

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

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



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, skin-friendly, portable
- material: high-quality silicone
- incl. exercise manual
- size: approx. 15 x 7,5 cm



ITEM NUMBER ATTRIBUTES

161.014 SISSEL® Vitalyzor



YOGA – MENTAL BALANCE

AND FRESH ENERGY



SISSEL® YOGA RELAX CUSHION FRESH GREEN



Finding your inner peace!

- perfectly dimensioned for maximum sitting comfort – contents can be individually adjusted
- provides excellent support for a perfect yoga performance – also serves as base for many yoga positions
- the 100% pure spelt filling is moisture and heat regulating, breathable and pressure relieving
- inner cover with zipper for easy re-fill
- separate high quality outer cover (sturdy cotton 100%, washable at 40° C)
- size: Ø approx. 40 cm
- height approx. 11.5 cm



ITEM NUMBER	ATTRIBUTES
110.202	SISSEL® Yoga Relax Cushion, fresh green



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



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!

- 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
- cleaning: with a damp cloth or hand shower
- size: approx. 183 x 61 x 0.4 cm
- optional: SISSEL® Carry Bag, SISSEL® Mat Straps



YouTube



For a healthy workout
PVC-FREE!

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

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: SISSEL® Carry Bag, SISSEL® Mat Straps



Practical mat strap available (see p. 39).



ITEM NUMBER	ATTRIBUTES
200.024	SISSEL® Yoga Mat, royal blue
200.025	SISSEL® Yoga Mat, fuchsia
200.023	SISSEL® Carry Bag for Yoga Mat
200.000	SISSEL® Mat Strap

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: SISSEL® Carry Bag, SISSEL® Mat Straps



YouTube



ITEM NUMBER	ATTRIBUTES
310.040	SISSEL® Pilates & Yoga 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% elastane, 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



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.

*** Product information**

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

PE (Polyethylene)

EVA (Ethylen Vinyl Acetat)

EPP (Expanded Polypropylene)



PILATES – BODY & MIND TRAINING

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.”

SISSEL® PILATES TONING BALL

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

Set of 2



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



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



SPINEFITTER

BACK IN BALANCE

During a successfully conducted international study investigations were undertaken to show the extent to which a special SPINEFITTER training programme improves the mobility of the thoracic spine, the cervical spine and the shoulder joints. Further, it was determined whether its application leads to a reduction in tension and pain in the shoulder and neck area. The results of the study show significant improvements in the areas studied.



Read more about the Study in the PT April 2022 or online on www.spinefitter.com

In our **workshops** you will learn more about the versatile application possibilities of the SPINEFITTER by SISSEL® in therapy and training.

You can find more information at www.spinefitter.com!



by

SPINEFITTER BY SISSEL®

The innovation for a healthy back

The unique shape of the SPINEFITTER is easy to use and aids in loosening the shoulder-neck area. The small vertebral joints of the spine are opened and can decrease blockages through movement on the SPINEFITTER. Resting on the SPINEFITTER in the supine position has a relaxing and strengthening effect. The SPINEFITTER can be used for exercises from the areas of spinal gymnastics, Pilates and Yoga. New stimuli are set through easier joint positions and challenging motions (balance). Intuitive handling and a quickly noticeable effect make the SPINEFITTER an ideal piece of equipment for regular training in the Pilates or fitness studio, in therapy or at home.

- innovative training device with 28 interconnected balls
- the small balls help to relieve tension through deep pressure
- improve joint mobility
- strengthens deep muscular tissue
- available in four colours: anthrazit, green, blue, purple red
- incl. SPINEFITTER Carry Strap for comfortable transport on the back



TIP: For a softer headrest, simply combine the SPINEFITTER with the SISSEL® Neck Relax (see page 82)



ITEM NUMBER	ATTRIBUTES				
162.300	SPINEFITTER by SISSEL®, blue				
162.301	SPINEFITTER by SISSEL®, green				
162.302	SPINEFITTER by SISSEL®, anthrazit				
162.303	SPINEFITTER by SISSEL®, purple red				
162.300.5	SPINEFITTER by SISSEL®, Set of 10 blue incl. Coach Bag				
162.301.5	SPINEFITTER by SISSEL®, Set of 10 green incl. Coach Bag				
162.302.5	SPINEFITTER by SISSEL®, Set of 10 anthrazit incl. Coach Bag				
162.303.5	SPINEFITTER by SISSEL®, Set of 10 purple red incl. Coach Bag				



SPINEFITTER BY SISSEL® TRIGGER TOOL

For the targeted relaxation of trigger points – the Trigger Tool is an attachable module for expanding the SPINEFITTER by SISSEL® System. It allows targeted, punctual pressure to be applied to trigger points, hardenings, and tensions. Consequently, the module offers a simple way to autonomically release trigger points and hardenings along the spine most precisely and, thus, contribute to pain relief. Thanks to the simple click system, the SPINEFITTER by SISSEL® Trigger Tool can be effortlessly connected to the SPINEFITTER and SPINEFITTER Mini.

- material: polyurethane
- colour: melon yellow
- dimensions: approx. 12 x 4.5 x 7 cm
- weight product: approx. 55 g
- maximum user weight: 150 kg
- optimum degree of hardness*
- individually placeable



ITEM NUMBER	ATTRIBUTES
162.308	SPINEFITTER by SISSEL® Trigger Tool



NEW



Thanks to the simple click system, the SPINEFITTER by SISSEL® Trigger Tool can be effortlessly connected to the SPINEFITTER and SPINEFITTER Mini.

SPINEFITTER BY SISSEL® MINI

- The mini version of the SPINEFITTER by SISSEL®.
- extra small and light – perfect for traveling, in the office or on the go
 - supports segmental spine mobilization exercises
 - helps with fascia loosening of individual areas
 - suitable for balance exercises and for strengthening of deep muscle structures
 - incl. SPINEFITTER carrying strap



ITEM NUMBER	ATTRIBUTES
162.304	SPINEFITTER by SISSEL® Mini



* The shape and hardness of the Trigger Tool have been selected in such a way that the trigger points are targeted effectively yet as gently as possible.

SPINEFITTER BY SISSEL® EXTENSION KIT

- extends the regular SPINEFITTER by SISSEL® by 12 cm (2 pairs of balls)
- Contains: 1 x SPINEFITTER by SISSEL® Mini and 1 x Connector
- ideal for people over 180 cm
- simple click system ensures correct alignment of the extension kit



ITEM NUMBER	ATTRIBUTES
162.306	SPINEFITTER by SISSEL® Extension Kit



SPINEFITTER BY SISSEL® LINUM AND LINUM PRO

The precisely fitting SPINEFITTER overlay with natural linseed filling can be used for heat and cold applications on the SPINEFITTER. Perfect for relaxation, loosening of the musculature before or after training or to relieve pressure on the paravertebral muscles.



- for heat or cold application
- ideal for relaxing or loosening the muscles
- Filling: linseed
- can be combined with the SPINEFITTER by SISSEL® and Extension Kit
- dimensions: approx. 84 x 12 x 2 cm

SPINEFITTER by SISSEL® Linum

- ideal for use at home with a soft cover made of 100 % cotton

SPINEFITTER by SISSEL® Linum Pro

- specially developed for use in physiotherapy practices, Pilates and fitness studios – thanks to the wipeable and disinfestable surface
- cover: 100 % Polyester / PU coating



SPINEFITTER not included

with hook-and-loop fastener on both ends for simple insertion of the SPINEFITTER by SISSEL® and the optional Extension Kit



ITEM NUMBER	ATTRIBUTES
162.310	SPINEFITTER by SISSEL® Linum, anthrazit
162.320	SPINEFITTER by SISSEL® Linum Pro, anthrazit



SPINEFITTER BY SISSEL® ACCESSORIES

1 SPINEFITTER by SISSEL® Backpack

- the backpack for transporting a SPINEFITTER incl. a mounted SPINEFITTER Linum/Linum Pro
- backpack made of 100 % cotton
- colour: anthrazit



2 SPINEFITTER by SISSEL® Coach Bag

- matching carrying bag for 10 SPINEFITTER by SISSEL®
- enables easy transport of the entire training equipment
- dimensions: approx. 95 x 44 x 3 cm
- also available as a set incl. 10 SPINEFITTER by SISSEL® (see page 57)



3 SPINEFITTER by SISSEL® Towel

- 100 % cotton
- practical training companion in the fitness studio – thanks to integrated flap the Towel is easy to attach to the training bench
- can be combined with the SPINEFITTER by SISSEL® in multiple ways (e.g. as a head rest or as a pressure-minimising support)



Folded down to pillow size, the Towel can be used as the ideal SPINEFITTER head rest.



Wrapped around the SPINEFITTER, the Towel reduces the impact on trigger points and enables an even gentler training style.

NEW

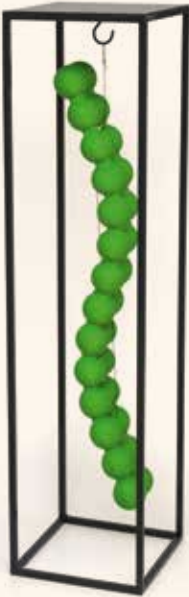
4 NEW DESIGN – SPINEFITTER by SISSEL® Drinking Bottle

- stainless steel drinking bottle (double-layered structure; vacuum function; food grade quality, dishwasher safe)
- capacity: 500 ml
- lasered SPINEFITTER logo
- dimensions: approx. 23 x 6.7 cm



5 SPINEFITTER by SISSEL® Display

- Metal frame with suspension and threading set for professional SPINEFITTER customer presentation
- dimensions (L x W x H): approx. 25 x 25 x 100 cm
- weight: approx. 3.5 kg (without SPINEFITTER)
- material display: steel, lacquered
- material of accessory pack: acrylic glass, polyethylene
- permissible load capacity of display: 5 kg



SPINEFITTER not included

ITEM NUMBER	ATTRIBUTES
162.311	SPINEFITTER by SISSEL® Backpack, anthrazit
162.312.10	SPINEFITTER by SISSEL® Coach Bag, anthrazit
600.001	SPINEFITTER by SISSEL® Drinking Bottle
162.309	SPINEFITTER by SISSEL® Towel
500.162	SPINEFITTER by SISSEL® Display (SPINEFITTER not included)



SISSEL® PILATES ROLLER

The SISSEL® Pilates Roller family ideally complements Pilates mat training, especially concerning balance and stabilisation exercises. It also offers effective ways of loosening fascia tissue on every training level.
also available: SISSEL® Pilates Roller Center (see p. 63), SISSEL® Mat Strap (see p. 39)

ITEM NUMBER	ATTRIBUTES
310.010	SISSEL® Pilates Roller, approx. 90 cm, white, incl. exercise poster
310.011	SISSEL® Pilates Roller Pro, approx. 90 cm, solid blue, incl. exercise poster
310.017	SISSEL® Pilates Roller Pro, approx. 90 cm, gray, incl. exercise poster
310.014	SISSEL® Pilates Roller Pro, approx. 100 cm, solid blue, incl. exercise poster
310.018	SISSEL® Pilates Roller Pro, approx. 100 cm, gray, incl. exercise poster
310.015	SISSEL® Pilates Roller Pro Soft, approx. 90 cm, blue marbled, incl. exercise poster
310.016	SISSEL® Intense Roller, approx. 100 cm, black
200.000	SISSEL® Mat Strap

SISSEL® Pilates Roller

SISSEL® Intense Roller

- 1 SISSEL® Pilates Roller**

 - Entry-level model, ideal for home use
 - material: PE (see *p. 54)
 - Ø approx. 15 cm, length approx. 90 cm
 - color: white
- 2 SISSEL® Pilates Roller Pro**

 - more durable, recommended for application in practice and studio
 - material: PE (see *p. 54)
 - Ø approx. 15 cm, length approx. 90 cm or 100 cm
 - color: blue, gray
- 3 SISSEL® Pilates Roller Pro Soft**

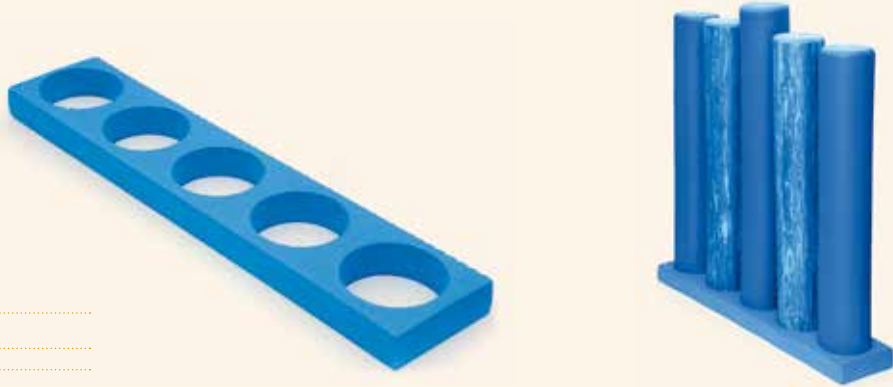
 - softer, therefore more comfortable and easy to keep in balance, ideal for beginners
 - material: EVA (see *p. 54)
 - Ø approx. 15 cm, length approx. 90 cm
 - color: blue marbled
- 4 SISSEL® Intense Roller**

 - dimensionally stable and robust, thus a more unstable and challenging support surface, ideal for advanced users
 - material: EPP (see *p. 54)
 - Ø approx. 15 cm, length approx. 100 cm
 - color: black



SISSEL® PILATES ROLLER CENTER

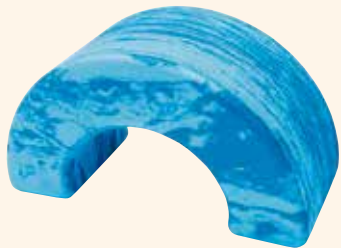
- The space-saving accessory!**
- designed to store up to 5 rollers
 - material: PE (see p. 54)
 - accomodates all SISSEL® Pilates Rollers
 - size: approx. 95 x 19.5 x 6 cm



ITEM NUMBER	ATTRIBUTES
310.100	SISSEL® Pilates Roller Center, blue

SISSEL® 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
 - keeps head in an anatomically correct position
 - rounded shape for dynamic positioning
 - usable facing up or down
 - material: PE (see p. 54)
 - fits any standard SISSEL® Pilates Roller (Ø approx. 15 cm)



incl. exercise poster

ITEM NUMBER	ATTRIBUTES
310.101	SISSEL® Pilates Roller Head Align Dynamic, blue marbled

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



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

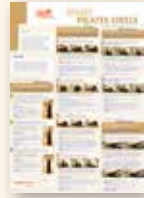
inkl. Übungsposter



SISSEL® PILATES CIRCLE

Great variety of exercises for core and leg strength!

- resistance training ring
- embedded fiberglass ring with padding on both sides
- diversifies and intensifies many pilates exercises
- for systematic core and leg workout
- soft and comfortable due to anti-slip coating
- material: fiberglass, ABS plastic handles, EVA foam padding, NBR rubber
- latex-free



incl. exercise poster

SISSEL® Pilates Circle

- Ø approx. 38 cm, black

SISSEL® Pilates Circle Compact

- Ø approx. 30 cm, lime



Ø 38 CM

Ø 30 CM

YouTube



ITEM NUMBER ATTRIBUTES

310.020	SISSEL® Pilates Circle, incl. exercise poster
310.023	SISSEL® Pilates Circle Compact, incl. exercise poster

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



YouTube



incl. exercise manual

ITEM NUMBER ATTRIBUTES

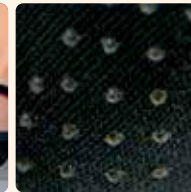
310.121	SISSEL® Pilates Core Trainer, lime green
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SISSEL® PILATES ONE TOE SOCKS

1 The functional one toe socks in attractive ballerina look!

- for a safe stand while Pilates, yoga and relaxation exercises
- moisture regulating, rugged, ideal in combination with flip-flops
- 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 % elastane
- color: black



YouTube



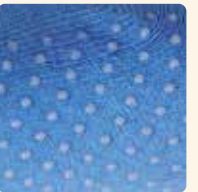
ITEM NUMBER ATTRIBUTES

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® 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



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 % elastane
- colors: fuchsia and sky blue (only available in S/M 3(5-39))

3 SISSEL® Pilates Socks – cotton

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

ITEM NUMBER ATTRIBUTES

310.060	SISSEL® Pilates Socks - cotton, L/XL (40-45), 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® WORKOUT GLOVES

Safe grip for pilates, mat exercises, suspension 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% elastane, machine washable at 30° C
- size: one size

ITEM NUMBER ATTRIBUTES

310.125	SISSEL® Workout Gloves, black
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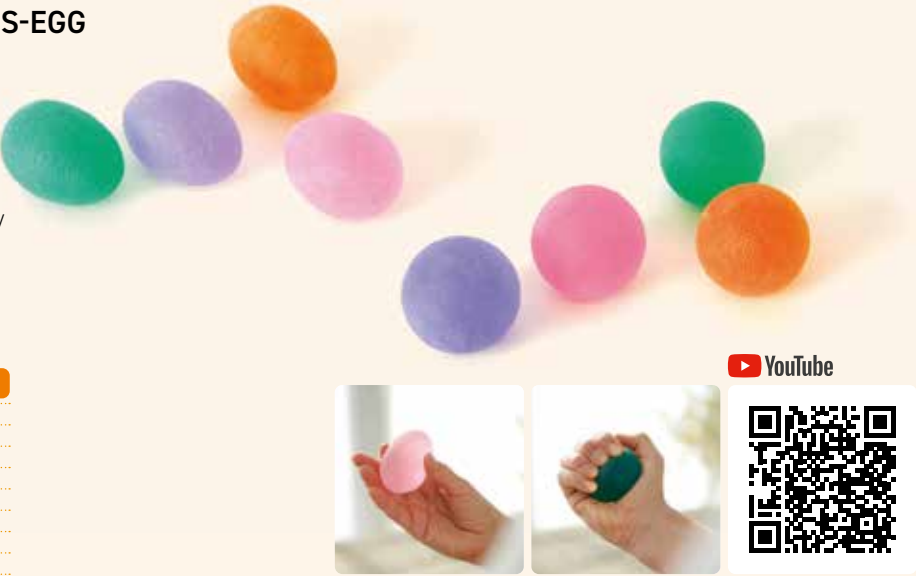


SISSEL® PRESS-BALL & SISSEL® PRESS-EGG

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)				



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 – recyclable



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



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



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

SISSEL® PUTTY

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



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



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



WELL-BEING

NATURAL RELIEF AND REGENERATION

SISSEL® HOT-COLD PEARL PACK

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

Available in 4 variations:

- 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)
- 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)
- 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)
- 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)

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



innovative, flexible pearl
gel filling

YouTube



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 x 24.5 x 1.5 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



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



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



ITEM NUMBER	ATTRIBUTES
150.030	SISSEL® Therm, tri-sectional

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
- flexible even when cold



YouTube



ITEM NUMBER	ATTRIBUTES
150.009	SISSEL® Soft Touch Pro



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
- 3 attractive colors:
red, retro beige,
floral grey



charger available
with EU and UK plug



ITEM NUMBER	ATTRIBUTES
150.300	SISSEL® Heat Wave, red
150.301	SISSEL® Heat Wave, retro beige
150.303	SISSEL® Heat Wave, floral grey

With leak protection
and Automatic shut-off

suitable for heat application with
SISSEL® Comfy Belt (see page 73)



SISSEL® COMFY BELT

Comfortable warmth – at home and on the go!

- for warm hands and a warm stomach or selective warming of the lower back.
- pleasant to wear, provides comfortable warmth
- handmuff with soft inner lining
- precise positioning with a perfect fit due to the Velcro closure
- due to the narrow closure, the belt can be used as a back warmer even while sitting
- convenient inner pocket for holding a heat pad/ bottle
- suitable for use with SISSEL® heat pads/bottles (e.g. SISSEL® Heat Wave, sold separately)
- for waist sizes from approx. 70 cm to 125 cm seamlessly adjustable.
(approx. 60-115 cm with heat pad inserted)
- dimensions: approx. 145 x 20 x 2 cm
- dimensions of inner pocket:
approx. 18 x 26 cm
- weight: approx. 160 g
- material: Polyester



ITEM NUMBER ATTRIBUTES

150.311 SISSEL® Comfy Belt



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
- delivers therapeutic warmth for up to 30 minutes
- easy to use, simply microwave and apply



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

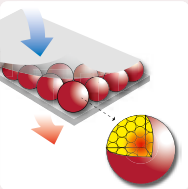


2 SISSEL® Hydrotemp®
neck / shoulder

ITEM NUMBER ATTRIBUTES

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

Underneath a pleasant, skinfriendly cover special microbeads
store pure moisture and release it when microwaved.



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 and 2 colors

SISSEL® Linum Classic

- size: approx. 45 x 30 cm (rectangular shape)

SISSEL® Linum Anatomic

- size: approx. 38 x 36 cm (tri-sectional shape)



SISSEL® Linum Classic



SISSEL® Linum Anatomic



ITEM NUMBER	ATTRIBUTES
150.050	SISSEL® Linum Anatomic, approx. 38 cm x 36 cm, blossom
150.051	SISSEL® Linum Anatomic, approx. 38 cm x 36 cm, blue
150.052	SISSEL® Linum Classic, approx. 45 cm x 30 cm, blue
150.055	SISSEL® Linum Classic, approx. 45 cm x 30 cm, blossom
150.051.01	SISSEL® Linum Anatomic, extra cover; approx. 38 cm x 36 cm, blue



SISSEL® LINUM CERVICO



Linseed compresses – a proven natural remedy!

- eases muscular tensions and tension-related pains in neck and shoulder area
- contours perfectly to shoulders, neck and cervical spine
- pleasant, therapeutically beneficial warmth for throat and upper chest
- pleasant cooling of the neck in case of fever, heat treatment in case of headache
- velcro closures for easy adjustments
- genuine natural product, filled with 100 % natural linseed, cover 100 % cotton
- sustainable, reusable
- easy heating in the microwave or oven, cooling by storing in the refrigerator
- size: approx. 43 x 26 x 0.8 cm



YouTube



Ergonomic
optimized fit

ITEM NUMBER	ATTRIBUTES
150.056	SISSEL® Linum Cervico



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® 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

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

With removable, individually coolable cold pad.



YouTube



ankle 1

knee/elbow 2

wrist 3



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
- tri-sectional shape for convenient usage and perfect fit
- easy and fast heating in microwave or oven
- 100% cotton case
- size: approx. 35 x 19 cm



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.

YouTube



ITEM NUMBER	ATTRIBUTES
150.120	SISSEL® Vinotherm, tri-sectional



SISSEL® AROMA NECK ROLL



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

- soothing warmth application with invigorating herbal scent
- relaxing and stimulating
- natural filling of linseed and spelt, enhanced with aromatic herbs
- easy warming 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® 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 natural filler material:

Seeds and 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.

suitable for heat application with
SISSEL® Comfy Belt (see page 73)

ITEM NUMBER	ATTRIBUTES
150.005	SISSEL® Cherry, approx. 23 x 26 cm, blue
150.020	SISSEL® Cherry, approx. 23 x 26 cm, red
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



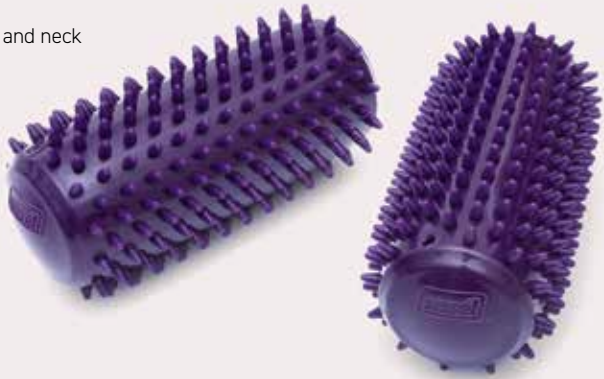
ITEM NUMBER	ATTRIBUTES
150.002	SISSEL® Cherry Heat Belt, cherry-blossom



SISSEL® SPIKY 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



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

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



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 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
- designed to support circulation and stimulation of metabolism
- may improve blood and lymphatic circulation
- also suitable for reflexology
- may support cellulite reduction
- made for longterm use
- available in 2 attractive colors



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

SISSEL® MOBILYZOR SET

Versatile companion for massage, stretching and mobilization!

- the practical tool to support massage applications, stretching and mobilization exercises
- perfect aid for Pilates and Yoga stretching exercises
- nubbed variant ideally suited for targeted massage
- smooth variant ideally suited for stroking out the fasciae
- Set of 2 SISSEL® Mobilyzor (smooth variant/ nubbed variant)
- material: polypropylene
- dimensions: smooth – approx. 24 x 12 x 8 cm, nubbed – approx. 24 x 12 x 9 cm



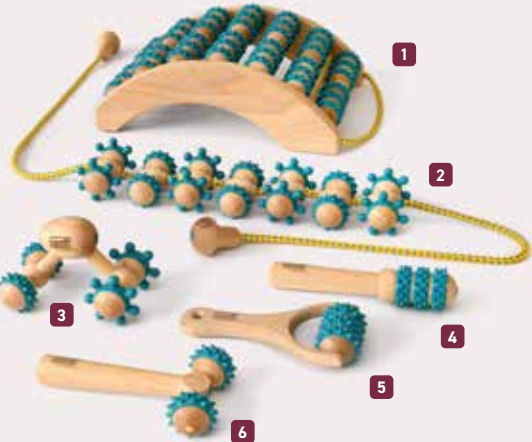
ITEM NUMBER	ATTRIBUTES
161.070	SISSEL® Mobilyzor Set

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
- traditionally used to aid lymph circulation
- European product, beech, oiled
- massage parts: PVC, free of phthalates

- 1 SISSEL® Fit-Roller, Super King Size Roll – for massage of the foot reflex zone, approx. 31 x 24,5 x 10 cm
- 2 SISSEL® Fit-Roller, Rope-Roll, approx. 8 x 141 cm
- 3 SISSEL® Fit-Roller, Ergo-Roll – approx. 13 x 9 x 10 cm
- 4 SISSEL® Fit-Roller, Head and Migraine Roll, approx. 17 cm
- 5 SISSEL® Fit-Roller, Uno-Roll, approx. 16,5 x 8,3 x 4 cm
- 6 SISSEL® Fit-Roller, T-Roll – for the long musculature along the spinal column, approx. 16 x 9 cm



ITEM NUMBER	ATTRIBUTES
161.020	SISSEL® Fit-Roller, T-Roll, approx. 16 x 9 cm
161.021	SISSEL® Fit-Roller, Ergo-Roll, approx. 13 x 9 x 10 cm
161.022	SISSEL® Fit-Roller, Rope-Roll, approx. 36,5 x 8,5 cm plus 2 ropes approx. 58 cm each
161.023	SISSEL® Fit-Roller, Super King Size Roll, approx. 31 x 24,5 x 10 cm
161.024	SISSEL® Fit-Roller, Head and Migraine Roll, approx. 17 cm
161.025	SISSEL® Fit-Roller, Uno-Roll, approx. 16,5 x 8,3 x 4 cm



SISSEL® NECK RELAX

Pleasant relief for your neck!

- relaxation of the neck muscles due to the ergonomic shape
- effective massage of fascial soft tissue due to the knob structure
- additional application for mobilization of the thoracic vertebrae and massage of the foot reflex zone



YouTube



ITEM NUMBER ATTRIBUTES

162.075 SISSEL® Neck Relax

SISSEL® FUNMASSAGER

Experience effective trigger point treatment!

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



for intense punctual stimulation



YouTube



ITEM NUMBER ATTRIBUTES

161.002 SISSEL® FUNMASSAGER, blue
161.003 SISSEL® FUNMASSAGER, green
161.004 SISSEL® FUNMASSAGER, crystal



SISSEL® INTENSIVE MASSAGER



The robust massager for soothing relaxation in ergonomic design!

- optimal loosening of muscles in legs, arms and neck muscles etc.
- for loosening after sports activities or for preparation before the massage
- intensive tapping massage with 2 anatomically shaped ball heads with 1.000-3.000 revolutions/min.
- penetrates deep into the muscle and causes an optimal relaxation and noticeable blood circulation
- user-friendly and always at hand – at home and on the road
- ergonomic design for maximum comfort
- incl. 2 massage heads for different massage effect
- intensity in 5 levels adjustable



Different massage heads for different treatment methods:

- Soft, round attachment - for gentle massage (gray)
- Medium attachment - for strong, deep massage (black)

YouTube



ITEM NUMBER ATTRIBUTES

161.060 SISSEL® Intensive Massager

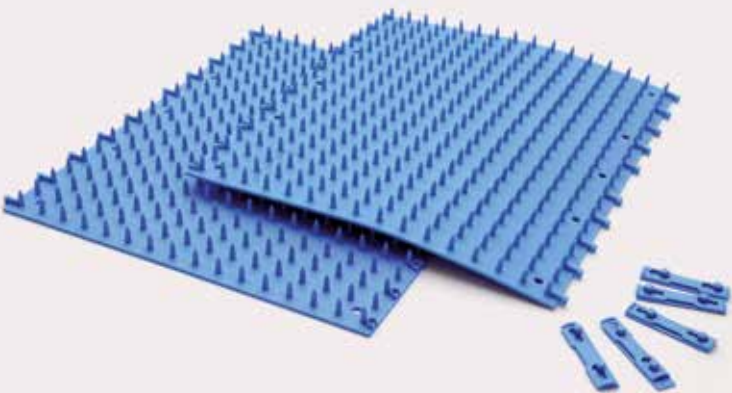


SISSEL® ACUPRESSUR MAT



A treat for the entire body!

- pleasant and relaxing for those peaceful moments
- vitalising and circulation-enhancing after a long day at work or exercise
- size and effectiveness can be individually regulated
- simple handling
- size: approx. 40 x 65 cm, two-part, height of acupressure tips: 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 46.

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 46 – 49.



PORTABLE PRODUCT LINE

MASSAGE AND RELAXATION TO GO



SISSEL® PORTABLE MASSAGE TABLE BASIC & ROBUST

The professional tables for a wide range of applications!

The portable SISSEL® massage table can be used for massages in the comfort of your home, at exhibitions and company events and wherever a portable massage table is useful.

- washable skin-friendly PU surface, PVC free
- an opening in the front strut simplifies client access, the rear strut adds extra stability
- upholstery: multi-layered PU foam, a viscose foam layer for comfort, rounded and reinforced corners, height approx. 5cm
- working weight approx. 140 kg, static weight approx. 250 kg
- incl. Carry case



sturdy handle for easier portability



height-adjustable legs with double lock



cushioning with rounded edges



removable facial pad



nose-opening with cover incl.



extremely soft cushioning for maximum comfort



higher frame for more leg-space



height-adjustable headrest – positive and negative

SISSEL® Portable Massage Table Basic

- measurements: approx. 186 x 62 cm
- height: adjustable from approx. 58 cm to 87 cm

ITEM NUMBER ATTRIBUTES

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



Optional accessory for the SISSEL® Portable Massage Table Basic

SISSEL® Portable Massage Table Robust

- changeable, adjustable head and arm rests
- measurements: approx. 186 x 71 cm, with head rest approx. 212 cm
- height: adjustable from approx. 58 cm to 87 cm

ITEM NUMBER ATTRIBUTES

300.200	SISSEL® Portable Massage Table Robust, blue, incl. carry bag
300.200.15	Carry bag for model Robust



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



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



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



Covers for head section

- suitable for SISSEL® Desktop Mobil and all SISSEL® Portable Massage Tables
- air and water permeable
- hygienic solution without slipping
- material: fleece
- content: 10 pieces



ITEM NUMBER	ATTRIBUTES
110.019.01	SISSEL® Hygienic cover, bag of 10



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

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.



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

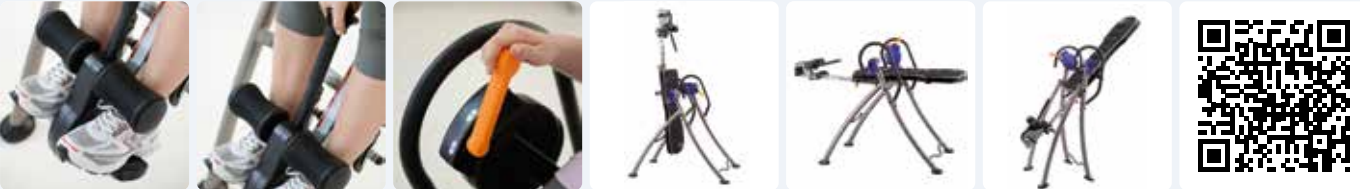
SISSEL® Hang Up Pro

- 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

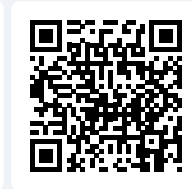


SISSEL® Hang up Pro

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



YouTube





The natural way

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