



*The natural way of Sweden*

Over 35 years of  
experience and quality  
assured in Germany.

.....  
[WWW.SISSEL.COM](http://WWW.SISSEL.COM)

2022  
2023



Professional information

**SISSEL® QUALITY PRODUCTS**  
FOR YOUR HEALTHY LIFESTYLE

# TABLE OF CONTENTS

SISSEL® Worldwide	3	SISSEL® Fun & Active Band	34	SISSEL® Pilates Circle Compact	56
SISSEL® News	4-5	SISSEL® Exercise Loop	34	SISSEL® Pilates Core Trainer	56
SISSEL® Sales Tools	6-7	SISSEL® Fit-Tubes	34	SISSEL® Pilates One Toe Socks	57
<b>HEALTHY SLEEPING</b>		SISSEL® Door Anchor	35	SISSEL® Pilates Socks	57
SISSEL® Orthopedic Pillows	9	SISSEL® Kinesiology Tape	35	SISSEL® Workout Gloves	57
SISSEL® Soft	10	SISSEL® Sport Swing	35	<b>HAND THERAPY</b>	
SISSEL® Soft Plus	11	SISSEL® Gym Mat Professional	36	SISSEL® Press-Ball & SISSEL® Press-Egg	58
SISSEL® Soft Deluxe	11	SISSEL® Gym Mat	36	SISSEL® Finger Exerciser	58
SISSEL® Soft Bambini	12	SISSEL® Superior Mat	37	SISSEL® Twin Grip	67
SISSEL® Compact Pillow	12	SISSEL® Gym Mats – Accessories	37	SISSEL® Hand Grip	59
SISSEL® Travel Cover	12	<b>BALANCE</b>		SISSEL® Theraputty flex	59
SISSEL® Classic	13	SISSEL® FIT-Dome Sport	38	<b>WELL-BEING</b>	
SISSEL® Classic Plus	13	SISSEL® STEP-FIT®	39	<b>HOT-COLD THERAPY</b>	
SISSEL® Soft Curve	14	SISSEL® Balancefit® Pad &		SISSEL® Hot-Cold Pearl Pack	61
SISSEL® Dream Comfort Pillow	15	SISSEL® Balancefit® Pad large	39	SISSEL® Pack	62
SISSEL® Panicore	15	SISSEL® Balance Board	40	SISSEL® Hot-Cold-Soft-Pack	62
SISSEL® Palea	15	SISSEL® Balance Board Dynamic	40	SISSEL® Therm	63
SISSEL® Buchi®	16	SISSEL® Balancefit®	41	SISSEL® Soft Touch Pro	63
SISSEL® Buchi® Soft	16	SISSEL® Spiky Dome	41	SISSEL® Heat Wave	64
SISSEL® Comfort	17	<b>FASCIAL-RELEASE</b>		<b>NEW</b> SISSEL® Comfy Belt	65
SISSEL® Venosoft®	18	<b>NEW</b> SISSEL® Mobilyzor Set	42	SISSEL® Hydrotemp®	65
SISSEL® Veno	19	SISSEL® Massage Roller	42	SISSEL® Linum Classic & Anatomic	66
SISSEL® Medi Support	19	SISSEL® Myofascia Roller	43	SISSEL® Linum Cervico	67
<b>HEALTHY SITTING</b>		SISSEL® Myofascia Coach Bag	43	SISSEL® Linum Relax Comfort	67
SISSEL® Back Change	21	SISSEL® Myofascia Roller Mini	44	SISSEL® Cold Therapy Compression	68
SISSEL® Sit Special 2 in 1	22	SISSEL® Myofascia Ball	44	SISSEL® Vinotherm	69
SISSEL® Sit Standard & Colour	22	SISSEL® Myofascia Double Ball	45	SISSEL® Aroma Neck Roll	69
SISSEL® Sit Air	23	SISSEL® Vitalyzer	45	SISSEL® Cherry	70
SISSEL® Sit Ring	23	<b>YOGA</b>		SISSEL® Balu	71
SISSEL® SITFIT® Plus	24	SISSEL® Yoga Relax Cushion fresh green	47	SISSEL® Cherry Heat Belt	71
SISSEL® SITFIT®	24	SISSEL® Yoga Block & SISSEL® Yoga Belt	47	<b>MASSAGE</b>	
SISSEL® SITFIT® &		SISSEL® Terra Yoga Mat	48	SISSEL® Spiky Body Roll	72
SISSEL® SITFIT® Plus Cover	25	SISSEL® Pilates & Yoga Mat	48	SISSEL® Spiky-Ball	72
SISSEL® DorsaBack & -Pad	26	SISSEL® Yoga Mat	49	SISSEL® Spiky Twin Roller	72
SISSEL® DorsaBack-Car	27	SISSEL® Yoga Socks	49	<b>NEW</b> SISSEL® Mobilyzor Set	73
SISSEL® Back	27	SISSEL® Carry Bag for Yoga Mat	49	SISSEL® Fit-Roller	73
SISSEL® Tour	27	<b>SISSEL® PILATES</b>		SISSEL® Neck Relax	74
<b>HEALTHY MOVING</b>		SISSEL® Pilates Toning Ball	51	SISSEL® FUNMASSAGER	74
<b>FITNESS</b>		SISSEL® Pilates Soft Ball	51	SISSEL® Intensive Massager	74
SISSEL® Securemax® Ball	29	<b>NEW</b> SPINEFITTER by SISSEL®	53	SISSEL® Acupressur Mat	75
SISSEL® Ball	30	SISSEL® Pilates Roller	54	SISSEL® Massage Roller	75
Accessories for Exercise Balls	30	SISSEL® Pilates Roller Pro	54	<b>PORTABLE PRODUCT LINE</b>	
SISSEL® Gym Ball Cover	31	SISSEL® Pilates Roller Pro Soft	54	SISSEL® Portable Massage Table	
SISSEL® Medicine Ball	31	SISSEL® Intense Roller	54	Basic & Robust	77
SISSEL® Posture Shirt	32	SISSEL® Pilates Roller Center	55	SISSEL® Massage Chair	78
SISSEL® Fitband &		SISSEL® Pilates Roller Head Align Dynamic	55	SISSEL® Desktop Mobil	78
SISSEL® Fitband Essential	32	SISSEL® Pilates Band	55	Covers for head section	78
<b>NEW</b> SISSEL® X-Tension Band	33	SISSEL® Pilates Circle	56	SISSEL® Hang Up & SISSEL® Hang Up Pro	79
<b>NEW</b> SISSEL® X-Tension Ring Set	33				

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



**The story began in Sweden over 35 years ago with an orthopedic pillow... which has successfully captured the world market.**

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

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

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

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

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



Now, we are one of the leading suppliers of healthcare solutions in Europe. More than 500,000 therapists, healthcare specialists and professionals as well as millions of consumers trust in our products, more than two thirds of which are still manufactured in Europe (mainly Sweden and Germany). Furthermore, all products are free of harmful phthalates and, if necessary, CE marked and registered medical devices. Over the years, we have established a worldwide distribution network permitting SISSEL® products to become available in over 50 countries. And the number is constantly growing.

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

### Naturally Swedish ...

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

### SISSEL® – The natural way of Sweden:

**healthy sleeping, sitting, moving and well-being.**



For further information about SISSEL® healthcare, fitness and wellness products and Pilates equipment visit our website: [www.sissel.com](http://www.sissel.com)

YouTube





# SISSEL® ADVANTAGE

## Over 35 years of SISSEL® quality "The natural way"

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

- over 30 years of experience, which sets standards
- naturally healthy functioning of SISSEL® products
- 5 years guarantee on shape retention of all SISSEL® neck pillows
- high-quality manufacturing, highest quality standards
- environmentally friendly production, predominantly in Europe (Sweden and Germany)
- selected, sustainable materials
- continuous quality control, maximum innovation
- non-use of harmful phthalates
- CE approval of all relevant SISSEL® products
- certification in accordance with DIN EN ISO 13485:2016

## Satisfaction guaranteed: 5 years SISSEL® guarantee



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

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



## SISSEL® ACADEMY

THE POWER OF SISSEL®.

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

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

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

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

- Power & Coordination
- Pilates
- Fascial Release

For more information visit  
[www.sissel-academy.com](http://www.sissel-academy.com)



# SISSEL® NEWS

## SPINEFITTER BACK IN BALANCE

### World first: The SPINEFITTER by SISSEL®

#### Versatile training - mindful, easy and everywhere.

As an innovative further development of the popular SISSEL® SpineFit, the SPINEFITTER by SISSEL® is based on the experience of physiotherapists, osteopaths and Pilates trainers. Numerous exercises from Pilates and Yoga can be combined with and supplemented by using the SPINEFITTER by SISSEL®. To extend your training experience, multiple online exercise videos are available free of charge. The pleasant material – the device is made of PU integral foam – makes it light and flexible, and can be used in almost any place or surrounding. It is available in the colours green, blue, red and anthrazit with a carrying strap. For a diverse, holistic training adapted to the individual body feeling. The SPINEFITTER by SISSEL® Linum heat pad, made of cotton and filled with linseed, also provides an especially relaxing effect. To warm up the muscles or simply to come to rest.

**Individual, attentive and unique – just like your own body feeling, so is the SPINEFITTER by SISSEL®.**  
**It combines relaxation and effective training, relieves tension and provides more mobility.**  
**In four different colours, with numerous accessories and supporting online exercise videos.**



Find out more on page 53.



### SISSEL® X-Tension Ring Set and SISSEL® X-Tension Band

Elastic textile straps for a varied, targeted workout!

Page 33



### SISSEL® Comfy Belt

Comfortable warmth – at home and on the go!

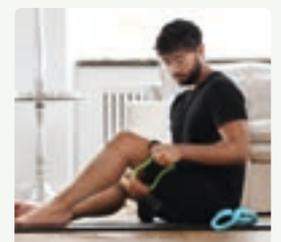
Page 65



### SISSEL® Mobilyzor Set

Versatile companion for massage, stretching and mobilization!

Page 73



# PROFESSIONAL PRESENTATION – WITH SISSEL®

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

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

**A perfectly matched marketing concept for maximum success!**

## CREATE YOUR SISSEL® THEME WORLDS

4 theme worlds which set creative accents: From healthy sitting and sleeping to healthy moving and well-being we offer you a comprehensive range of sustainable high-quality products in an attractive design. Our marketing tools can be transferred into various languages.

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

SISSEL® Theme World:  
„Healthy sleeping“  
85 x 200 cm

SISSEL® Theme World:  
„Healthy sitting“  
85 x 200 cm

SISSEL® Theme World:  
„Healthy moving“  
85 x 200 cm

SISSEL® Theme World:  
„Well-being“  
85 x 200 cm



SISSEL® Theme World:  
„SISSEL® Healthcare Circle“  
100 x 200 cm

### SISSEL® Information Videos

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

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



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

### Follow us at:

[sissel.international](https://www.facebook.com/sissel.international)

[sissel.international](https://www.instagram.com/sissel.international)

SISSEL GmbH

# CREATE YOUR SISSEL® SALES ROOM

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

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

This is how your SISSEL® Shop could look like:



# SISSEL® HEALTH GUIDES AND PRODUCT POSTER

SISSEL® Cross-Selling Poster for therapy and specialized trade – so you can easily find the right SISSEL® product for various complaints.



1. Health guide "Healthy hot & cold therapy"
2. Health guide "Healthy & active sitting"

3. Health guide "Healthy & strong back"
4. Health guide "Healthy & relaxed sleep"



SISSEL® HEALTHCARE PRODUCTS

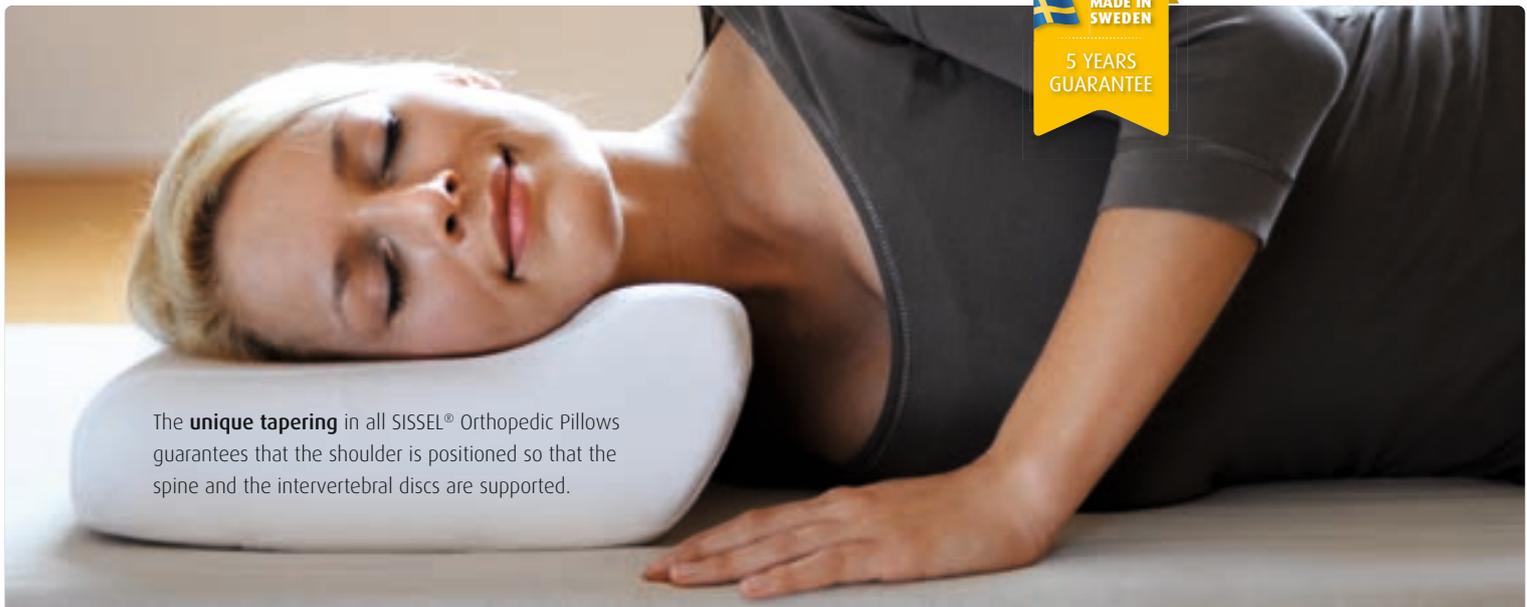
# HEALTHY SLEEPING

COMFORTABLE REST



Health guide  
"Healthy & relaxed  
sleep" available.





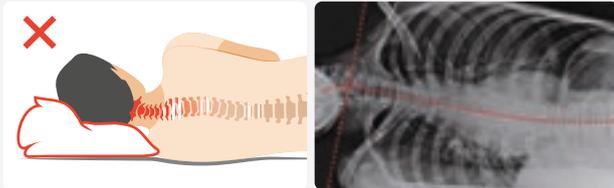
The **unique tapering** in all SISSEL® Orthopedic Pillows guarantees that the shoulder is positioned so that the spine and the intervertebral discs are supported.

## SISSEL® ORTHOPEDIC PILLOWS

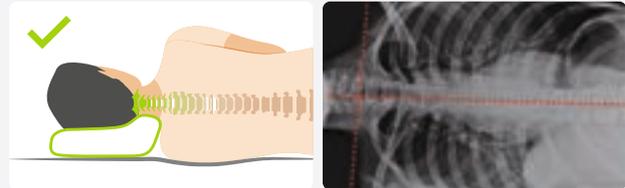
The shape, quality and design, tried and tested for over 35 years!

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.



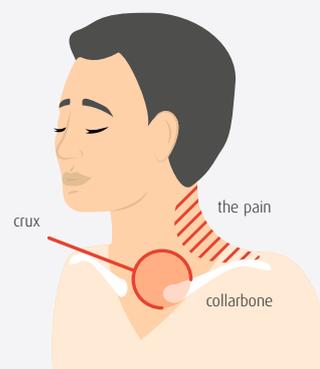
The SISSEL® Orthopedic Pillow provides perfect support for the neck, no matter how you lie.

## 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

Available in medium and large



Our special foam's delayed elasticity effect.

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

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



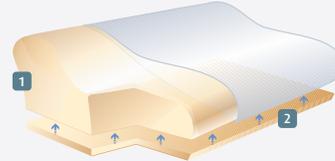
ITEM NUMBER	ATTRIBUTES
110.011	SISSEL® Soft, size L, incl. pillow cover ecru
110.020	SISSEL® Soft, size M, incl. pillow cover ecru
110.001.01	Extra pillow cover velours, ecru, size L
110.001.02	Extra pillow cover velours, ecru, size M
110.001.03	Extra pillow cover cotton, white, one size



## SISSEL® Soft Plus

**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

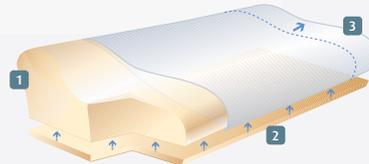
### ITEM NUMBER ATTRIBUTES

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

## 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



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

## 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

TIPP: 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® Travel Cover

The convenient travel case for all standard SISSEL® pillows!

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



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

ITEM NUMBER	ATTRIBUTES
110.002	SISSEL® Travel Cover, blue



## ORTHOPEDIC PILLOWS

### ACTIVELY SUPPORTING POLYURETHANE FOAM

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

#### Recommended for:

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



YouTube

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



## SISSEL® Classic

Available in medium and large

### Our standard orthopedic neck pillow!

- 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

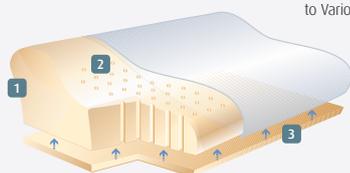
## SISSEL® Classic Plus

### The height-adjustable orthopedic pillow for any size!

- especially suited to relieve vertebrae and intervertebral discs
- adjustable in height by adding or removing the Vario Pad
- 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

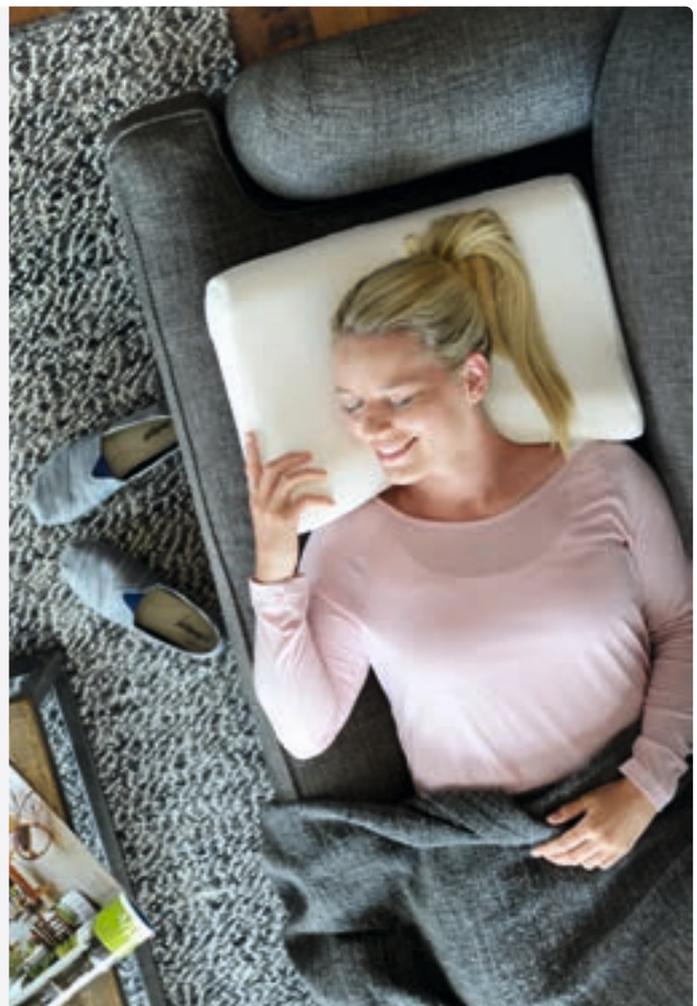


- 1 The unique edge** of all SISSEL® Orthopedic Pillows guarantees ideal support of your shoulder when in a lateral position, thus relieving vertebrae and intervertebral discs.
- 2 Ventilation system for ideal sleep climate!** More than 90 ventilation channels prevent unpleasant heat pockets.
- 3 One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



#### ITEM NUMBER ATTRIBUTES

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

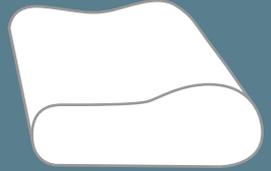




# GENTLE SUPPORT PILLOWS

## VISCO-ELASTIC FOAM

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



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



### SISSEL® Soft Curve

#### The gentle support pillow!

- pleasantly soft and reliable neck support in one for relief of the vertebrae and muscles
- perfectly contours to the natural shape of the cervical spine
- high-quality visco-elastic special foam molded into one piece
- durable and shape-retaining
- pillow core 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)



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



#### 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



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.



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

#### ITEM NUMBER ATTRIBUTES

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

### SISSEL® Palea

The spelt pillow – a present of nature!

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



100% spelt filling

#### Advantages of spelt

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



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

#### ITEM NUMBER ATTRIBUTES

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

## SISSEL® Buchi®

### The flexible neck support with natural buckwheat filling!

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



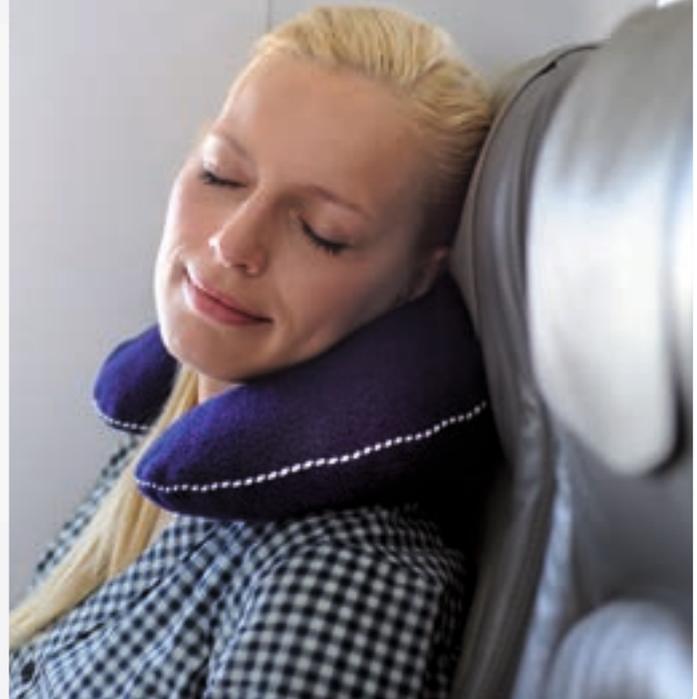
with anatomically adjusted neckline

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



### ADVANTAGES OF BUCKWHEAT FILLING

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



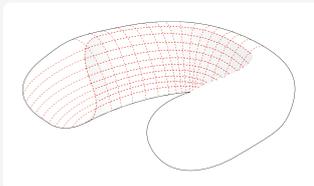
## SISSEL® Buchi® Soft

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

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



5 YEARS GUARANTEE





Ideal aid also for therapeutic use.



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

## SISEL® 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, filling received a "recommendable" rating by OEKO TEST

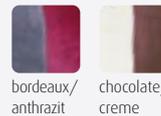
### Different covers available:

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



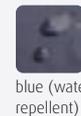
#### Velours covers

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



#### PU-cover:

Polyurethane



#### Terry cover

(75% cotton/25% polyester)



#### ITEM NUMBER ATTRIBUTES

170.001	SISEL® Comfort, filler material: polystyrene, without cover
170.014	SISEL® Comfort, filler material: polypropylene, without cover
170.003	Terry cover, white
170.004	Cotton cover, light blue
170.009	Cotton cover, graffiti blue
170.019	Cotton cover, hibiscus
170.020	Cotton cover, starfish
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



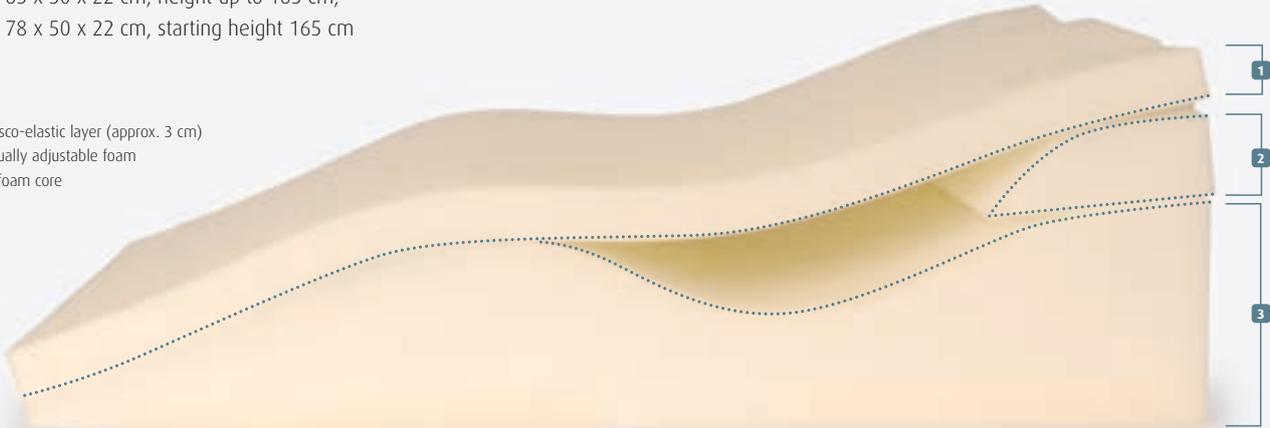
## SISSEL® Venosoft®

**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



## 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 strip
- 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



SISSEL® HEALTHCARE PRODUCTS

# HEALTHY SITTING

GENTLE RELIEF



Health guide  
"Healthy & active  
sitting" available.



## SISSEL® Back Change

### ITEM NUMBER ATTRIBUTES

160.120 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)



YouTube





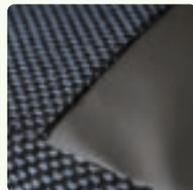
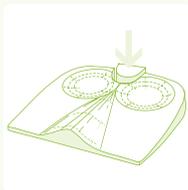
## SISSEL® Sit Special 2 in 1

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



with rubberized bottom



YouTube

### 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.

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

## 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, black/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



**SISSEL® Sit Standard**  
with cover blue, burgundy and black

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



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

Sitting wedges are made of 100% recycled foam!



Sitting wedge Colour comes with rubberized bottom



## 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



with rubberized bottom



#### ITEM NUMBER ATTRIBUTES

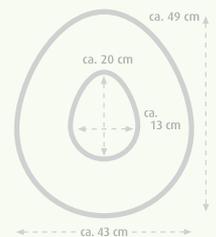
120.060	SISSEL® Sit Air, black
120.061	SISSEL® Sit Air, blue



## SISSEL® Sit Ring

### Pleasant and pressure-free sitting anywhere!

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



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



YouTube



Incl. exercise poster



## 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



Latex-free



One of many exercises shown on the exercise poster.



YouTube



Incl. exercise poster



### 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 home-work.





## SISSEL® SITFIT® & SISSEL® SITFIT® Plus Covers

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

SISSEL® SITFIT® Plus



SISSEL® SITFIT®



### ITEM NUMBER ATTRIBUTES

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

## SISSEL® 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

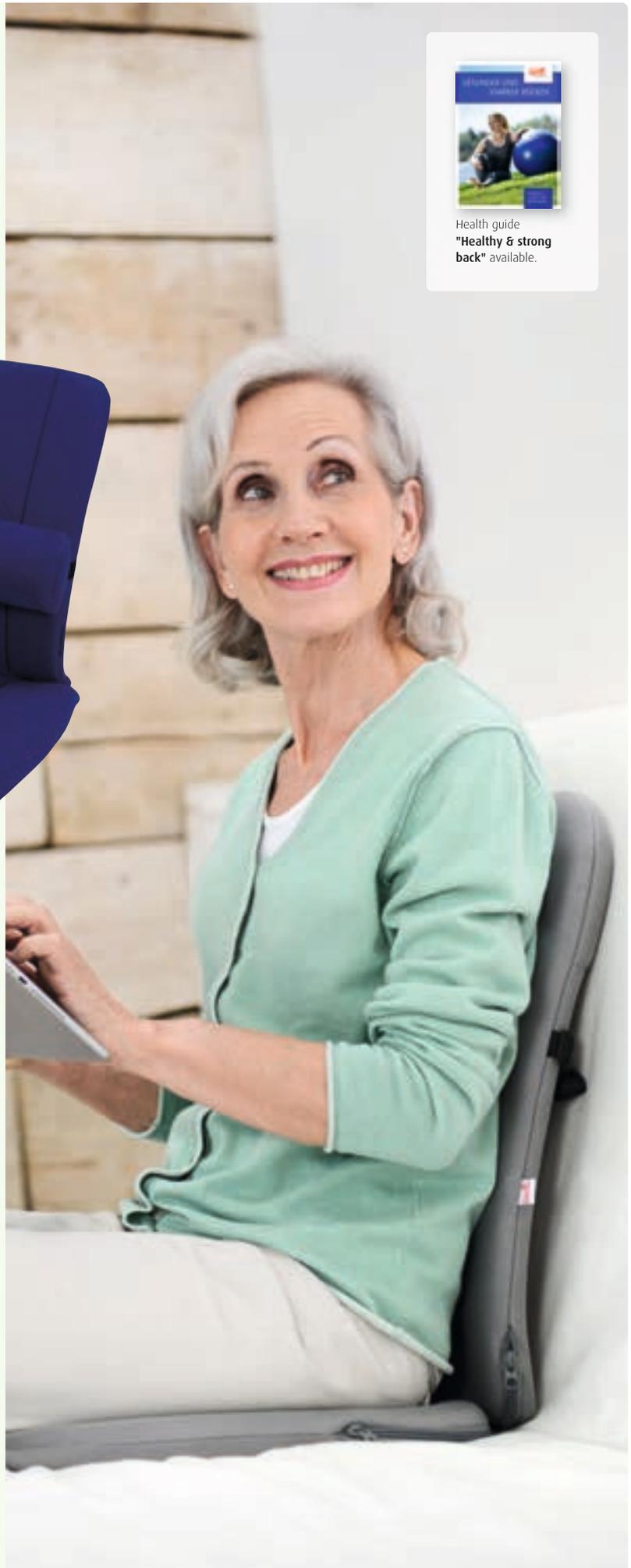
- height-adjustable lumbar support
- colors and material identical to the SISSEL® DorsaBack

SISSEL® DorsaBack-Pad for SISSEL® DorsaBack available!



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

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



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



## SISSEL® Back

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

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

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

### ITEM NUMBER ATTRIBUTES

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



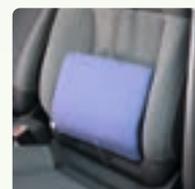
## SISSEL® Tour

The height-adjustable lumbar support!

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

### ITEM NUMBER ATTRIBUTES

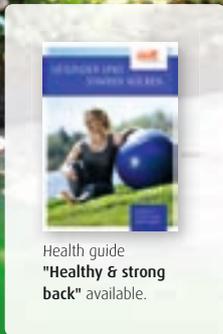
121.013	SISSEL® Tour, black
121.014	SISSEL® Tour, blue



SISSEL® HEALTHCARE PRODUCTS

# HEALTHY MOVING

FIT AND IN SHAPE



Health guide  
"Healthy & strong  
back" available.

## SISSEL® PRODUCT VIDEOS

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

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



▶ YouTube

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



## SISSEL® Securemax® Ball

### Ideal for total body conditioning and therapy!

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

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
- contains CITROFOL® BII, a PVC softener based on renewable resources
- sizes: Ø approx. 55 cm, 65 cm, 75 cm

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

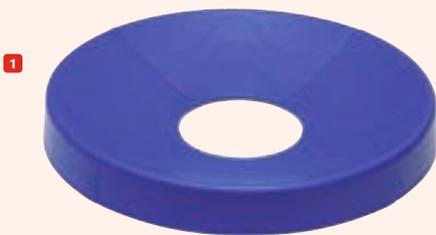


ITEM NUMBER	ATTRIBUTES
160.060	SISSEL® Ball, Ø approx. 55 cm, blue
160.061	SISSEL® Ball, Ø approx. 55 cm, red
160.062	SISSEL® Ball, Ø approx. 65 cm, red
160.063	SISSEL® Ball, Ø approx. 65 cm, blue
160.064	SISSEL® Ball, Ø approx. 75 cm, blue
160.065	SISSEL® Ball, Ø approx. 75 cm, red



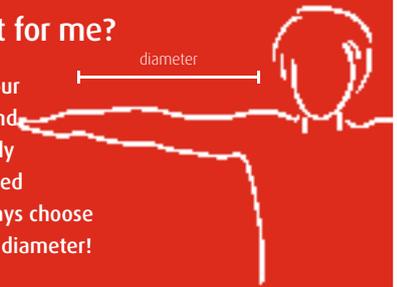
## Accessories

- 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



## 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

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



#### ITEM NUMBER ATTRIBUTES

160.000 SISSEL® Gym Ball Cover, gray, 65 cm



## SISSEL® Medicine Ball

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

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

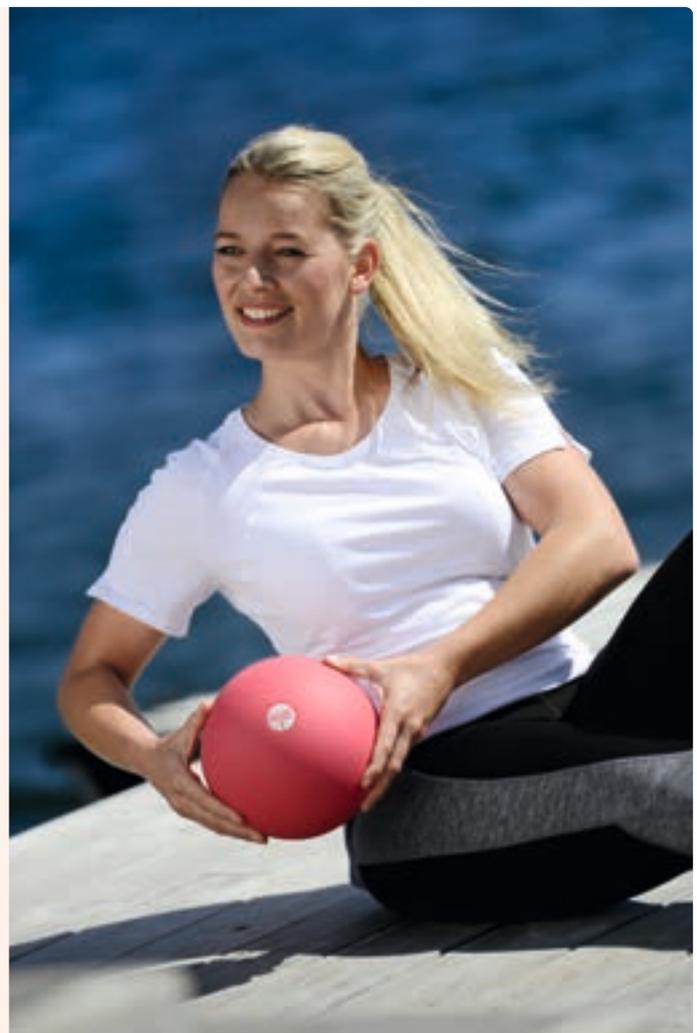


YouTube



#### ITEM NUMBER ATTRIBUTES

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



## SISSEL® Posture Shirt

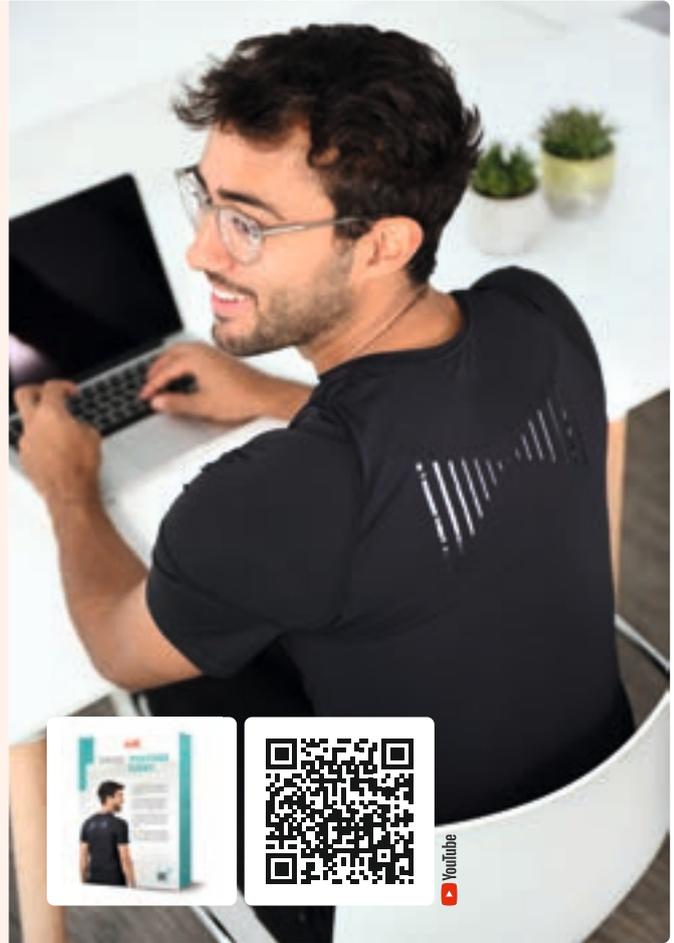
The Posture Alignment Technology prevents you from slouching and reminds you to stand up straight by keeping your shoulders aligned.

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

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

Poor posture      Good posture      Posture Alignment Technology



## 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



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.



- 1 Clip system prevents knots (7.5 cm x 2 m band).
- 2 With clip also suitable for door application.
- 3 SISSEL® Fitband Essential, extra-wide for maximum comfort

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

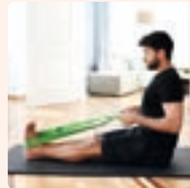
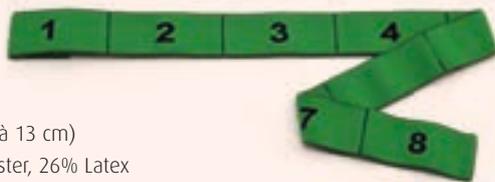




## SISSEL® X-Tension Band

### 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



YouTube

#### 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



## 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



YouTube

#### ITEM NUMBER ATTRIBUTES

163.311	SISSEL® X-Tension Ring Set
---------	----------------------------

## SISSEL® Fun & Active Band

### The strong aid for your fitness!

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



Latex-free



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

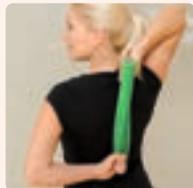


## SISSEL® Exercise Loop

### 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



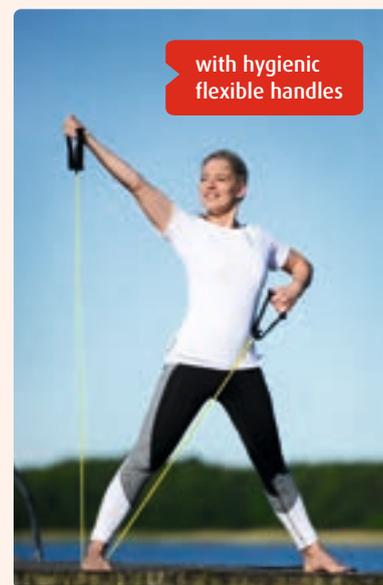
## SISSEL® Fit-Tubes

### 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



incl. exercise manual



with hygienic flexible handles



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!

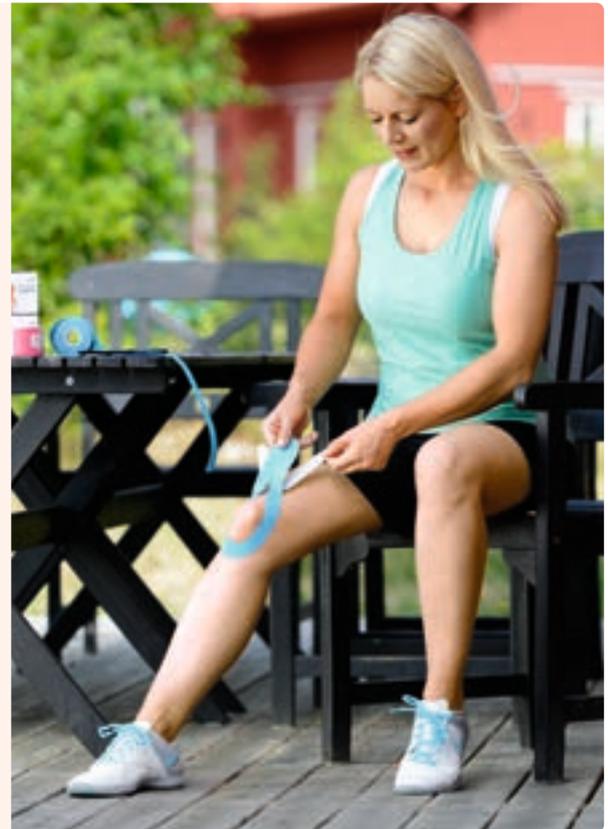
- for use in sports
- support of joint and muscle mobility
- 96% cotton, 4% elasthane, with skin-friendly acrylic glue
- breathable, water resistant
- comfortable and skin-friendly
- available in 4 colors
- size: approx. 5 cm x 5 m & approx. 5 cm x 32 m
- each roll individually packed



YouTube

### ITEM NUMBER ATTRIBUTES

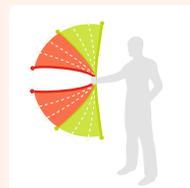
162.200 SISSEL® Kinesiology Tape, approx. 5 cm x 5 m, natural-colored  
 162.201 SISSEL® Kinesiology Tape, approx. 5 cm x 5 m, blue  
 162.202 SISSEL® Kinesiology Tape, approx. 5 cm x 5 m, pink  
 162.203 SISSEL® Kinesiology Tape, approx. 5 cm x 5 m, black  
 162.210 SISSEL® Kinesiology Tape, approx.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

The multifunctional fitness bar for dynamic core exercises!

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



YouTube

incl. exercise poster



### ITEM NUMBER ATTRIBUTES

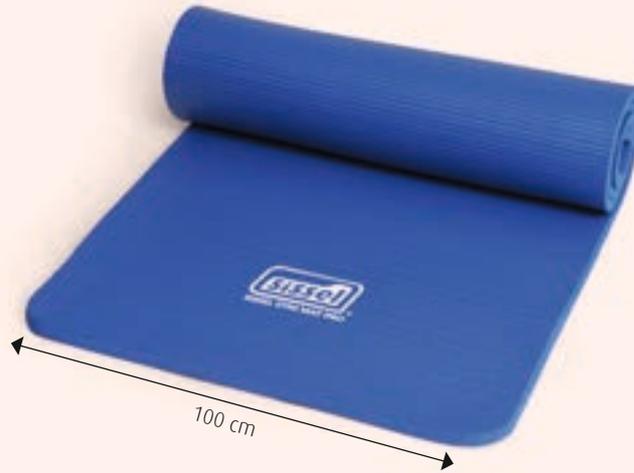
162.055 SISSEL® Sport Swing, incl. exercise poster  
 SISSEL® Sport Swing also available in bulk without packaging



## 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 <b>only</b> 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

Optional:

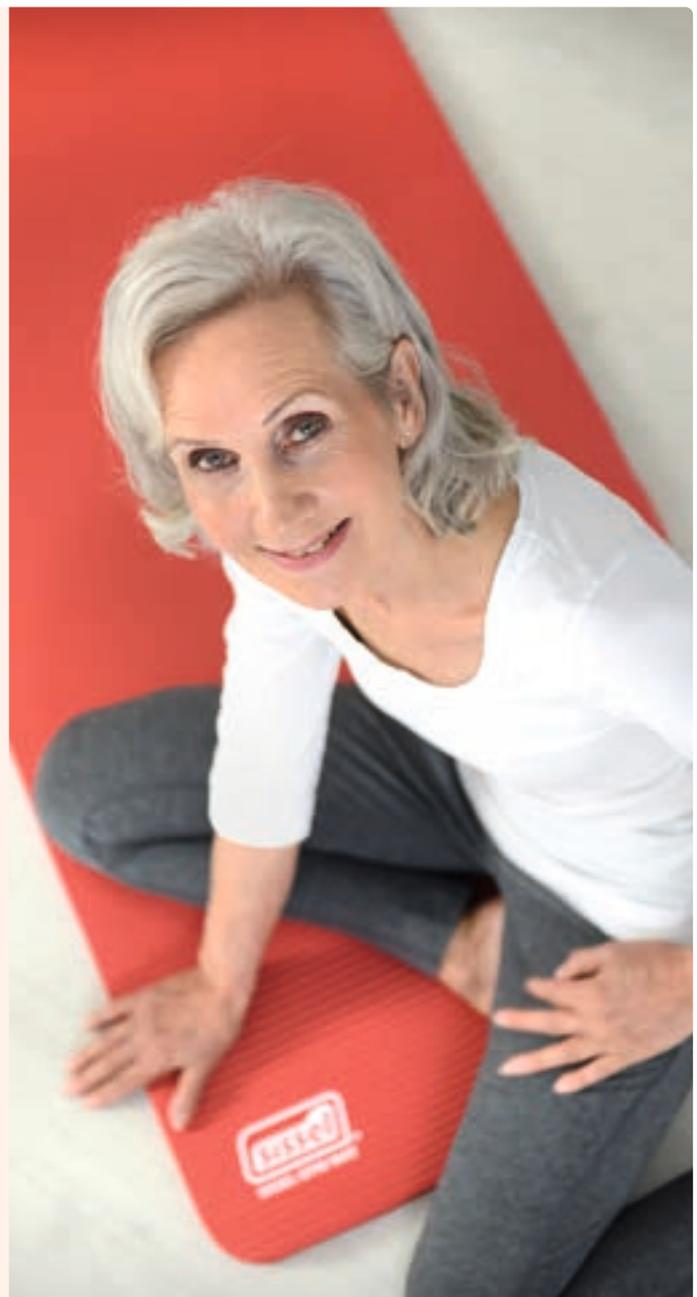


YouTube

SISSEL® Gym Mat is also available for hanging up!



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





For a healthy workout  
**PVC-FREE!**

## SISSEL® Superior Mat

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

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



SISSEL® Superior Mat is also  
available for hanging up!

Optional:



### ITEM NUMBER ATTRIBUTES

ITEM NUMBER	ATTRIBUTES
200.040.5	SISSEL® Superior Mat, dark gray, approx. 180 x 60 x 1.5 cm
200.041.5	SISSEL® Superior Mat, blue, approx. 180 x 60 x 1.5 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

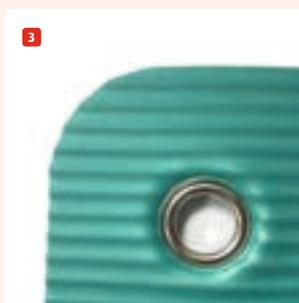
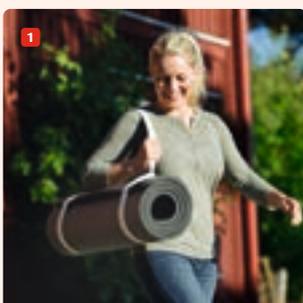
- space saving option to store more SISSEL® gym mats
- inside diameter: approx. 3 cm
- 2 hanging rings per mat

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.

### 4 SISSEL® Carry Bag for Yoga Mat see page 49



### ITEM NUMBER ATTRIBUTES

200.000	SISSEL® Mat Strap
200.010.015	SISSEL® Carry Bag for Gym Mat

## 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



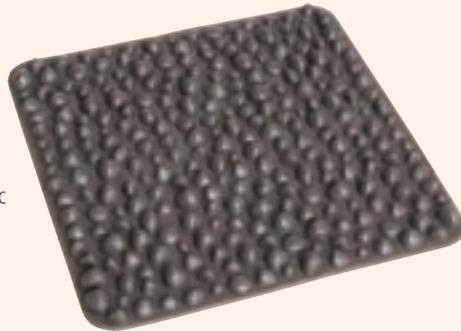
incl. exercise poster



## 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



YouTube



Also suitable for parcours application with other proprioceptive devices.

**ITEM NUMBER**    **ATTRIBUTES**

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



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

Ideal balance training!

- for coordination and reaction training
- for stability exercises
- neuromuscular exercises for maintaining balance proficiency
- for indoor, outdoor and water use
- with anti-slip coating
- material: TPE (thermoplastic elastomer), free of PVC
- 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



SISSEL® Balancefit® Pad large



The maxi-version – extra large!

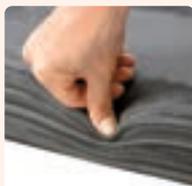
**ITEM NUMBER**    **ATTRIBUTES**

162.040    SISSEL® Balancefit® Pad, blue marbled

162.043    SISSEL® Balancefit® Pad, black marbled

162.041    SISSEL® Balancefit® Pad large, blue marbled

sturdy material



SISSEL® Balancefit® Pad



SISSEL® Balancefit® Pad large



YouTube

incl. exercise poster



## SISSEL® Balance Board

### For balance and proprioceptive exercises!

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



ITEM NUMBER	ATTRIBUTES
162.051	SISSEL® Balance Board

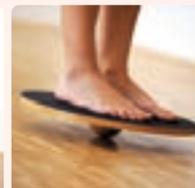
incl. exercise poster



## SISSEL® Balance Board Dynamic

### Improves balance and coordination!

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



ITEM NUMBER	ATTRIBUTES
162.058	SISSEL® Balance Board Dynamic

## SISSEL® Balancefit®

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

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



YouTube

ITEM NUMBER ATTRIBUTES

162.030 SISSEL® Balancefit®, red

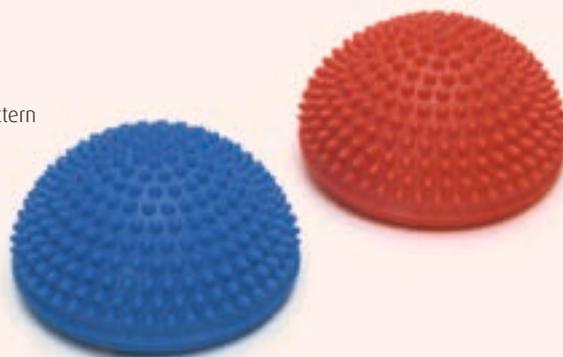
162.031 SISSEL® Balancefit®, blue



## SISSEL® Spiky Dome

**Find your balance and have a fun workout!**

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



Set of 2

Also suitable for parcours application with other proprioceptive devices.



ITEM NUMBER ATTRIBUTES

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

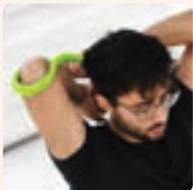


YouTube

## 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 tensions
- 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



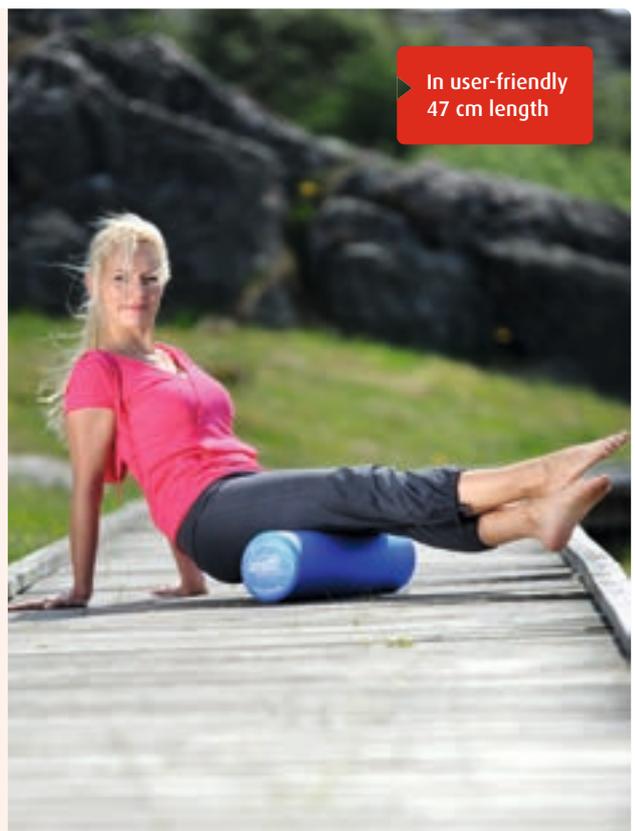
YouTube

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

NEW



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



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

For extra comfort: anatomically optimized size with ergonomic recess



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



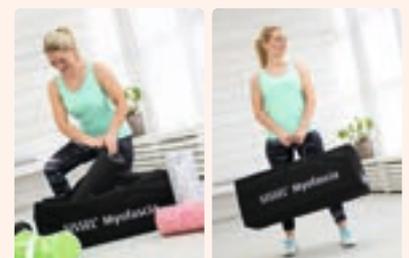
## SISSEL® Myofascia Coach Bag

### The sturdy bag for your training equipment

- practical, convenient carry bag designed for coaches and professional instructors
- extra wide handles for more comfort and permit use as back pack
- protects the equipment from dirt or other exposures, convenient storage
- holds up to 8 SISSEL® Myofascia Roller
- available as set with 8 SISSEL® Myofascia Roller (black)
- color: black
- material: 100% Polyester, washable at 40°C
- size: approx. 83 x 33 x 33 cm

### Special Price

SISSEL® Myofascia Coach Bag incl. 8 Roller



ITEM NUMBER	ATTRIBUTES
162.080.1	SISSEL® Myofascia Coach Bag with 8 SISSEL® Myofascia Roller (black)
162.080.40	SISSEL® Myofascia Coach Bag (empty)



## SISSEL® Myofascia Roller Mini

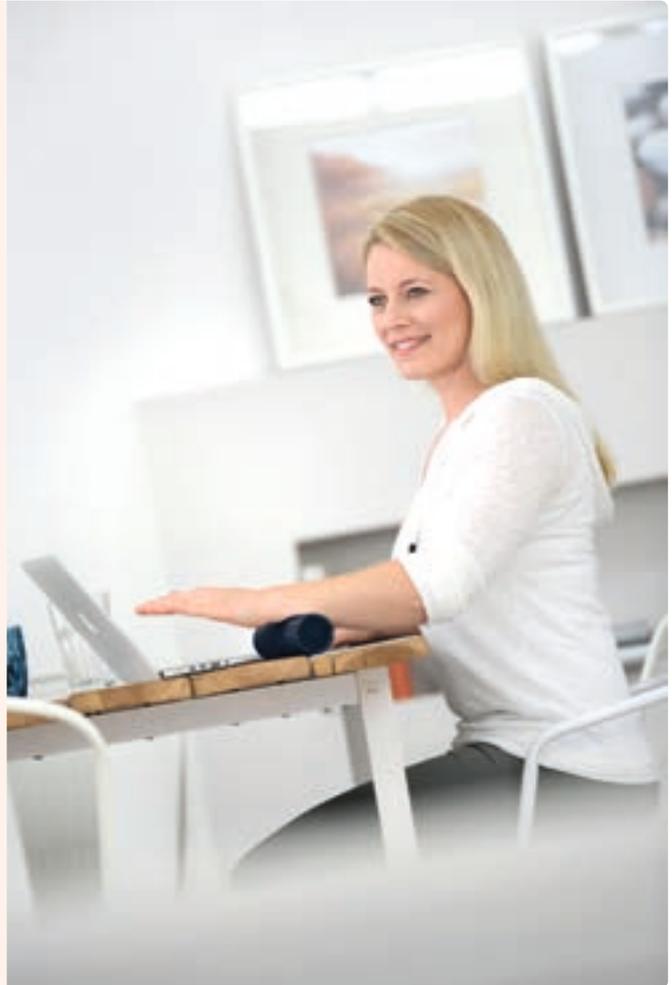
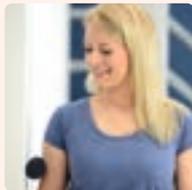
**The convenient fascia roller in mini-size – small, light-weight, for use everywhere!**

- 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 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® 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



YouTube



## SISSEL® Vitalyzer

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

- for muscle release and activation
- fibrous connective tissue, knotted by injuries or degeneration, can be precisely targeted and released
- preparation for stretching and relaxation exercises
- ideal device to target tenseness throughout the entire body, especially the back
- hygienic, skinfriendly, portable
- material: high-quality silicone
- incl. exercise manual
- size: approx. 15 x 7,5 cm



### ITEM NUMBER ATTRIBUTES

161.014	SISSEL® Vitalyzer
---------	-------------------



YouTube



SISSEL® HEALTHCARE PRODUCTS

# 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

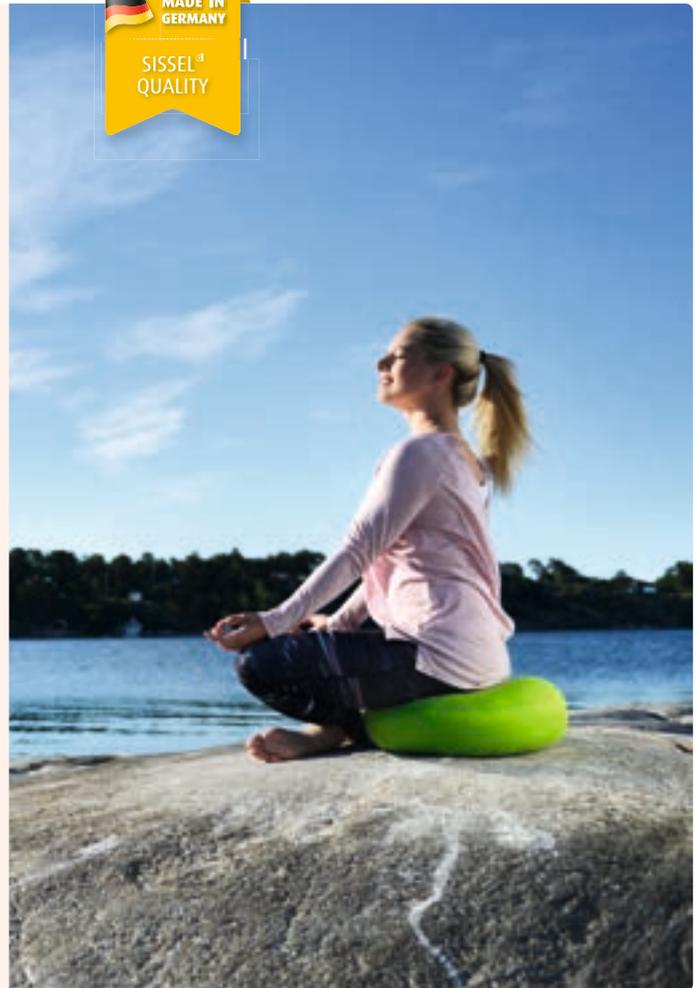


YouTube



#### 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



YouTube



#### ITEM NUMBER ATTRIBUTES

162.065 SISSEL® Yoga Block, burgundy  
 162.066 SISSEL® Yoga Block, cork  
 162.060 SISSEL® Yoga Belt, approx. 1.8 m  
 162.061 SISSEL® Yoga Belt, approx. 3 m





## SISSEL® Terra Yoga Mat

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

- optimal shock absorbing properties, elastic and comfortable
- superior grip surface, non-slip
- heat and cold resilient
- PVC- and latex-free, non-allergenic
- double sided use
- material: 100% (thermo-plastic elastomers)
- cleaning: with a damp cloth or hand shower
- size: approx. 183 x 61 x 0.4 cm
- optional: SISSEL® Carry Bag, SISSEL® Mat Straps



For a healthy workout  
**PVC-FREE!**

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

## 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



Practical carry bag available (see p. 49).

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

## 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. 37).

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



## SISSEL® Yoga Socks

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

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



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

## SISSEL® Carry Bag for Yoga Mat

### The trendy carry bag for yoga and exercise mats!

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

ITEM NUMBER	ATTRIBUTES
200.023	SISSEL® Carry Bag for Yoga Mat



# 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)

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

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

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

For more information about Pilates training and products please ask for our latest SISSEL® Pilates catalogue or visit our website [www.sissel.com](http://www.sissel.com).



## 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



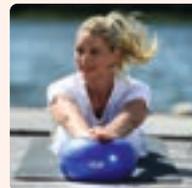
### ITEM NUMBER ATTRIBUTES

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



▶ For more see pages 52-53



# SPINEFITTER

BACK IN BALANCE

NEW



# SPINEFITTER

BACK IN BALANCE

[WWW.SPINEFITTER.COM](http://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](http://www.spinefitter.com)!



## 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 stimulating effect on the energy points of the body. The energetic balance is supported. 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 for regular training in the Pilates or fitness studio, in therapy or at home.

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	



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

ITEM NUMBER	ATTRIBUTES
162.310	SPINEFITTER by SISSEL® Linum, anthrazit
162.311	SPINEFITTER by SISSEL® Backpack, anthrazit
162.312.10	SPINEFITTER by SISSEL® Coach Bag, anthrazit



#### 1 SPINEFITTER by SISSEL® incl. Carry Strap

#### 2 SPINEFITTER by SISSEL® Backpack

- matching backpack for the SPINEFITTER by SISSEL® backpack
- backpack made of 100% cotton
- colour: anthrazit

#### 3 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®

#### 4 SPINEFITTER by SISSEL® Linum

- Hot/Cold pack with natural linseed filling
- suitable for the muscles around the spine
- can be used individually or with the SPINEFITTER
- Filling: linseed
- cover: 100% cotton
- dimensions: approx. 84 x 12 x 2 cm



WWW.SPINEFITTER.COM



## SISSEL® Pilates Roller

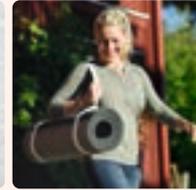
### Ideal addition to Pilates mat training!

- for balance and core stabilization
- material: PE (see p. 50)
- size: Ø approx. 15 cm, length approx. 90 cm
- also available: SISSEL® Pilates Roller Center (see p. 55), SISSEL® Mat Strap (see p. 37)
- including exercise poster



#### ITEM NUMBER ATTRIBUTES

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



YouTube

## SISSEL® Pilates Roller Pro

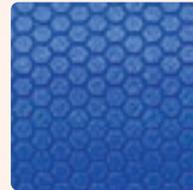
### The sturdy roller!

- suitable for beginning and advanced Pilates exercises
- broadens your Pilates exercise options
- more rugged than the SISSEL® Pilates Roller – ideal for professional exercise classes in studio or gym
- material: PE (see p. 50)
- size: Ø approx. 15 cm, length approx. 90 and 100 cm
- also available: SISSEL® Pilates Roller Center (see p. 55), SISSEL® Mat Strap (see p. 37)
- including exercise poster



#### ITEM NUMBER ATTRIBUTES

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
200.000	SISSEL® Mat Strap



YouTube

## SISSEL® Pilates Roller Pro Soft

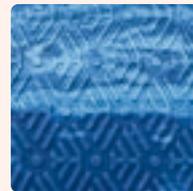
### The "soft" roller!

- the softer mix of material immediately responds to pressure, making it more comfortable and stable while resting on it (perfect for the Pilates beginner)
- suitable for beginning and advanced users
- adds many options to your Pilates exercises
- material: EVA/PE blend (see p. 50)
- size: Ø approx. 15 cm, length approx. 90 cm
- including exercise poster
- also available: SISSEL® Pilates Roller Center (see p. 55), SISSEL® Mat Strap (see p. 37)



#### ITEM NUMBER ATTRIBUTES

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



YouTube

## SISSEL® Intense Roller

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

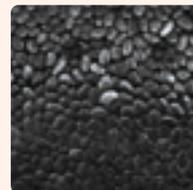
- its shape retention makes it ideal for the massage of larger muscles and trigger points
- great for challenging Pilates exercises, supports stability workouts, building of core strength and balance training
- relieves tight muscles especially in back and legs
- use to prevent sore muscles and for relaxation after physical exertion
- material: EPP (see p. 50)
- size: Ø approx. 15 cm, length approx. 100 cm
- also available: SISSEL® Mat Strap (see p. 37)



#### ITEM NUMBER ATTRIBUTES

310.016	SISSEL® Intense Roller, approx. 100 cm, black
200.000	SISSEL® Mat Strap

made from closed-cell, molded EPP foam



YouTube

## SISSEL® Pilates Roller Center

### The space-saving accessory!

- designed to store up to 5 rollers
- material: PE (see p. 50)
- accommodates all SISSEL® Pilates Rollers
- size: approx. 95 x 19.5 x 6 cm



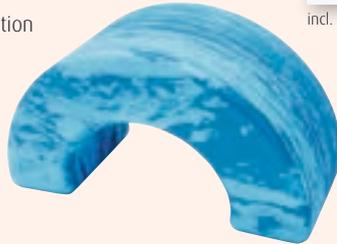
#### ITEM NUMBER ATTRIBUTES

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. 50)
- fits any standard SISSEL® Pilates Roller (Ø approx. 15 cm)



incl. exercise poster



YouTube

#### 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



YouTube



incl. exercise poster



## 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



Ø 38 CM

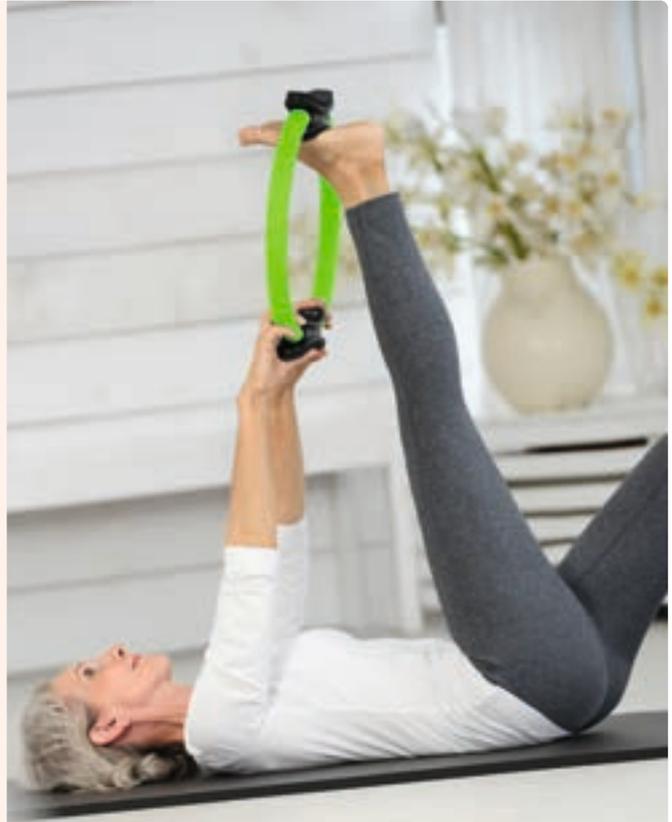
### SISSEL® Pilates Circle Compact

- Ø approx. 30 cm, lime



Ø 30 CM

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



YouTube



## SISSEL® Pilates Core Trainer

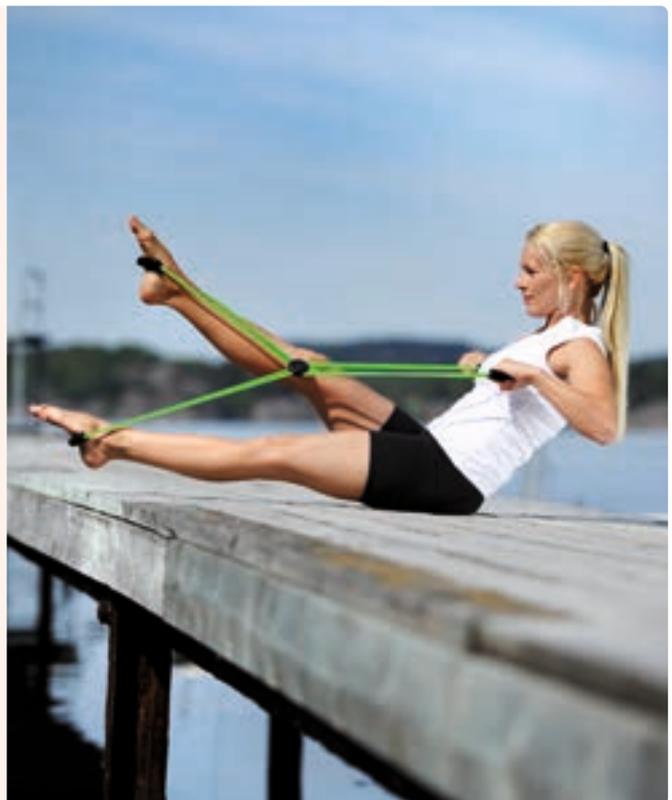
**The all-round tool for an effective core workout!**

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



incl. exercise manual

ITEM NUMBER	ATTRIBUTES
310.121	SISSEL® Pilates Core Trainer, lime green





## SISEL® 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% spandex
- color: black



#### ITEM NUMBER ATTRIBUTES

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

## SISEL® 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 SISEL® Pilates Socks – viscose

- hygienic, deodorizing and sweat-absorbent
- with thermal regulating effect: warm and comfortable in cold weather; breathable and cool in hot weather
- optimal moisture balance – absorb sweat and keep feet comfortably dry
- material: 70% viscose fibers, 25% polyester, 5% spandex
- colors: fuchsia and sky blue (only available in S/M 3(5-39))

### 3 SISEL® Pilates Socks – cotton

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

#### ITEM NUMBER ATTRIBUTES

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



## SISEL® 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% spandex, machine washable at 30° C
- size: one size



#### ITEM NUMBER ATTRIBUTES

310.125	SISEL® Workout Gloves, black
---------	------------------------------

## SISSEL® Press-Ball & SISSEL® Press-Egg

### Work your hands and forearms!

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



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



YouTube



## SISSEL® 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® Twin Grip

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

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

medium resistance

soft resistance



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



YouTube

## 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  
SISSEL® Hand Grip Sport (blue): approx. 5-20 kg

SISSEL® Hand Grip



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

SISSEL® Hand Grip Sport



## SISSEL® Theraputty flex

**Therapy putty for finger and hand exercises!**

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



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

YouTube



SISSEL® HEALTHCARE PRODUCTS

# WELL-BEING

NATURAL RELIEF AND REGENERATION



Health guide  
"Healthy Hot & Cold  
Therapy" available.



## 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, non-toxic

### Available in 4 variations:

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



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





## 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



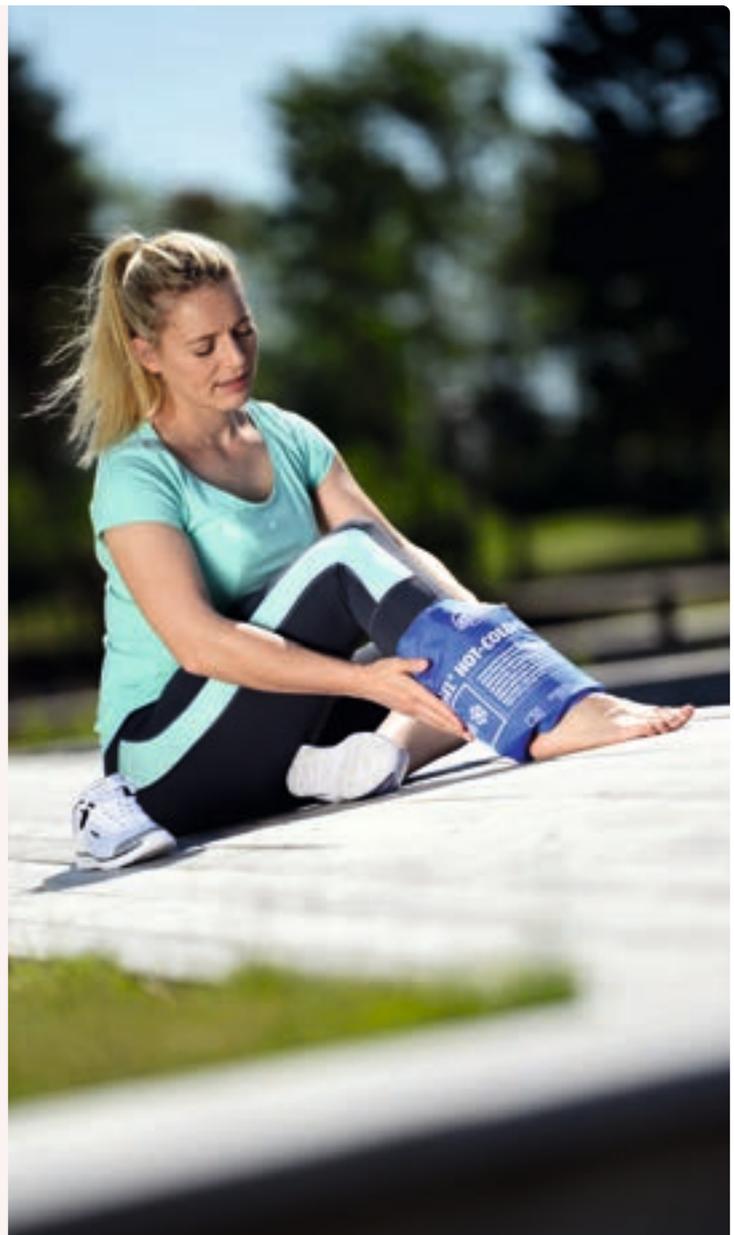
**Especially suited for back applications!**

- 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

textile-like surface





## 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

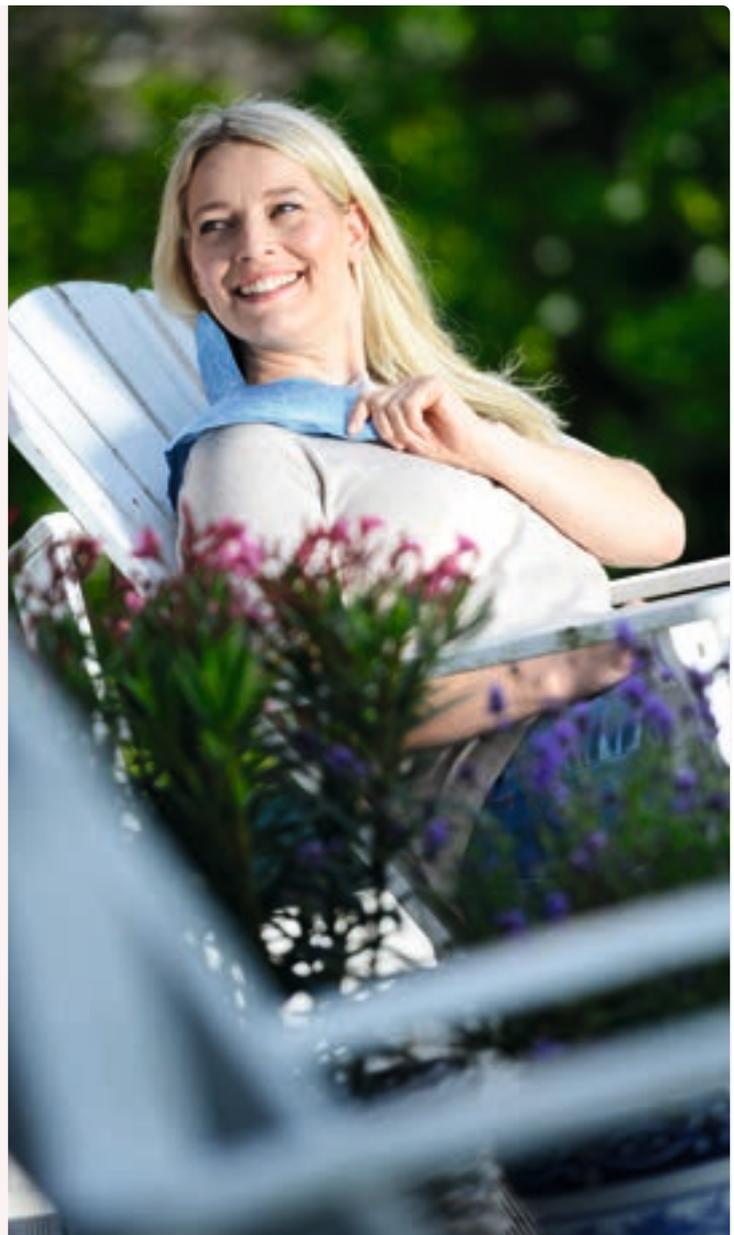
### Treats sports injuries, bruises, etc. with cold therapy:

- cool in refrigerator or freezer compartment
- flexible even when cold



**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 65)



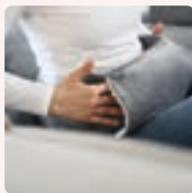
## SISSEL® Comfy Belt

### 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



YouTube



NEW

## SISSEL® Hydrotemp®

### For deep-penetrating moist heat application!

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



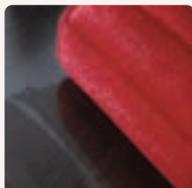
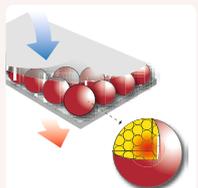
1 SISSEL® Hydrotemp®  
lower back, approx. 32.5 x 19 cm



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.



YouTube

## 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



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)



#### 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.



## SISSEL® Vinotherm

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

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



YouTube

ITEM NUMBER ATTRIBUTES

150.120 SISSEL® Vinotherm, tri-sectional

### Advantages of grape seed filling

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



## SISSEL® Aroma Neck Roll

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

- soothing 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)



approx.  
23 x 26 cm

approx.  
20 x 40 cm

approx.  
23 x 26 cm

approx. 23 x 26 cm

heart-shaped

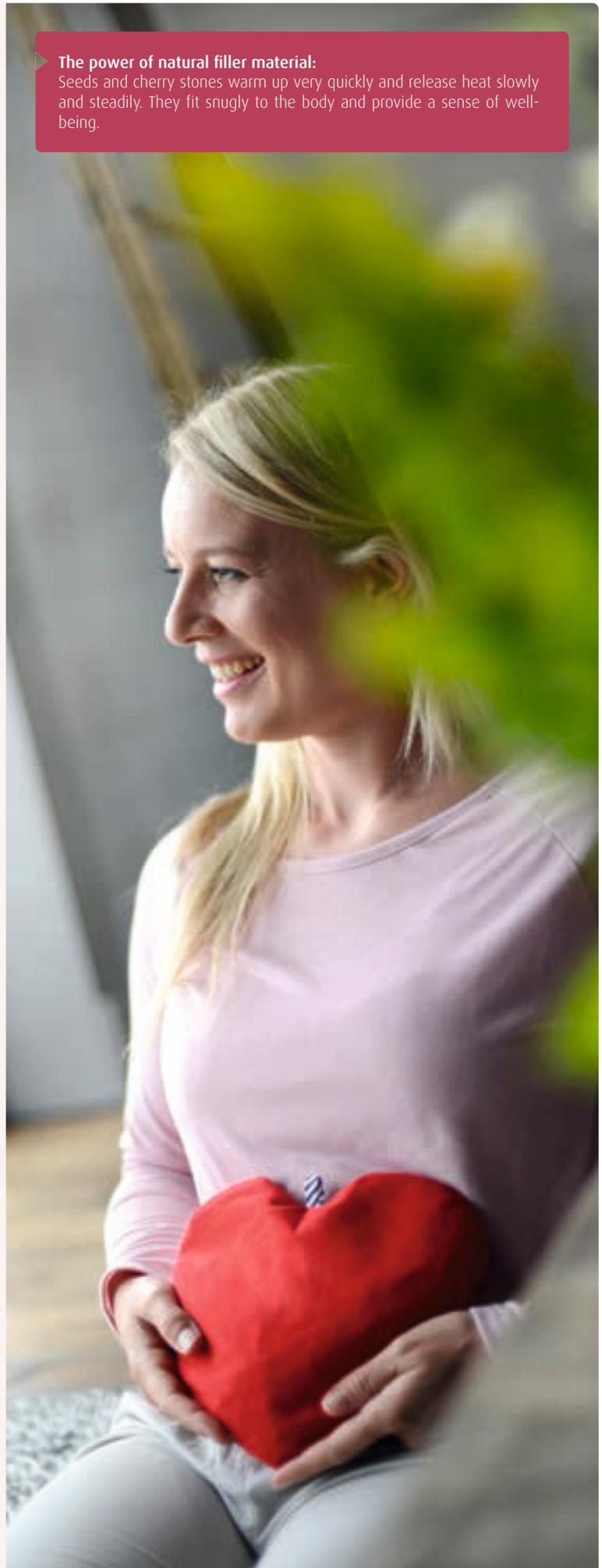
suitable for heat application with  
SISSEL® Comfy Belt (see page 65)



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				

### 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.



## 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



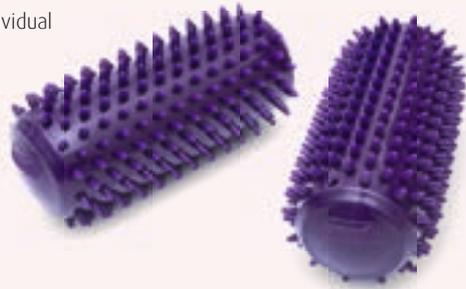
**ITEM NUMBER**    **ATTRIBUTES**

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



YouTube

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



YouTube

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



## SISSEL® Spiky Twin Roller

### For an effective but simple body massage!

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



YouTube

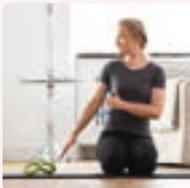
ITEM NUMBER	ATTRIBUTES
162.052	SISSEL® Spiky Twin Roller, blue
162.056	SISSEL® Spiky Twin Roller, lilac



## 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



YouTube

ITEM NUMBER	ATTRIBUTES
161.070	SISSEL® Mobilyzor Set



NEW

## SISSEL® Fit-Roller

### The ideal massage program!

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



YouTube



New Model

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

- 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 NEW – 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

## 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



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



Ideal for trigger therapy!



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

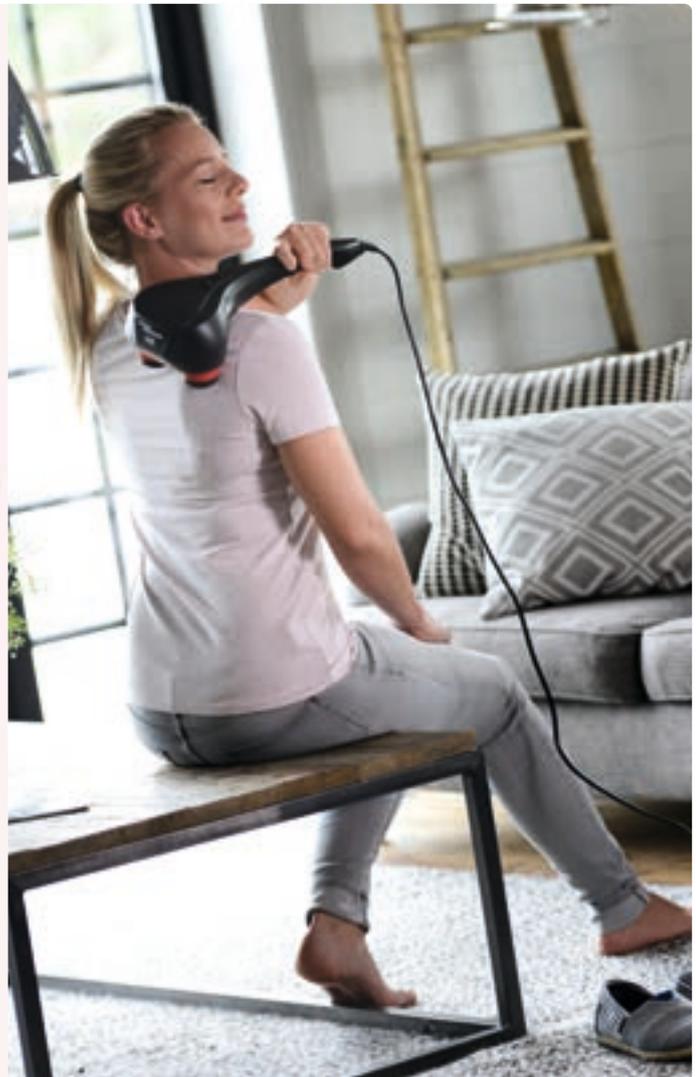


Different massage heads for different treatment methods:

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



ITEM NUMBER	ATTRIBUTES
161.060	SISSEL® Intensive Massager

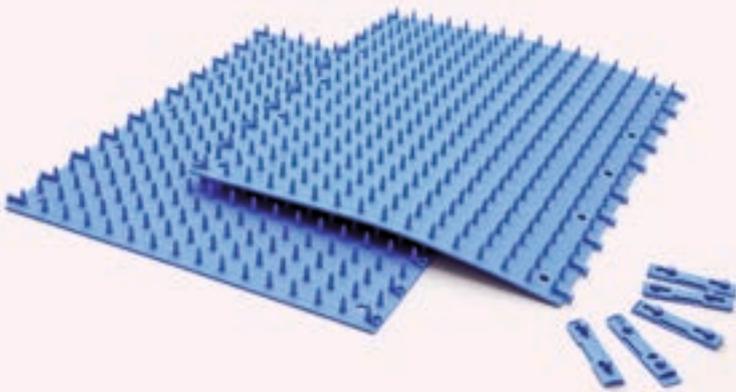


## SISSEL® Acupressur Mat



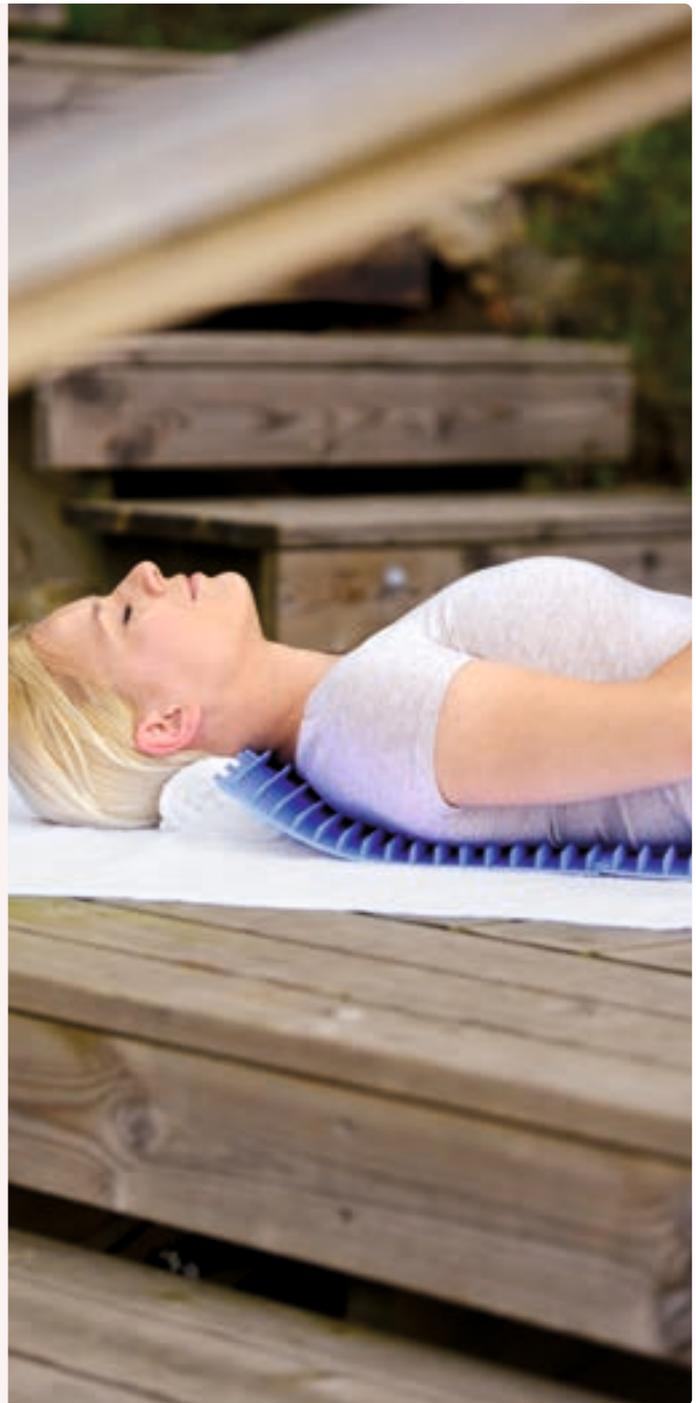
### A treat for the entire body!

- 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



#### ITEM NUMBER ATTRIBUTES

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



## SISSEL® Massage Roller

### Rolling away tensions!

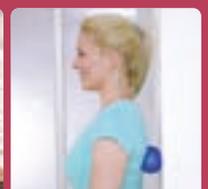
- ideal for massage and relaxation
- use to treat muscle tensions and for massage of connective tissue
- for prevention of muscle tensions
- enhances circulation
- perfectly suited for the massage of back and leg muscles

More information on page 42.

In user-friendly 47 cm length



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 42 – 45.



SISSEL® HEALTHCARE PRODUCTS

# 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



Optional accessory for the SISSEL® Portable Massage Table Basic



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)

### 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



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



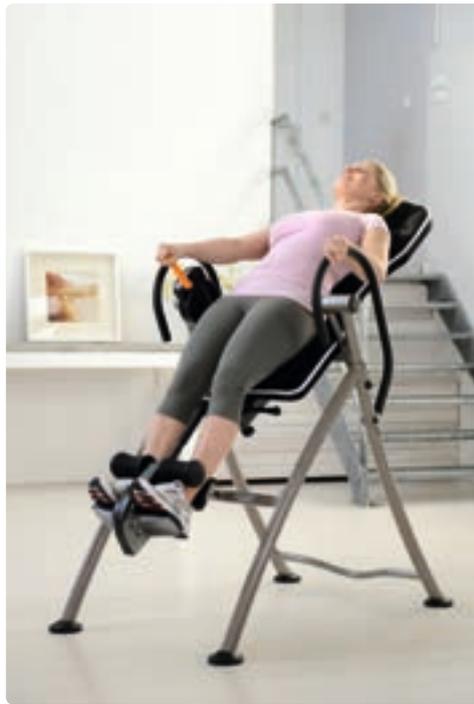
## Covers for head section

- 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

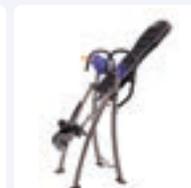
### SISSEL® Hang Up Pro

- 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





*The natural way of Sweden*

**SISSEL® GmbH**

Bruchstrasse 48  
67098 Bad Dürkheim  
Germany

SISSEL® GmbH  
ISO CERTIFIED

DIN EN ISO 13485

Phone +49 6322 989 43-0  
Fax +49 6322 989 43-10  
E-Mail [info@sissel.com](mailto:info@sissel.com)

[www.sissel.com](http://www.sissel.com)

Follow us at:

 [sissel.international](https://www.facebook.com/sissel.international)

 [sissel.international](https://www.instagram.com/sissel.international)

 [SISSEL GmbH](https://www.linkedin.com/company/SISSEL-GmbH)



Typesetting and printing errors  
excepted. Changes in color, material  
and construction possible.



4 250894 704357

BA 11 V10

EN