



The natural way

SISSEL® QUALITY PRODUCTS

Innovative products for Healthy Moving,
Healthy Sitting, Well-Being, and Healthy Sleeping

2025

sisself.com

Table of Contents

04 | 05 SISSEL® Worldwide
06 | 07 SISSEL® ACADEMY

Healthy Moving

SPINEFITTER® by SISSEL®

10 | 11 SPINEFITTER® by SISSEL® System
12 | 13 SPINEFITTER® by SISSEL®,
SPINEFITTER® by SISSEL® Trigger Tool
14 | 15 SPINEFITTER® by SISSEL® Mini & Extension Kit,
SPINEFITTER® by SISSEL® Linum | Linum Pro
16 | 17 SPINEFITTER® by SISSEL® Accessories

Fitness

19 SISSEL® SECUREMAX Ball, SISSEL® Ball
20 | 21 Accessories for Exercise Balls, SISSEL® Gym Ball Cover,
SISSEL® Posture Shirt
22 | 23 SISSEL® Fitband Plus & SISSEL® Fitband Essential,
SISSEL® Fun & Active Band, SISSEL® Exercise Loop
24 | 25 SISSEL® OCTOCORE®,
SISSEL® X-Tension Band, SISSEL® X-Tension Ring Set
26 | 27 SISSEL® Fit-Tubes, SISSEL® Door Anchor,
SISSEL® Sport Swing Plus
28 | 29 SISSEL® Gym Mat, SISSEL® Gym Mat Professional,
SISSEL® Gym Mat Plus, Accessories
30 | 31 SISSEL® EPIFLOW Kinesiology Tape, **NEW**
SISSEL® Kinesiology Tape

Follow us on:

 [sisssel.international](#)

 [sisssel.international](#)

 [sisssel.gmbh](#)

 Information videos on
[youtube.com/sissselcom](https://www.youtube.com/sissselcom)

Balance

32 | 33 SISSEL® FIT-Dome Sport
34 | 35 SISSEL® Spiky Dome, SISSEL® BALANCEFIT,
SISSEL® Balancefit Pad & SISSEL® Balancefit Pad large
36 | 37 SISSEL® Balance Board Plus, SISSEL® Balance Board
Dynamic, SISSEL® Step-Fit

Fascial Release

38 | 39 SISSEL® Myofascia Roller,
SISSEL® Myofascia Roller Mini, SISSEL® Myofascia Ball
40 | 41 SISSEL® Myofascia Double Ball, SISSEL® Vitalyzor,
SISSEL® Mobilyzor Set, SISSEL® Massage Roller

Yoga

42 | 43 SISSEL® Yoga Relax Cushion fresh green,
SISSEL® Yoga Block, SISSEL® Yoga Belt, SISSEL® Yoga Socks
44 | 45 SISSEL® Yoga Mat, SISSEL® Pilates & Yoga Mat,
SISSEL® Terra Yoga Mat, SISSEL® Carry Bag for Yoga Mat

Pilates

46 | 47 SISSEL® Pilates Circle, SISSEL® Pilates Circle Compact,
SISSEL® Pilates Core Trainer
48 | 49 SISSEL® Pilates Roller, SISSEL® Pilates Roller Pro,
SISSEL® Pilates Roller Pro Soft, SISSEL® Intense Roller
50 | 51 SISSEL® Pilates Roller Head Align Dynamic,
SISSEL® Pilates Roller Center,
SISSEL® Pilates Toning Ball, SISSEL® Pilates Soft Ball
52 | 53 SISSEL® Pilates Band, SISSEL® Workout Gloves,
SISSEL® Pilates One Toe Socks, SISSEL® Pilates Socks,

Hand Therapy

54 | 55 SISSEL® Press-Ball, SISSEL® Press-Egg,
SISSEL® Finger Exerciser
56 | 57 SISSEL® Twin Grip, SISSEL® Hand Grip, SISSEL® Putty

Healthy Sitting

60 | 61 SISSEL® SITFIT Plus, SISSEL® SITFIT, Cover
62 | 63 SISSEL® Back Change, SISSEL® Sit Ring
64 | 65 SISSEL® Sit Special 2 in 1, SISSEL® Sit Standard & Colour,
SISSEL® Sit Air
66 | 67 SISSEL® DorsaBack & -Pad, SISSEL® DorsaBack-Car,
SISSEL® Back, SISSEL® Tour

Well-Being

Hot-Cold Therapy

70 | 71 SISSEL® Hot-Cold Pearl Pack, SISSEL® Pack
72 | 73 SISSEL® Hot-Cold-Soft-Pack, SISSEL® Cold Therapy
Compression, SISSEL® Therm, SISSEL® Soft Touch Pro
74 | 75 SISSEL® Comfy Belt, SISSEL® Hydrotemp,
SISSEL® Vinotherm, SISSEL® Aroma Neck Roll
76 | 77 SISSEL® Linum Classic & Anatomic,
SISSEL® Linum Cervico, SISSEL® Linum Relax Comfort
78 | 79 SISSEL® Cherry, SISSEL® Cherry Heat Belt, SISSEL® Balu

Massage

80 | 81 SISSEL® Fit-Roller,
82 | 83 SISSEL® Spiky Twin Roller, SISSEL® Spiky Body Roll,
SISSEL® Spiky-Ball
84 | 85 SISSEL® Neck Relax, SISSEL® Acupressur Mat
86 | 87 SISSEL® Funmassager, SISSEL® Mobilyzor,
SISSEL® Massage Roller

Portable Product Line

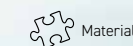
88 | 89 SISSEL® Portable Massage Table Basic
90 | 91 SISSEL® Desktop Mobil, SISSEL® Hang Up

Healthy Sleeping

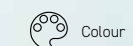
94 | 95 SISSEL® Orthopedic Pillows
96 | 97 SISSEL® Classic, SISSEL® Classic Plus
98 | 99 SISSEL® Soft, SISSEL® Soft Plus, SISSEL® Soft Deluxe
100 | 101 SISSEL® Soft Bambini,
SISSEL® Soft Curve, SISSEL® Dream Comfort Pillow
102 | 103 SISSEL® Panicore, SISSEL® Palea,
SISSEL® Compact Pillow, SISSEL® Buchi Soft
104 | 105 SISSEL® Buchi, SISSEL® Comfort
106 | 107 SISSEL® Venosoft, SISSEL® Veno, SISSEL® Medi Support



Size



Material



Colour



Natural weight fluctuations



Heat application



Cold application



Heat & cold application



Heating in the microwave



Heating in the oven



Heating in the pot

SISSEL® Worldwide – a Passion for Healthcare



and Wellness Products

It all started with a neck pillow ...

The anatomically shaped SISSEL neck pillow was originally created in 1986 and quickly attracted the interest of professionals in therapy, nursing and rehabilitation. Clinical studies also showed that the pillow had a positive effect on vertebrae and intervertebral discs. To this day, this anatomical, effective shape has stood the test of time and has since formed the basis of our corporate philosophy 'The natural way'. The unique shape of the original neck pillow is still reflected in the SISSEL logo today. Under the visionary leadership of the two Managing Directors, Jens and Lars Friebel, the SISSEL portfolio has expanded into a diverse, health-oriented product range with the following product areas:

Healthy Moving

Keeping fit means staying in motion. Our products in the Healthy Moving category support an active lifestyle – especially the well-known SPINEFITTER by SISSEL.

Healthy Sitting

Nowadays, we spend most of our day sitting – which is associated with a host of problems and discomforts. With our Healthy Sitting products, we offer effective solutions for better posture and well-being – like the SISSEL SITFIT.

Well-Being

Treatment with heat, cold, massage – or simply relaxation. Well-being is our passion.

Healthy Sleeping

Healthy sleep is the basis for well-being in everyday life. We have a variety of products that are suitable for promoting a restful night's sleep – including our original neck pillow.

Many of our innovations have since become classics. Innovations like the SPINEFITTER by SISSEL is currently attracting a lot of attention in the health and fitness industry worldwide. Thanks to our international partners, SISSEL is now available in over 70 countries.

Our customers

Healthcare professionals all around the world love to work with our product range. Physiotherapists, doctors, trainers and coaches rely on the quality and performance of 'Made by SISSEL' in their daily work. We therefore offer customised solutions for every field of application.

SISSEL – proven quality since 1986

The SISSEL brand stands for exceptional quality and customer satisfaction. Every product in our health range is selected and manufactured to the highest quality standards.

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

- Production mainly in Europe (especially in Sweden and Germany)
- Quality management system certified according to DIN EN ISO 13485:2021

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



SISSEL – The natural way

Our ambition is to support the health of customers in a natural way. SISSEL offers a diverse range of high-quality products that strengthen health and well-being.

Sustainability

Sustainability and climate protection are at the top of our agenda. By converting our packaging materials and gradually replacing our packaging with climate-friendly natural cardboard, we are taking an important step in the right direction.

5 years SISSEL guarantee

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



SISSEL Healthcare Circle



For more health and quality of life.

At SISSEL, we place the highest value on sustainability

Our new product packaging is a milestone in terms of resource conservation. The new design is characterised by clarity with Scandinavian flair and a focus on the essentials.

- Climate-neutral natural cardboard (CO₂ neutral)
- Reduced use of colours (use of only one imprint colour)
- Packaging from responsible sources (FSC certification)
- No outer carton required (the packaging is suitable for direct shipping)
- Stylised application illustration on the front



SISSEL ACADEMY

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

As Head of SISSEL ACADEMY, Nina Metternich devotes her time to establishing and developing the academy on an international level. Thanks to her many years of experience in therapy practice and further training, Nina Metternich can draw on in-depth knowledge from the fields of physiotherapy, osteopathy, and Pilates. This enables her to ensure that the trainers are educated at the highest level.

The academy's mission is to support the high-quality training of future Educators and to create exciting and purposeful new workshops for the fitness and health industry of tomorrow. The SISSEL ACADEMY offers high quality workshops in a stimulating and professional environment. The SISSEL ACADEMY workshops permit attendees to dive deeper into the anatomical correlations and core principles of the selected SISSEL product and includes exercise programmes to support individual and group training and rehabilitation. The courses contain a strong focus on practice-based knowledge, thus allowing specialists to directly implement their newly gained knowledge from the workshop in their personal training or therapy practice.

Each workshop includes a detailed workbook that can be used as a manual for professionals in their daily work. After successfully completing the workshop professionals will receive a SISSEL ACADEMY Certificate.

Deepen your skill set and get inspired by our dedicated workshop formats centred around the SPINEFITTER by SISSEL and brand new SISSEL product developments. Become part of our growing community of highly educated trainers and specialists.

We look forward to welcoming you to the SISSEL ACADEMY.



Scan QR Code for direct access to all SISSEL ACADEMY workshops



Explore the dedicated SISSEL ACADEMY workshops



Professional workshop: Back in Balance

Comprehensive back training – exercises with the SPINEFITTER by SISSEL

This 4-hour workshop 'Certified Professional Instructor' is designed specifically for physiotherapists, medical practitioners, and trainers.

In this workshop, we will show you the exercises for the relevant indications, explain them in their overall context and present exercise programmes. The workshop also covers anatomical principles, pathologies and possible solutions, as well as instructions for your patients or participants.



Professional workshop: Functional training of the myofascial chains

Exercises with the SISSEL OCTOCORE

This 6-hour workshop 'Certified Professional Instructor' is designed specifically for physiotherapists, medical practitioners, and trainers. It focuses on training of functional muscle chains and addressing myofascial pathways.

The workshop covers a variety of training that enables you to address the whole body with every exercise and compensate for deficits. The innovative approach enables functional training that offers your participants new training stimuli.

The SISSEL ACADEMY stands for first-class international fitness and rehabilitation educational programmes run by a global network of experienced Educators.

Based on the medical studies that are currently being conducted and the experience we have gained, new workshop formats will be released in 2025.

Healthy Moving

Here you will find all your equipment for the gym, at home, or for your physiotherapy practice. Whether you're looking for a new piece of fitness equipment to give your workout a boost or you need high-quality products for Yoga, balance, fitness, fascia training, or Pilates.



SPINEFITTER® by SISSEL® System

Effectively helps relieve pain in the back, neck, and shoulder areas

An international study was carried out, investigating to which extent a specially designed SPINEFITTER training programme increases the mobility of the thoracic spine, the cervical spine, and of the shoulder joints. Additionally, it was determined to which extent it reduces tension and pain in the shoulder-neck area. The results of the study showed significant improvements in the researched areas.

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



Learn more about the versatile application possibilities of the SPINEFITTER by SISSEL in rehabilitation and training in our online video workshops.

You can find more information at spinefitter.com.



An Innovation by SISSEL®

An innovative, modular system for maximum application possibilities

Versatile and impactful training

The SPINEFITTER by SISSEL System was developed by an interdisciplinary team of physiotherapists, osteopaths and Pilates trainers. Numerous exercises from the fields of Pilates and Yoga can be combined and supplemented with the SPINEFITTER by SISSEL. Twelve exercise videos available online show the versatility and potential of regular training with the SPINEFITTER. The SPINEFITTER loosens muscular tension, mobilises joints, and strengthens deep muscles. Thanks to targeted exercises, the SPINEFITTER helps to relieve pain effectively in the back, neck and shoulder areas*.

The SPINEFITTER is made of PU integral foam and thanks to its unique shape, consisting of a 28 double-row ball structure, the SPINEFITTER by SISSEL enables comprehensive back training. The modular design of the system makes it easy to attach various add-ons and thanks to its excellent connection options, this effective training tool becomes a valuable treatment and relaxation aid. Versatile exercise options allow to train safely and effectively in the physiotherapy practice, studio and at home.

Discover the SPINEFITTER System and learn why this multi-tool has quickly become a professional asset in the physiotherapy practices and self-treatment at home.

*You can download the study abstract via spinefitter.com


SPINEFITTER
BACK IN BALANCE

The SPINEFITTER® product family is growing:
SPINEFITTER® by SISSEL® Junior – available soon!

SPINEFITTER by SISSEL Trigger Tool

The attachable module offers a simple way to autonomously release trigger points and hardenings along the spine most precisely, and, thus, contribute to pain relief.

Tip: Can also be combined with the SPINEFITTER Mini.



SPINEFITTER by SISSEL Extension Kit

Expands the range of exercises and is perfect for people taller than 180 cm. Consists of the SPINEFITTER by SISSEL Mini and a Connector. The simple click system ensures a correct alignment of the Extension Kit.



SPINEFITTER by SISSEL
Extension Kit:
Mini with Connector

SPINEFITTER by SISSEL Linum & Linum Pro

The perfectly fitting SPINEFITTER cover with natural linseed filling can be used for heat application on the SPINEFITTER and comes in two versions: for use at home or professional application.



SPINEFITTER
not included



SPINEFITTER® by SISSEL®



The innovation for a healthy back

Thanks to its unique design the SPINEFITTER by SISSEL enables comprehensive back training. The paired ball structure enables the spinous processes to sink in, which, even in a simple supine position, achieves a positive effect on the muscular tissue adjacent to the spinal column. The small vertebral joints can be opened and, thus, one's mobility can be improved. The SPINEFITTER is an intuitive training device and can be used for exercises from the area of spinal gymnastics, Pilates and Yoga. New stimuli are set through easier joint positions and challenging motions (balance). Intuitive handling and a quickly noticeable effect make the SPINEFITTER an ideal piece of equipment for regular training in the Pilates or fitness studio, in therapy or at home.

- Innovative training device with 28 interconnected balls
- Intense, deep-impact pressure across the entire muscular and fascial tissue along the spine
- Improves joint mobility
- Strengthens deep muscular tissue
- Available in four colours: anthracite, green, blue, purple red
- Incl. SPINEFITTER Carry Strap for comfortable transport on the back



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	Set of 10 blue incl. Coach Bag
162.301.5	Set of 10 green incl. Coach Bag
162.302.5	Set of 10 anthrazit incl. Coach Bag
162.303.5	Set of 10 purple red incl. Coach Bag

 approx. 84 x 12 x 6 cm

 polyurethane

 available in 4 colours    

SPINEFITTER® by SISSEL® Trigger Tool



Attachable module for expanding the SPINEFITTER by SISSEL System

It allows targeted, punctual pressure to be applied to trigger points, hardenings, and tensions. Consequently, the module offers a simple way to autonomously release trigger points and hardenings along the spine most precisely and, thus, contribute to pain relief. The shape of the Trigger Tool ensures symmetrical, constant pressure with the surface area of a therapeutic thumb. This allows pain points to be specifically released, blood circulation to be increased and the muscles to work evenly again.

- Pain reduction of trigger points
- Shape ensures a symmetrical, constant pressure
- Individual placement
- Optimum degree of hardness*
- Vary and regulate the intensity of the pressure using your own body weight
- Weight product: approx. 55 g
- Maximum user weight: 150 kg



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

Item Number	Attributes
162.308	SPINEFITTER by SISSEL Trigger Tool

 approx. 12 x 4,5 x 7 cm

 polyurethane

 melon yellow

Discover our
workshops on the
SISSEL® ACADEMY
website



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

SPINEFITTER® by SISSEL®

Extension Kit

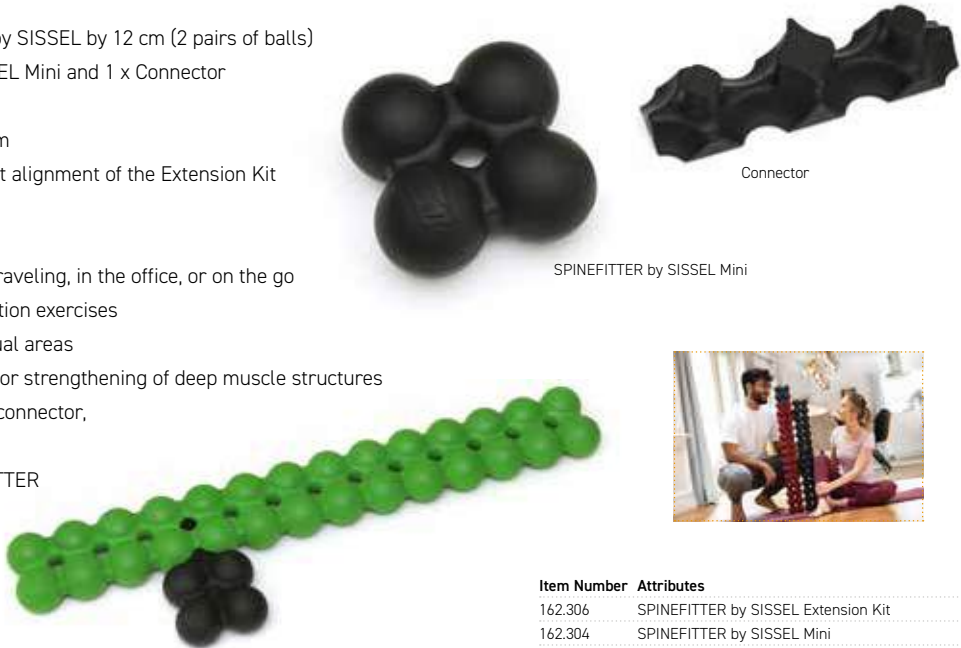


Expand the SPINEFITTER by SISSEL with four additional balls and the ideal connecting piece to achieve a greater variety of exercises. Set new stimuli and support specific areas of the body to optimise your self-treatment even more precisely. The Extension Kit can support specific areas of the body in order to train in a more targeted and controlled manner.

- Extends the regular SPINEFITTER by SISSEL by 12 cm (2 pairs of balls)
- Contains: 1 x SPINEFITTER by SISSEL Mini and 1 x Connector
- Expands the range of exercises
- Perfect for people taller than 180 cm
- Simple click system ensures correct alignment of the Extension Kit

SPINEFITTER by SISSEL Mini

- Extra small and light – perfect for traveling, in the office, or on the go
- Supports segmental spine mobilisation exercises
- Perfect for fascia release of individual areas
- Suitable for balance exercises and for strengthening of deep muscle structures
- Also available individually, without connector, incl. SPINEFITTER carrying strap
- Can be combined with the SPINEFITTER by SISSEL Trigger Tool



Item Number	Attributes
162.306	SPINEFITTER by SISSEL Extension Kit
162.304	SPINEFITTER by SISSEL Mini

Extension Kit: approx. 21 x 12 x 6 cm
Mini: approx. 12 x 12 x 6 cm

polyurethane

black



SPINEFITTER® by SISSEL®

Linum & Linum Pro



The custom-fit SPINEFITTER cover with natural linseed filling can be used for heat application on the SPINEFITTER. The Linum/Linum Pro provides natural warmth along the entire spine and is ideal for relaxation, for loosening up the muscles before or after training, or for relieving pressure on the paravertebral muscles when training with the SPINEFITTER. Using the Linum/Linum Pro increases blood circulation along the spine and thus relieves pain.

- For heat application
- Ideal for relaxation or loosening up the muscles
- Filling: natural linseed filling
- Can be combined with the SPINEFITTER by SISSEL and Extension Kit

SPINEFITTER by SISSEL Linum Pro

- specially developed for use in physiotherapy practices, Pilates and fitness studios – thanks to the wipeable and disinfected surface



The hook-and-loop fasteners enable the simple insertion of the SPINEFITTER by SISSEL and the optional Extension Kit



Item Number	Attributes
162.310	SPINEFITTER by SISSEL Linum, anthrazit
162.320	SPINEFITTER by SISSEL Linum Pro, anthrazit

approx. 84 x 12 x 2 cm

Linum: 100% cotton
Linum Pro: 100% polyester / PU coating

anthrazit



SPINEFITTER® by SISSEL®

Accessories

SPINEFITTER® by SISSEL® Backpack

- The backpack for transporting a SPINEFITTER incl. a mounted SPINEFITTER Linum/Linum Pro
- Backpack made of 100% cotton
- Colour: anthrazit



SPINEFITTER® by SISSEL® Drinking Bottle

- An ideal training companion – this stainless steel drinking bottle keeps your drink at the desired temperature for a long time.
- Double-layered structure, food grade quality, dishwasher safe
 - Capacity: 500 ml
 - Lasered SPINEFITTER logo
 - Dimensions: approx. 23 x 6.7 cm



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 30 cm (when filled)
- Also available as a set incl. 10 SPINEFITTER by SISSEL (see page 12)
- Coach Bag made of 100% cotton



SPINEFITTER® by SISSEL® Towel

- SPINEFITTER by SISSEL Towel reduces the pressure of the SPINEFITTER on the musculature along the spinal column, thus enabling a gentler workout.
- 100% cotton
 - Practical training companion in the fitness studio – thanks to integrated flap the Towel is easy to attach to the training bench
 - Can be combined with the SPINEFITTER by SISSEL in multiple ways (e.g. as a head rest or as a pressure-minimising support)



Folded into a packet the Towel can be used as a comfortable headrest on the SPINEFITTER.



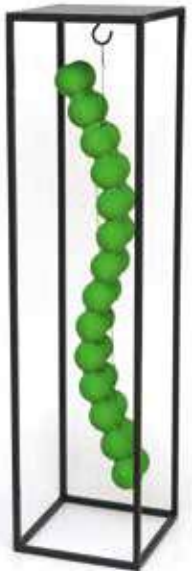
SPINEFITTER® by SISSEL® Gym Mat Plus

- Slip-resistant, hard-wearing and antibacterial. Offers optimum support for your training.
- Dimensions: approx. 180 x 60 x 1 cm
 - Material: NBR



SPINEFITTER® by SISSEL® Display

- Metal frame with suspension and threading set for professional SPINEFITTER customer presentation
- Dimensions (L x W x H): approx. 25 x 25 x 100 cm
 - Weight: approx. 3.5 kg (without SPINEFITTER)
 - Material display: steel, lacquered
 - Material of accessory pack: acrylic glass, polyethylene
 - Permissible load capacity of display: 5 kg
 - SPINEFITTER not included



Item Number	Attributes
162.311	SPINEFITTER by SISSEL Backpack, anthrazit
162.312.10	SPINEFITTER by SISSEL Coach Bag, anthrazit
600.001	SPINEFITTER by SISSEL Drinking Bottle
162.309	SPINEFITTER by SISSEL Towel
200.110.5	SPINEFITTER by SISSEL Gym Mat Plus in Showbox
200.110	SPINEFITTER by SISSEL Gym Mat Plus in bulk of 10 pcs.
500.162	SPINEFITTER by SISSEL Display (SPINEFITTER not included)

Fit and in Shape

Discover a wide range of products for mobility, strength training, and endurance



SISSEL® SECUREMAX Ball

Ideal for total body conditioning and therapy

- Noticeably relieves spine and strengthens back musculature
- Encourages correct sitting
- A proven medical device in physio therapy
- Use to sit on at home or school
- Including exercise poster and plug lifter
- Surface has a pleasant, friendly to the touch structure, extremely resistant to abrasion
- For a user weight of up to 150 kg
- Available in 4 diameters and 3 colours

SECUREMAX-System:

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



YouTube



Item Number	Attributes
160.006	SISSEL SECUREMAX Ball, Ø approx. 45 cm, silver
160.007	SISSEL SECUREMAX Ball, Ø approx. 55 cm, silver
160.011	SISSEL SECUREMAX Ball, Ø approx. 55 cm, red – as long as stock lasts
160.010	SISSEL SECUREMAX Ball, Ø approx. 65 cm, blue-purple
160.012	SISSEL SECUREMAX Ball, Ø approx. 65 cm, silver
160.015	SISSEL SECUREMAX Ball, Ø approx. 75 cm, blue-purple
160.014	SISSEL SECUREMAX Ball, Ø approx. 75 cm, silver



Ø approx. 45 cm, 55 cm, 65 cm, 75 cm



PVC



available in 3 colours



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

Note:

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



YouTube



Item Number	Attributes
160.060	SISSEL Ball, Ø approx. 55 cm, blue – as long as stock lasts
160.064	SISSEL Ball, Ø approx. 75 cm, blue – as long as stock lasts
160.065	SISSEL Ball, Ø approx. 75 cm, red – as long as stock lasts



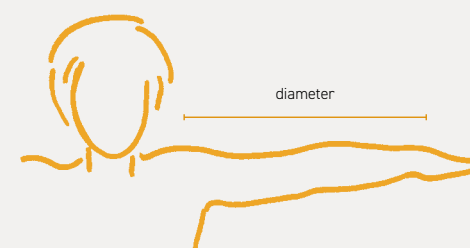
Ø approx. 55 cm, 75 cm



PVC



available in 2 colours



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!

Accessories for Gym Balls

SISSEL® Stabilizer

Holds the ball in place also when not used.
Made from high-quality polypropylene.





SISSEL® Stackers

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).



SISSEL® Mini Hand Pump

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



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® Posture Shirt

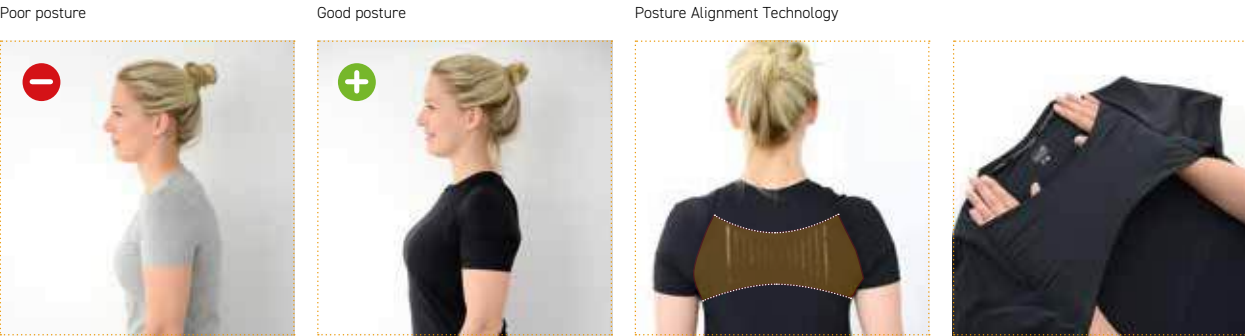


Prevents you from slouching and keeps your shoulders aligned

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 goes with every outfit
- Can be worn hidden under any shirt

Item Number	Attributes
114.000	Women, XS, black – as long as stock lasts
114.001	Women, S, black – as long as stock lasts
114.002	Women, M, black – as long as stock lasts
114.003	Women, L, black – as long as stock lasts
114.010	Men, S, black – as long as stock lasts
114.011	Men, M, black – as long as stock lasts
114.012	Men, L, black – as long as stock lasts
114.013	Men, XL, black – as long as stock lasts



	Women: XS, S, M, L Men: S, M, L, XL		77% polyamide, 23% elastane		black
---	--	---	-----------------------------	---	-------

SISSEL® Gym Ball Cover

Turns your gym ball into a stylish piece of furniture

- Healthy sitting at home in a new look
- Pleasant fabric provides improved sitting comfort
- Adjustable handle for easy transport
- Hidden zipper – prevents damage to clothing and floors
- Washable at 40° C

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



Item Number	Attributes
160.000	SISSEL Gym Ball Cover, grey, 65 cm

	Ø approx. 65 cm		100% polyester		grey
---	-----------------	---	----------------	--	------





SISSEL Fitbands – with reduced protein contents. Latex bands usually contain a high level of proteins. The SISSEL Fitband is different. Most of the proteins in the natural material latex have been removed by using a complex process. The result is a band proven to have fewer allergens.

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



Latex free

YouTube



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

approx. 15 x 200 cm

TPE

available in 3 colours



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

SISSEL Fitband Plus includes a clip system (for approx. 7,5 cm x 2 m tape) for training everywhere where there is a door.



YouTube



Item Number	Attributes
163.005	Fitband Plus, yellow (light), approx. 7.5 cm x 2 m
163.006	Fitband Plus, red (medium), approx. 7.5 cm x 2 m
163.007	Fitband Plus, green (strong), approx. 7.5 cm x 2 m
163.008	Fitband Plus, blue (x-strong), approx. 7.5 cm x 2 m
163.009	Fitband Plus, yellow (light), approx. 15 cm x 5 m
163.010	Fitband Plus, red (medium), approx. 15 cm x 5 m
163.011	Fitband Plus, green (strong), approx. 15 cm x 5 m
163.012	Fitband Plus, blue (x-strong), approx. 15 cm x 5 m
163.013	Fitband Plus, yellow (light), approx. 15 cm x 25 m
163.014	Fitband Plus, red (medium), approx. 15 cm x 25 m
163.015	Fitband Plus, green (strong), approx. 15 cm x 25 m
163.016	Fitband Plus, blue (x-strong), approx. 15 cm x 25 m
163.060	Fitband Plus, yellow (light), approx. 15 cm x 46 m
163.061	Fitband Plus, red (medium), approx. 15 cm x 46 m
163.062	Fitband Plus, green (strong), approx. 15 cm x 46 m
163.063	Fitband Plus, blue (x-strong), approx. 15 cm x 46 m
163.101	Fitband Essential, yellow (light)
163.102	Fitband Essential, red (medium)
163.103	Fitband Essential, green (strong)
163.104	Fitband Essential, blue (x-strong)

Fitband Plus: approx. 7,5 cm x 2 m, 15 cm x 5/25/46 m
Fitband Essential: approx. 15 cm x 2,5 m

available in 4 colours



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)



YouTube



Item Number	Attributes
163.110	SISSEL Exercise Loop, set of 2, 1 yellow, 1 green

approx. 5 cm x 33 cm

latex

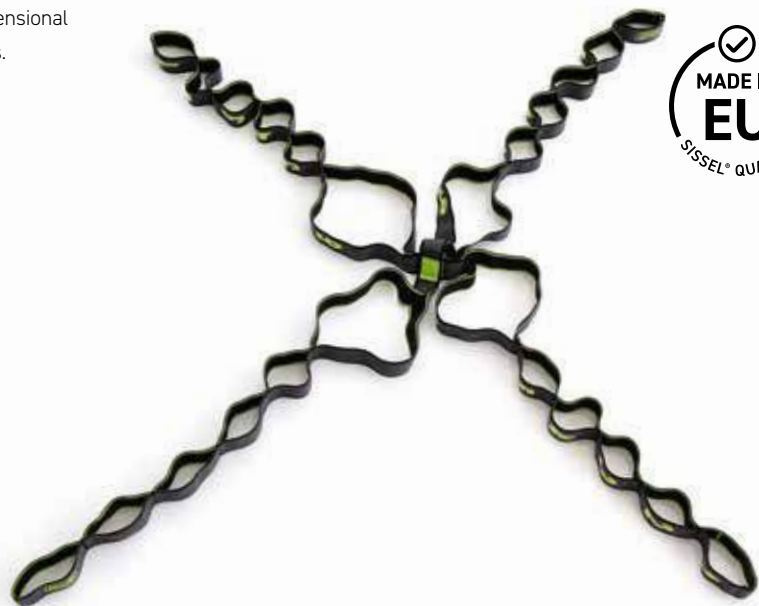
set of 2 colours: green, yellow

SISSEL® OCTOCORE®

A groundbreaking, highly versatile training device

The guided, supported movement sequences in multiple dimensions restore the natural interplay between fascia, muscles, tendons, and ligaments. The SISSEL OCTOCORE can support the treatment of postural dysfunctions and evasive movements. The integrated loops allow for extensive variation of functional training. In addition, it can be used as a support for Pilates and Yoga and is ideal to take along on trips. The SISSEL OCTOCORE offers individual adjustment possibilities and enables a powerful and multidimensional training – from rehabilitation to competitive sports.

- X-shaped, elastic loop band for holistic and multi-dimensional training
- Washable at 30 °C



Item Number	Attributes
163.303	SISSEL OCTOCORE

 approx. 190 x 190 cm

 39% nylon, 35% polyester, 26% latex

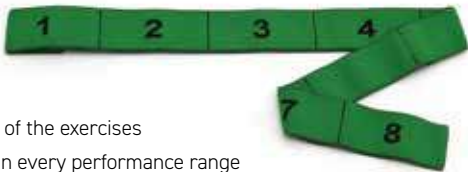
 anthracite-yellow



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
- 2 different tensile strengths allow effective training in every performance range
- Suitable for stretching and warming up before training sessions
- Durable, dimensionally stable, skin-friendly
- Washable at 30 °C



Item Number	Attributes
163.300	SISSEL X-Tension Band, yellow, light
163.302	SISSEL X-Tension Band, green, strong

 length: approx. 104 cm (8 loops à 13 cm)

 39% nylon, 35% polyester, 26% latex

 available in 2 colours  

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)
- Washable at 30 °C



Item Number	Attributes
163.311	SISSEL X-Tension Ring Set

 length: approx. 33 cm

 39% nylon, 35% polyester, 26% latex

 Set consisting of 3 colours: yellow, red, green



Discover our workshops on the SISSEL® ACADEMY website



SISSEL® Fit-Tube

- 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
 - 3 different tensile strengths



hygienic
flexible
handles



Item Number	Attributes
163.030	SISSEL Fit-Tube, yellow (light)
163.031	SISSEL Fit-Tube, red (medium)
163.033	SISSEL Fit-Tube, blue (x-strong)



 approx. 140 cm

 Tube: latex

 available in 3 colours   

SISSEL® Door Anchor

- 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

 approx. 6.5 cm x 3.2 cm

 polyester/polypropylene

 black

SISSEL® Sport Swing Plus

- The multifunctional fitness bar for dynamic core exercises**
- Designed to specifically address 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 TPR and silicone
 - Extremely rugged bar with perfectly tuned vibration action
 - Particularly compact due to shortened dimensions



Item Number	Attributes
162.057	SISSEL Sport Swing Plus

 approx. 115 cm

 Staff: fiberglass
Handle & Weights: TPR, silicone

 red/dark blue



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
- Optional: SISSEL Carry Bag, SISSEL Mat Strap

TIP:
Hanging rings
can be retrofitted
for space-saving
storage.



Item Number	Attributes
200.001.5	SISSEL Gym Mat, blue, approx. 180 x 60 x 1.5 cm
200.003.5	SISSEL Gym Mat, grey, approx. 180 x 60 x 1.5 cm
200.006.5	SISSEL Gym Mat, green, approx. 180 x 60 x 1.5 cm
200.004.5	SISSEL Gym Mat, blue, approx. 180 x 60 x 1.0 cm
200.010.015	SISSEL Carry Bag for Gym Mat
200.000	SISSEL Mat Strap

SISSEL Gym Mat also available in bulk without packaging.

 approx. 180 x 60 x 1 cm
approx. 180 x 60 x 1.5 cm

 NBR foam

 available in 3 colours   

SISSEL® Gym Mat Plus

Unique material properties and the bevelled edge design – no „roll-up“ effect

- closed cell surface structure allows for easy cleaning
- excellent cushioning properties due to the unique foam structure
- extremely durable
- very good anti-slip properties for a safe workout
- straight, minimalist design blends seamlessly into any environment
- bevelled edges reduce the risk of stumbling



Item Number	Attributes
200.100.5	SISSEL Gym Mat Plus anthracite in Showbox
200.010.015	SISSEL Carry Bag for Gym Mat
200.000	SISSEL Mat Strap

SISSEL Gym Mat Plus also available in bulk without packaging.

 approx. 180 x 60 x 1 cm

 NBR foam

 anthracite

SISSEL® Gym Mat Professional

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
- Optional: SISSEL Mat Strap



Item Number	Attributes
200.030	SISSEL Gym Mat Professional, blue Only available in bulk without packaging.
200.000	SISSEL Mat Strap



 approx. 180 x 100 x 1.5 cm

 NBR foam

 blue

SISSEL® Gym Mat Accessories



- Hanging Rings for 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



- SISSEL Mat Strap – The practical carry strap for your SISSEL exercise mats and rollers**
- Ideal for transporting exercise mats and roller
 - Easy and quick adaption of diameter
 - Comfortable length, approx. 3.2 cm wide
 - Material: 100% cotton, natural-coloured



- SISSEL Carry Bag for SISSEL Gym Mat**
- Fits all SISSEL Yoga- and Gym Mats up to 60 cm width
 - With practical pocket
 - Material: 100% polyester
 - Colour: black

Item Number	Attributes
200.000	SISSEL Mat Strap
200.010.015	SISSEL Carry Bag for Gym Mat

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

SISSEL® EPIFLOW
Kinesiology Tape

NEW

 EPIFLOW
PRECISION TAPING

- The taping innovation for activating skin and tissue**
- Innovative activation flap
 - Effective manipulation of the deeper layers of the skin
 - Promotes flexibility and blood circulation in the tissue
 - Supports the treatment of primary or secondary lymphedema
 - Suitable for loosening and promoting blood circulation in scar tissue



Item Number	Attributes
162.220	SISSEL EPIFLOW Kinesiology Tape beige
162.221	SISSEL EPIFLOW Kinesiology Tape blue
162.222	SISSEL EPIFLOW Kinesiology Tape pink
162.223	SISSEL EPIFLOW Kinesiology Tape black
162.224	SISSEL EPIFLOW Kinesiology Tape lime green (with print)
162.225	SISSEL EPIFLOW Kinesiology Tape brown

 approx. 5 cm x 5 m

 96% cotton, 4% elasthane, skin-friendly acrylic adhesive

 available in 6 colours      

SISSEL® Kinesiology Tape



- The kinesiology tape in four attractive colours**
- For use in sports
 - Support of joint and muscle mobility
 - Breathable, water resistant
 - Comfortable and skin-friendly
 - Each roll individually packed



Item Number	Attributes
162.200	SISSEL Kinesiology Tape, approx. 5 cm x 5 m, natural-coloured
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-coloured
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

 approx. 5 cm x 5 m
approx. 5 cm x 32 m

 96% cotton, 4% elasthane, skin-friendly acrylic adhesive

 available in 4 colours    



Balance & Stability

Improve your balance, coordination, and strength
with our training equipment



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

YouTube



Item Number Attributes

160.312	SISSEL Fit-Dome Sport, red – as long as stock lasts
160.313	SISSEL Fit-Dome Sport, black – as long as stock lasts
160.312.10	Tube Set of 2 for SISSEL Fit-Dome Sport – as long as stock lasts



Ø approx. 60 cm, 22 cm high



Ball: 100% PVC
Frame: 100% polypropylen



available in 2 colours



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
- Set of 2 with one red and one blue



Item Number	Attributes
161.040	SISSEL Spiky Dome, set of 2: 1 red, 1 blue

 Ø approx. 16 cm

 PVC

 set of 2 with one red and one blue

SISSEL® Balancefit Pad (Large)

Ideal balance training

- for coordination, reaction training and stability exercises
- Neuromuscular exercises for maintaining balance proficiency
- For indoor, outdoor and water use
- With anti-slip coating
- Free of PVC
- Max. body weight: 120 kg
- Weight SISSEL Balancefit Pad: approx. 0,6 kg
- Weight SISSEL Balancefit Pad large: approx. 1,1 kg



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

 Balancefit Pad: approx. 50 x 41 x 6 cm
Balancefit Pad large: approx. 95 x 41 x 6 cm

 TPE/EVA

 Balancefit Pad: blue marbled, black marbled
Balancefit Pad large: blue marbled



SISSEL® Balancefit

Improves 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



Item Number	Attributes
162.030	SISSEL Balancefit, red
162.031	SISSEL Balancefit, blue

 approx. Ø 32 cm

 PVC

 available in 2 colours  





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



Item Number Attributes
162.058 SISSEL Balance Board Dynamic

Ø approx. 40 cm, height: approx. 8 cm wood, with non-slip PVC surface black / wood

SISSEL® Balance Board Plus

- Space-saving training aid for outdoor use, in the gym or at home**
- For balance and proprioceptive training
 - Improves coordination and motor skills
 - Strengthens the deep muscles
 - Improves concentration
 - With integrated handles for more effective training
 - Load capacity up to 90 kg



Item Number Attributes
162.050 SISSEL Balance Board Plus



Ø approx. 38 cm, height: approx. 8,5 cm polyethylene red

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



Also suitable for parcours application with other proprioceptive devices.



Item Number Attributes
162.053 SISSEL Step-Fit, approx. 48,5 x 49 cm, grey

approx. 48,5 x 49 cm TPR grey

Fascial Release

Our fascia products help you to effectively relieve muscle tension and optimise your post-workout recovery



SISSEL® Myofascia Roller Mini

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.
- Recyclable, odorless



YouTube



Item Number	Attributes
162.092	SISSEL Myofascia Roller Mini, black



Ø approx. 5.2 cm, length approx. 17 cm



EPP (expanded polypropylene)



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
- Recyclable, odorless



YouTube



Item Number	Attributes
162.090	SISSEL Myofascia Ball, approx. 8 cm, black
192.091	SISSEL Myofascia Ball, approx. 12 cm, black



Ø approx. 8 cm
Ø approx. 12 cm



EPP (expanded polypropylene)



black

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
- Recyclable, odorless



Item Number	Attributes
162.080	SISSEL Myofascia Roller, black
162.082	SISSEL Myofascia Roller, blue
162.083	SISSEL Myofascia Roller, blue/soft white
162.084	SISSEL Myofascia Roller, lime green
162.085	SISSEL Myofascia Roller, magenta/lime

YouTube



Ø approx. 15 cm, length approx. 40 cm



EPP (expanded polypropylene)



available in 5 colours



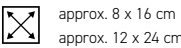
SISSEL® Myofascia Double Ball

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

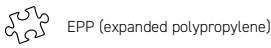
- For self-massage and targeted release of tense muscles
- Simultaneously targets tensions, constrictions of the muscles aligned on both sides of spinal column
- For intensive pressure massage of neck, calf and leg muscles
- Use on the floor or on the wall
- Recyclable, odorless



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



approx. 8 x 16 cm
approx. 12 x 24 cm



EPP (expanded polypropylene)

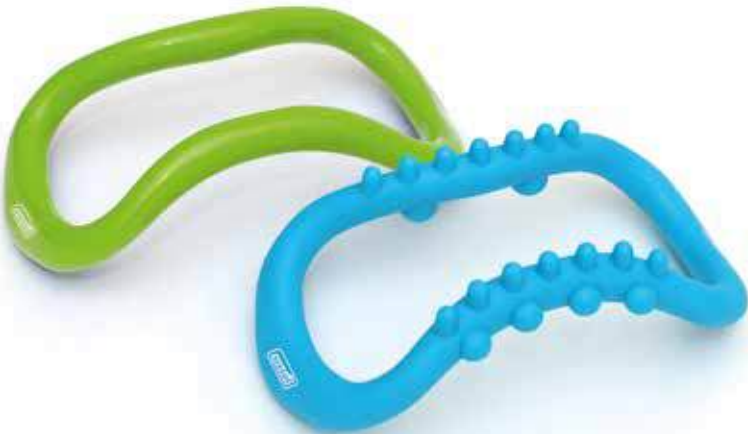


black

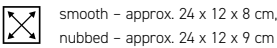
SISSEL® Mobilyzor Set

Versatile companion for massage, stretching and mobilization

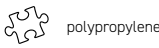
- The practical tool to support massage applications, stretching and mobilization exercises
- Perfect aid for Pilates and Yoga stretching exercises
- Nubbed variant ideally suited for targeted massage
- Smooth variant ideally suited for stroking out the fasciae
- Set of 2 SISSEL Mobilyzor (smooth variant/ nubbed variant)



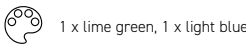
Item Number	Attributes
161.070	SISSEL Mobilyzor Set



smooth – approx. 24 x 12 x 8 cm,
nubbed – approx. 24 x 12 x 9 cm



polypropylene



1 x lime green, 1 x light blue

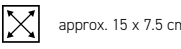
SISSEL® Vitalyzor

The full body soft tissue release system to vitalize your muscles

- For muscle release and activation
- Fibrous connective tissue, knotted by injuries or degeneration, can be precisely targeted and released
- Preparation for stretching and relaxation exercises
- Ideal device to target tenseness throughout the entire body, especially the back
- Hygienic, skin-friendly, portable



Item Number	Attributes
161.014	SISSEL Vitalyzor



approx. 15 x 7.5 cm



silicone



blue

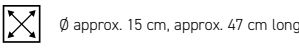
SISSEL® Massage Roller

Rolling away tensions

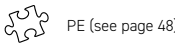
- Use to treat muscle tensions and for massage of connective tissue
- Ideal for massage and relaxation
- The softer massage roller
- For prevention of muscle tension
- Enhances circulation
- Perfectly suited for the massage of back and leg muscles
- Weight: approx. 380 g



Item Number	Attributes
310.025	SISSEL Massage Roller, approx. 47 cm, solid blue



Ø approx. 15 cm, approx. 47 cm long



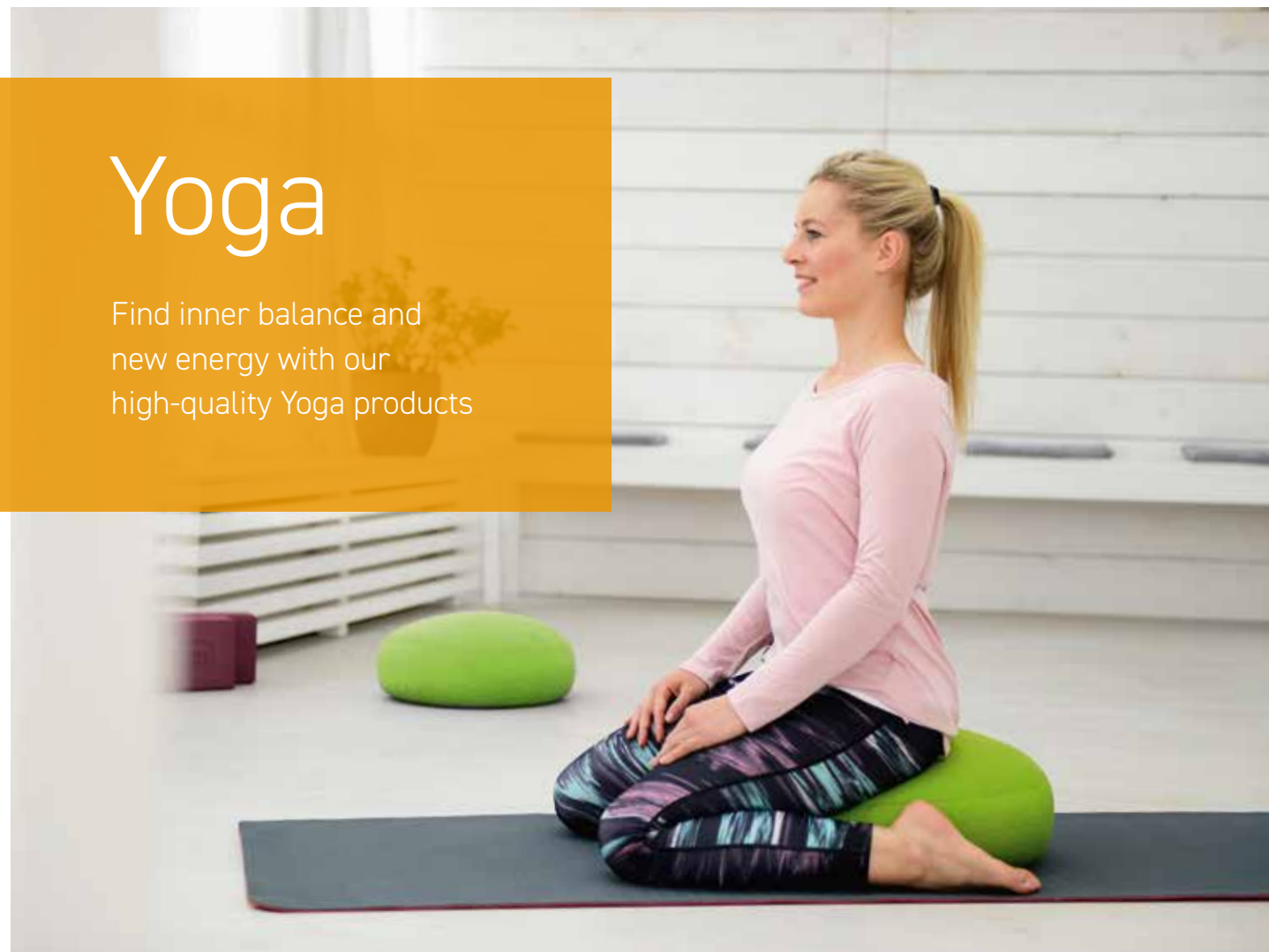
PE (see page 48)



solid blue

Yoga

Find inner balance and new energy with our high-quality Yoga products



SISSEL® Yoga Block

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

- Suitable for Yoga beginners as well as pros
- extremely light, sturdy blocks, dimensionally stable



YouTube



Item Number	Attributes
162.065	SISSEL Yoga Block, burgundy
162.066	SISSEL Yoga Block, cork

burgundy: approx. 22.5 x 7.5 x 15 cm
solid cork: approx. 23 x 7.5 x 12 cm

2 models available:
foam/solid cork

2 models/colours available:
burgundy, solid cork

SISSEL® Yoga Belt

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

- Suitable for Yoga beginners as well as pros
- Fortified cotton strap



Item Number	Attributes
162.060	SISSEL Yoga Belt, approx. 1.8 m
162.061	SISSEL Yoga Belt, approx. 3 m

approx. 3.75 x 180 cm
approx. 3.75 x 300 cm

100% cotton

natural-coloured

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, deodorising
- washable at 30° C



Item Number	Attributes
162.108	SISSEL Yoga Socks, S/M (36-40) - as long as stock lasts
162.109	SISSEL Yoga Socks, L/XL (41-45) - as long as stock lasts

S/M (36-40)
L/XL (41-45)

65% cotton, 5% elastane, 25% rubber, 5% nylon

black

SISSEL® Yoga Relax Cushion Fresh Green

YouTube



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 spelt filling is moisture and heat regulating, breathable and pressure relieving
- Inner cover with zipper for easy re-fill
- Separate high quality outer cover, washable at 40° C



Item Number	Attributes
110.202	SISSEL Yoga Relax Cushion, fresh green

Ø approx. 40 cm, height approx. 11.5 cm

Cover: 100% cotton
Filling: 100% pure spelt filling

fresh green



SISSEL® Yoga Mat

Reliable mat for Yoga and more

- Wipeable, rolls up easily
- Optional: SISSEL Carry Bag for Yoga Mat, SISSEL Mat Straps



Item Number	Attributes
200.025	SISSEL Yoga Mat, fuchsia – <i>as long as stock lasts</i>
200.023	SISSEL Carry Bag for Yoga Mat (without image)
200.000	SISSEL Mat Strap (see page 29)

 approx. 180 x 60 x 0.4 cm

 PVC

 fuchsia

SISSEL® Terra Yoga Mat

Premium Yoga mat – comfortable, non-slip

- Optimal shock absorbing properties, elastic and comfortable
- Superior grip surface, non-slip
- Heat and cold resilient
- PVC- and latex-free, non-allergenic
- Double sided use
- Cleaning: with a damp cloth or hand shower
- Optional: SISSEL Carry Bag for Yoga Mat, SISSEL Mat Straps



Item Number	Attributes
200.026	SISSEL Terra Yoga Mat – <i>as long as stock lasts</i>
200.023	SISSEL Carry Bag for Yoga Mat (without image)
200.000	SISSEL Mat Strap (see page 29)

 approx. 183 x 61 x 0.4 cm

 TPE

 red-anthracite

YouTube



SISSEL® Pilates & Yoga Mat

Versatile and skid-proof – mat for Pilates and Yoga workouts

- High-quality, anti-slip exercise mat
- Wipe clean surface, rolls up easily
- With attractive fabric border
- Optional: SISSEL Carry Bag for Yoga Mat, SISSEL Mat Strap (see page 29)



Item Number	Attributes
310.040	SISSEL Pilates & Yoga Mat
200.023	SISSEL Carry Bag for Yoga Mat (without image)
200.000	SISSEL Mat Strap (see page 29)

 approx. 180 x 60 x 0.6 cm

 PVC/polyester

 bordeaux



Pilates Matwork

Discover the perfect training equipment to boost your Pilates workout



Pilates – Body & Mind Training

The secret of the method is its holistic approach with multiple positive effects on body and mind: Pilates improves flexibility, strength, endurance and mental balance. Pilates matwork, is the most well-known facet of Pilates training. Joseph Pilates (1883-1967), the founder of the legendary Pilates method, developed countless gentle yet very effective exercises, which can be practiced on a mat. In addition, depending on the level of difficulty desired, small props such as balls or rollers can be used to modify the

exercises. Pilates matwork can easily be practiced at home. In addition, many gyms and physiotherapy practices have integrated the training method and offer Pilates matwork as personal training or group classes.

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

Joseph Pilates

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
- Latex-free



YouTube



Item Number	Attributes
310.020	SISSEL Pilates Circle, incl. exercise poster
310.023	SISSEL Pilates Circle Compact, incl. exercise poster



SISSEL Pilates Circle: Ø approx. 38 cm
SISSEL Pilates Circle Compact: Ø approx. 30 cm



fiberglass, ABS plastic handles,
EVA foam padding, NBR rubber



SISSEL Pilates Circle: black
SISSEL Pilates Circle Compact: lime

SISSEL® Pilates Core Trainer

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



YouTube



Item Number	Attributes
310.121	SISSEL Pilates Core Trainer, lime green – as long as stock lasts



approx. 60 x 60 x 2.8 cm



latex



lime green

SISSEL® Pilates Roller

The SISSEL Pilates Rollers ideally complement Pilates mat training, especially for balance and stabilisation exercises. They also offer effective ways of loosening fascia tissue on every training level.



Item Number	Attributes
310.010	SISSEL Pilates Roller, approx. 90 cm, white
310.011	SISSEL Pilates Roller Pro, approx. 90 cm, solid blue
310.017	SISSEL Pilates Roller Pro, approx. 90 cm, grey
310.014	SISSEL Pilates Roller Pro, approx. 100 cm, solid blue
310.018	SISSEL Pilates Roller Pro, approx. 100 cm, grey
310.015	SISSEL Pilates Roller Pro Soft, approx 90 cm, blue marbled
310.016	SISSEL Intense Roller, approx. 100 cm, black
200.000	SISSEL Mat Strap (see page 29)

Ø approx. 15 cm
Length: see product description

see product description

see product description



**Our variety of materials for your individual requirements:*

- PE (Polyethylene)
- EVA (Ethylen Vinyl Acetat)
- EPP (Expanded Polypropylene)

SISSEL Pilates Roller

- Entry-level model, ideal for home use
- Material: PE
- Length approx. 90 cm
- Colour: white



SISSEL Pilates Roller Pro

- More durable, recommended for application in practice and studio
- Material: PE/EVA
- Length approx. 90 cm or 100 cm
- Colour: blue, grey



SISSEL Pilates Roller Pro Soft

- Softer, therefore more comfortable and easy to keep in balance, ideal for beginners
- Material: EVA
- Length approx. 90 cm
- Colour: blue marbled



SISSEL Intense Roller

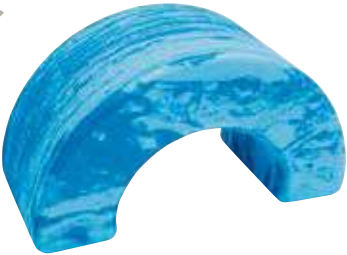
- Dimensionally stable and robust, thus a more unstable and challenging support surface, ideal for advanced users
- Material: EPP
- Length approx. 100 cm
- Colour: black





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



Item Number	Attributes
310.101	SISSEL Pilates Roller Head Align Dynamic, blue marbled

 Fits any standard SISSEL Pilates Roller (Ø approx. 15 cm)

 PE

 blue marbled

SISSEL® Pilates Roller Center

- Space-saving accessory designed to store up to 5 rollers**
- accomodates all SISSEL Pilates Rollers



Item Number	Attributes
310.100	SISSEL Pilates Roller Center, blue

 approx. 95 x 19,5 x 6 cm

 PE

 blue

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



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

 Ø approx. 9 cm

 PVC
Filling: sand

 blue

SISSEL® Pilates Soft Ball



- Supports deep relaxation**
- For muscle build-up
 - Very suitable for spinal column and abdominal muscle exercises
 - Handles weights up to 155 kg



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. 26 cm, metallic
310.035	SISSEL Pilates Soft Ball, Ø approx. 26 cm, metallic

 Ø approx. 22 cm
Ø approx. 26 cm

 PVC

 available in 2 colours  

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



Item Number	Attributes
310.050	SISSEL Pilates Band, natural-coloured
310.051	SISSEL Pilates Band, blue
310.052	SISSEL Pilates Band, red

approx. 20 x 125 cm

100% cotton

available in 3 colours

SISSEL® Pilates 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
- Machine washable at 30° C



Item Number	Attributes
310.125	SISSEL Workout Gloves, black – as long as stock lasts

one size

80% viscose, 18% polyester and 2% elastane

black

SISSEL® Pilates One Toe Socks

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
- Machine washable at 30° C



Item Number	Attributes
310.063	S/M (36-39) – as long as stock lasts
310.064	L/XL (40-42) – as long as stock lasts

S/M (36-39)
L/XL (40-42)

58% polyester, 36% cotton,
4% polyamide, 2% elastane

black



SISSEL® Pilates Socks

Toe socks for correct exercising

- Improve tactile perception
- Rubberized, anti-slip bottom
- 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
- Washable at 30° C



Item Number	Attributes
310.071	viscose, S/M (35-39), fuchsia – as long as stock lasts
310.073	viscose, S/M (35-39), sky blue – as long as stock lasts

S/M (35-39)

70% viscose, 25% polyester, 5% elastane

available in 2 colours

Hand Therapy

Training hand and finger muscles is essential for therapy. Gripping, holding and turning objects are automatic movement capabilities, the loss of which can make everyday life more difficult. Particularly in old age, after accidents or due to illness, dexterity can deteriorate considerably.



SISSEL® Press Ball & Press Egg

YouTube



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



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)



Press Ball: Ø approx. 4,5 cm
Press Egg: approx. 6,5 x 4,5 x 4,5 cm



TPE



available in 4 colours



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



Latex free

Item Number Attributes

162.021	SISSEL Finger Exerciser, 4 pcs., x-soft/soft
162.023	SISSEL Finger Exerciser, 4 pcs., medium/firm



Ø approx. 6,5 cm



TPE



blue/pink, orange/green

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)
- Recyclable



YouTube



Item Number	Attributes
162.070	SISSEL Twin Grip, set of 2

approx. 5 cm (Ø of small ball), approx. 5.8 cm (Ø of large ball); approx. 11.5 cm (Height)

TPE

pink/green

SISSEL® Hand Grip

Build up musculature in rehabilitation and sport therapy

- Designed for individually adjustable muscle build-up
- Improves the mobility of fingers
- Special anti-slip handles
- Continuously adjustable
- Resistance: approx. 2-15 kg



Item Number	Attributes
162.101	SISSEL Hand Grip, orange – as long as stock lasts

approx. 10.2 x 15 x 2.2 cm

orange

SISSEL® Putty

Putty for finger and hand exercises

- Use to strengthen and mobilize the fingers and hands
- Improves flexibility
- Trains fine motor skills
- Use after surgery, injuries of the hand or rheumatic ailments
- Softer material, especially suitable for therapy and rehabilitation
- Available in five different resistances, permit a continuous increase in training



YouTube



Item Number	Attributes
162.015	SISSEL Putty, ivory (x-soft), approx. 85 g
162.016	SISSEL Putty, yellow (soft), approx. 85 g
162.017	SISSEL Putty, red (medium), approx. 85 g
162.018	SISSEL Putty, green (strong), approx. 85 g
162.019	SISSEL Putty, blue (x-strong), approx. 85 g

approx. 85 g, Box approx. 6 cm

Silicone elastomer

available in 5 colours

A man with dark hair, a beard, and glasses is sitting in a modern office chair with a red seat. He is wearing a black t-shirt and is smiling while looking at a laptop on a white desk. The desk has a small potted plant on it. The background is a bright, out-of-focus office space with large windows. On the left side of the image, there are three white, rounded rectangular shapes stacked vertically.

Healthy Sitting

Active, dynamic sitting relieves the upper body and strengthens the back muscles. Find the right support for your everyday sitting – in the office, in the car or at home. For comfortable, upright, healthy sitting anywhere.

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



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

Latex free



Options:

- velours cover (75% cotton/25% polyester), available in 2 colours
- organic cotton cover available in sand (100% cotton)



Item Number	Attributes
160.070	SISSEL SITFIT Plus, blue
160.071	SISSEL SITFIT Plus, red
160.074	SISSEL SITFIT Plus, black
160.074.01	Cover, Ø approx. 37 cm, velours, blue
160.074.07	Cover, Ø approx. 37 cm, velours, black
160.074.08	Cover, Ø approx. 37 cm, organic cotton, sand



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

Options:

- velours cover (75% cotton/25% polyester), available in 3 colours
- organic cotton cover available in sand (100% cotton)



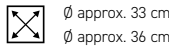
Latex free



It's never too early for healthy sitting!

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

Item Number	Attributes
160.103	SISSEL SITFIT, Ø approx. 33 cm, black
160.104	SISSEL SITFIT, Ø approx. 33 cm, blue
160.113	SISSEL SITFIT, Ø approx. 36 cm, black
160.114	SISSEL SITFIT, Ø approx. 36 cm, blue
160.104.01	Cover, Ø approx. 33 cm, velours, blue
160.104.04	Cover, Ø approx. 33 cm, velours, grey – as long as stock lasts
160.104.07	Cover, Ø approx. 33 cm, velours, black
160.104.08	Cover, Ø approx. 33 cm, organic cotton, sand
160.114.01	Cover, Ø approx. 36 cm, velours, blue
160.114.04	Cover, Ø approx. 36 cm, velours, grey – as long as stock lasts
160.114.07	Cover, Ø approx. 36 cm, velours, black
160.114.08	Cover, Ø approx. 36 cm, organic cotton, sand



Ø approx. 33 cm
Ø approx. 36 cm



PVC

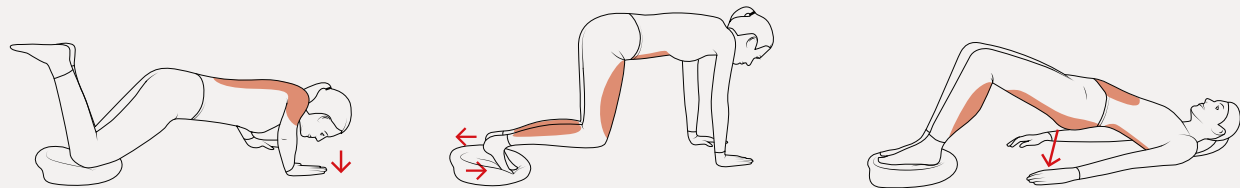


available in 2 colours



SISSEL® SITFIT and SISSEL® SITFIT Plus – More than just a cushion

The SISSEL SITFIT and SISSEL SITFIT Plus can do much more. Follow the exercise poster for a balanced full-body workout.



SISSEL® Back Change

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

- Sitting pad with ergonomic design features a unique way to effectively guide the back between pressure and relief
- Exercise and relax your back with ONE product:
 - for sitting: tension – active sitting improves core stability and works the deep muscles
 - placed behind your back: relief – perfectly supports the lumbar lordosis, enhances the natural sitting position and simultaneously incorporates back relaxation and gentle massage
- Extreme comfort and usable by virtually everybody:
 - air-filled cushion with slightly rounded surface and straight bottom
 - load-bearing up to 100 kg
- Degree of stability and firmness is freely adjustable by adding air (pump included)
- Cover for a proper air circulation (handwash)



Latex free



Item Number	Attributes
160.120	SISSEL Back Change – as long as stock lasts

Ø approx. 40 cm

Cover: 100% polyester
Air cushion: 100% PVC

Top: grey
Bottom: black



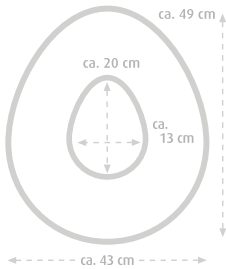
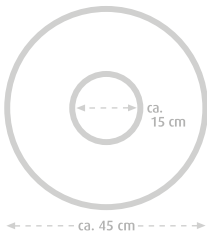
SISSEL® Sit Ring

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 / after pregnancy
- Material maintains its shape, hypo-allergic and flame-resistant
- Eudermic terry cover, washable at 60° C
- Cushion core washable by hand
- Available in 2 variations: round or oval

Option:

- PU hygiene cover (liquid-tight)



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	Extra cover, round/oval, terry, white
121.017.02	Extra cover, round/oval, PU, blue

Ø approx. 45 cm
approx. 43 x 49 cm

Cover: 80% cotton/20% polyester
Filling: polyurethane foam

white



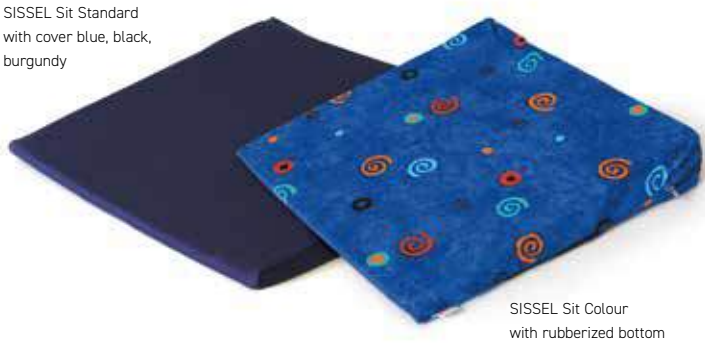


SISSEL® Sit Standard & Colour

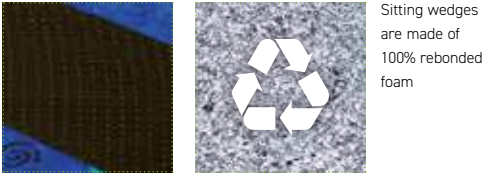


- Promote a perfectly upright posture**
- Relieve spine and intervertebral discs and this way enhance an ergonomically and anatomically correct sitting posture
 - Stable core, cut from one piece
 - Cover washable at 30° C
 - Note: best use for short periods, for longer sitting we recommend the use of SISSEL Sit Special 2 in 1 with anti-slide effect

Sitting Wedge Colour
With rugged cover and anti-slip bottom layer,
highly effective on slippery surfaces



Item Number	Attributes
120.003	SISSEL Sit Colour, blue/graffiti – as long as stock lasts
120.003.01	Extra cover, SISSEL Sit Colour, blue/graffiti – as long as stock lasts
120.050	SISSEL Sit Standard, with cover, blue
120.051	SISSEL Sit Standard, with cover, black
120.052	SISSEL Sit Standard, with cover, burgundy
120.010	Extra cover, SISSEL Sit Standard, black
120.011	Extra cover, SISSEL Sit Standard, blue
120.012	Extra cover, SISSEL Sit Standard, burgundy



 approx. 49 x 36 x 3.5 cm

 Cover: 100% cotton
Filling: 100% rebonded PU-foam

 available in 4 colours    

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
 - 5 years warranty on dimensional stability
 - Washable by hand
 - Velours cover washable at 40° C



Item Number	Attributes
120.021	SISSEL Sit Special 2 in 1, incl. cover, blue
120.022	SISSEL Sit Special 2 in 1, incl. cover, grey
120.021.11	Extra cover, blue structured
120.022.11	Extra cover, grey structured

 approx. 43 x 40 x 9 cm

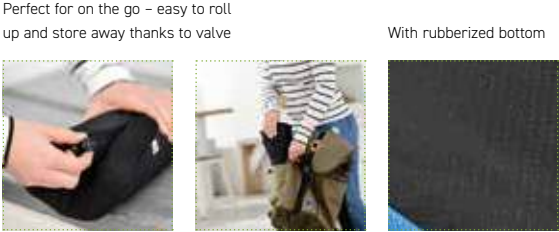
 Cover: 100% polyester
Filling: polyurethane foam, visco-elastic foam

 available in 2 colours  

SISSEL® Sit Air



- 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



Item Number	Attributes
120.060	SISSEL Sit Air, black
120.061	SISSEL Sit Air, blue

 approx. 35.5 x 35 x 5.5 cm

 Cover: 100% polyester
Filling: PU foam

 available in 2 colours  

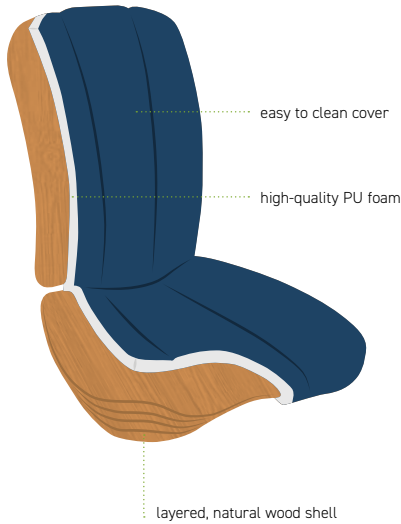
SISSEL® DorsaBack

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

Optional accessory: SISSEL DorsaBack-Pad for SISSEL DorsaBack

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



Item Number	Attributes
121.005.20	SISSEL DorsaBack, black
121.006.20	SISSEL DorsaBack, grey
121.007.20	SISSEL DorsaBack, blue
121.009	SISSEL DorsaBack-Pad, black
121.010	SISSEL DorsaBack-Pad, grey
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
- 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, grey
121.009	SISSEL DorsaBack-Pad, black
121.010	SISSEL DorsaBack-Pad, grey

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
- Cover washable at 40° C



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



Item Number	Attributes
121.016	SISSEL Back, grey
121.016.11	Extra cover, grey structured

SISSEL® Tour

The height-adjustable lumbar support

- Secures to the car seat with an elastic band
- Ideal for vehicles without integrated lumbar support
- Adjustable in height – can be adjusted to individual needs
- Cover washable at 40° C



Item Number	Attributes
121.013	SISSEL Tour, black
121.014	SISSEL Tour, blue – as long as stock lasts



Well-Being

Heat therapy products are ideal for relieving rheumatism, muscle tension and back pain. Our cold therapy products help to reduce swelling, while our portable therapy devices are versatile – perfect for different locations. Relax and unwind with our well-being products.

Hot-Cold Therapy

Enjoy soothing warmth for your shoulders, back, stomach and joints – ideal for relaxation and well-being. Heat is often recommended for rheumatism, muscle stiffness, lumbago, back pain and menstrual pain. Cold therapy, on the other hand, has a decongestant, soothing and relaxing effect.



SISSEL® Hot-Cold Pearl Masks & Packs

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

- Innovative, flexible pearl gel filling
- Areas of application: swellings, inflammations, bruises/sprains, sports injuries, headaches/migraine, muscle aches, beauty treatments, relaxation
- Suitable for preparation for or regeneration after sports
- Anatomically adjusted models for targeted application
- Retains flexibility – even when frozen
- Use: store in refrigerator/freezer for cold applications, simple heating in microwave
- Reusable, hygienic
- Available in 4 variations

SISSEL Hot-Cold Pearl Eye Mask:

Especially for itching/watery/red/puffy eyes, headaches/migraine (size: approx. 23 x 10 cm open, with Velcro fastener)

SISSEL Hot-Cold Pearl Facial Mask:

Especially for facial swellings/inflammations, headaches/migraine, beauty treatments (size: approx. 18.5 x 21 cm open, with opening for eyes/nose/mouth and Velcro fastener)

SISSEL Hot-Cold Pearl Relief Pack:

Especially for swellings, inflammations, bruises/sprains, sore muscles, insect bites, preparation/regeneration after sports (size: approx. 27 x 14 cm)

SISSEL Hot-Cold Pearl Sports Pack:

Especially for swellings, inflammations, bruises/sprains, sports injuries, sore muscles, muscle aches, insect bites, preparation/regeneration after sports (size: approx. 17 x 11 cm)



YouTube



innovative, flexible
pearl gel filling

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



see product description



Cover: PVC
Filling: gel beads



blue



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
- Option: SISSEL Pack incl. cover (100% polyester) with elastic strap



Item Number	Attributes
150.007.10	SISSEL Pack, without cover, without packaging
150.007	SISSEL Pack, incl. cover, with packaging



approx. 12 x 24.5 x 1.5 cm



Cover: PE/PA
Filling: gel



blue



SISSEL® Hot-Cold-Soft-Pack

Especially suited for back applications

- Warm or cold application
- Can be heated in water or microwave
- Textile-like surface



Item Number	Attributes
150.015	SISSEL Hot-Cold-Soft-Pack, blue/burgundy

approx. 40 x 28 cm

Cover: nylon, PVC
Filling: gel

blue/burgundy



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	Replacement Pad wrist
151.002.01	Replacement Pad ankle
151.003.01	Replacement Pad knee/elbow



Wrist: approx. 22 x 14 x 4 cm
Ankle: approx. 26 x 16 x 8 cm
Knee joint / Elbow: approx. 33 x 17 x 6 cm

Cover: nylon, polyester
Filling: gel

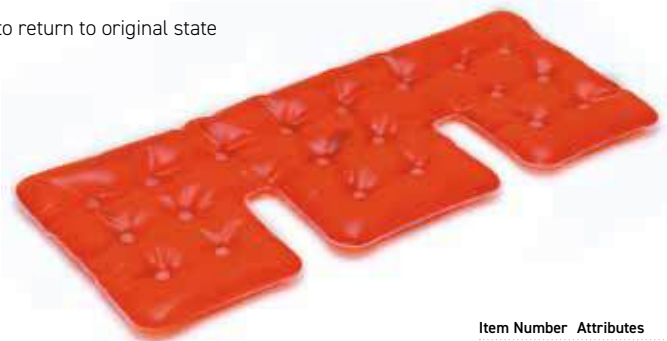
black



SISSEL® Therm

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



Item Number	Attributes
150.030	SISSEL Therm, tri-sectional

approx. 44 x 20 cm

Cover: PVC
Filling: gel

orange



SISSEL® Soft Touch Pro

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

approx. 40.5 x 23 x 1.5 cm

Cover: polyester coated PVC
Filling: gel

blue



YouTube



YouTube



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
- Handmuff with soft inner lining – Pleasant to wear, provides comfortable warmth
- 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
- Suitable for use with SISSEL heat pads (e.g. SISSEL Cherry, sold separately)
- Weight: approx. 160 g



For waist sizes from approx. 70 cm to 125 cm seamlessly adjustable (approx. 60-115 cm with heat pad inserted)



Item Number	Attributes
150.311	SISSEL Comfy Belt

approx. 145 x 20 x 2 cm
inner pocket: approx. 18 x 26 cm

polyester

grey

SISSEL® Vinotherm

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

- 100% grape seed filling – no further filling material added
- Pleasant scent when heated
- Tri-sectional shape for convenient usage and perfect fit
- Easy and fast heating in microwave or oven



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.



Item Number	Attributes
150.120	SISSEL Vinotherm, tri-sectional

approx. 35 x 19 cm

Cover: 100% cotton
Filling: 100% grape seed

dark green

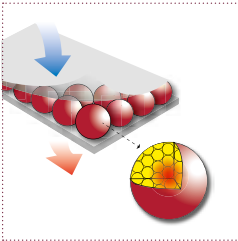


SISSEL® Hydrotemp

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
- Delivers therapeutic warmth for up to 30 minutes
- Easy to use, simply microwave and apply

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



lower back



neck / shoulder



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

Lower back: approx. 32.5 x 19 cm with two belts
Neck/shoulder: approx. 49 x 25.5 cm with two strings

Cover: polyester, polyurethane
Filling: mineral microspheres

dark red



SISSEL® Aroma Neck Roll

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



Item Number	Attributes
116.030	SISSEL Aroma Neck Roll

approx. 32 x 32 x 5 cm

Cover: 100% cotton
Filling: linseed, spelt, aromatic herbs

cherry blossom





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
- Sustainable, reusable
- Easy heating in the microwave or oven, cooling by storing in the refrigerator



Item Number	Attributes
150.056	SISSEL Linum Cervico

 approx. 43 x 26 x 0.8 cm

 Cover: 100% cotton
Filling: 100% natural linseed

 dark blue









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
- available in 2 variations and 2 colours



Item Number	Attributes
150.050	SISSEL Linum Anatomic, approx. 38 cm x 36 cm, cherry 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, cherry blossom
150.051.01	SISSEL Linum Anatomic, extra cover, approx. 38 cm x 36 cm, blue

 Linum Classic: approx. 45 x 30 cm (rectangular shape)
Linum Anatomic: approx. 38 x 36 cm (tri-sectional shape)

 Cover: 100% cotton
Filling: linseed

 available in 2 colours  









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 stores the heat effectively and gradually releases it
- Designed for barefoot use
- Rugged bottom with anti-slip knobs
- Heat up in microwave or oven



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

 S/M (36-40)
L/XL (41-45)

 Cover: 100% polyester
Filling: 99.5% linseed/0.5% lavender

 red









SISSEL® Cherry

- 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
 - Available in 4 colours and also as a red heart



Advantages of cherry stone filling
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.

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

 approx. 23 x 26 cm (medium)
approx. 20 x 40 cm (large)

 Cover: 100% cotton
Filling: cherry stones

 available in 4 colours    

SISSEL® Cherry Heat Belt

- Blissful warmth for tense back muscles**
- Sustainable nature product
 - 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
 - With practical Velcro closure



Item Number	Attributes
150.002	SISSEL Cherry Heat Belt, cherry blossom

 approx. 50 x 17 cm (without belt), one size

 Cover: 100% cotton
Filling: 100% cherry stones

 cherry blossom

SISSEL® Balu

- Likeable cherry stone pouch for young and old**
- heat up in microwave or oven



Item Number	Attributes
150.111	SISSEL Balu, orange

 approx. 24 cm high

 Cover: 100% cotton
Filling: cherry stones

 orange



Massage

Effective and soothing body massage: for relaxation and stress relief. Ideal for travelling or at home – perfect for tense muscles.

SISSEL® Fit-Roller



The ideal massage program

- A combination of traditional Chinese natural healing practices with up-to-date knowledge
- Use to treat muscle tensions and tension complaints
- Enhances blood circulation, boosts metabolism
- Combination of pointy and round knobs works on different tissue zones
- Traditionally used to aid lymph circulation
- European product, beech, oiled
- Massage parts: PVC

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

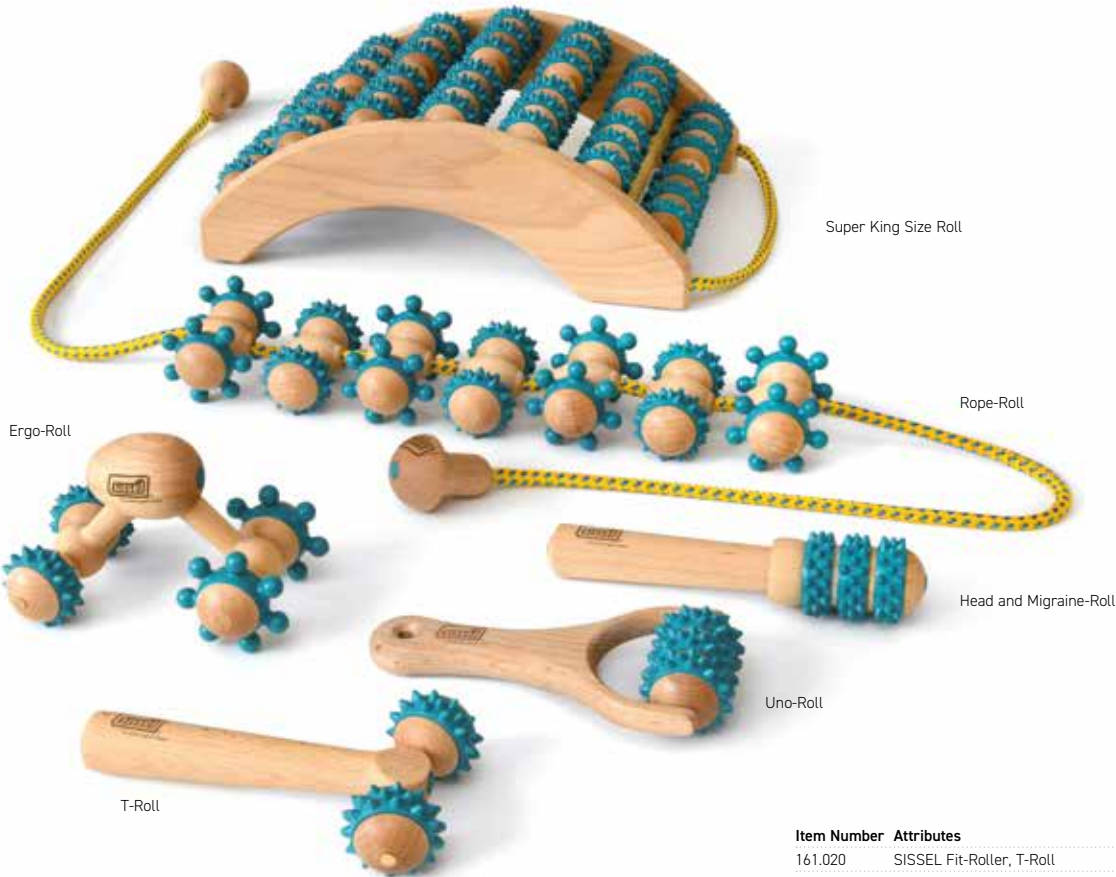
SISSEL Fit-Roller, Head and Migraine-Roll
approx. 17 cm

SISSEL Fit-Roller, Rope-Roll
approx. 8 x 141 cm (incl. ropes)

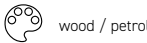
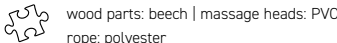
SISSEL Fit-Roller, Uno-Roll
approx. 16.5 x 8.3 x 4 cm

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

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



Item Number	Attributes
161.020	SISSEL Fit-Roller, T-Roll
161.021	SISSEL Fit-Roller, Ergo-Roll
161.022	SISSEL Fit-Roller, Rope-Roll
161.023	SISSEL Fit-Roller, Super King Size Roll
161.024	SISSEL Fit-Roller, Head and Migraine-Roll
161.025	SISSEL Fit-Roller, Uno-Roll





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
 - Set of 2



Item Number	Attributes
162.020	SISSEL Spiky Body Roll, set of two – as long as stock lasts

approx. 158 x 60 mm

PVC

purple

SISSEL® Spiky Twin Roller



- For an effective but simple body massage**
- Use to reduce muscle tensions and general tension
 - Perfectly suited for the massage of the long muscles alongside the spinal column
 - Designed to support circulation and stimulation of metabolism
 - May improve blood and lymphatic circulation
 - Also suitable for reflexology
 - May support cellulite reduction
 - Made for longterm use



Item Number	Attributes
162.052	SISSEL Spiky Twin Roller, blue
162.056	SISSEL Spiky Twin Roller, lilac

approx. 43 x 0.9 x 0.9 cm

PVC

available in 2 colours

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
 - Economic set of two



Item Number	Attributes
161.008	SISSEL Spiky Ball, yellow (Ø approx. 8 cm), set of two
161.009	SISSEL Spiky Ball, red (Ø approx. 9 cm), set of two
161.010	SISSEL Spiky Ball, blue (Ø approx. 10 cm), set of two

Ø approx. 8 cm, Ø approx. 9 cm, Ø approx. 10 cm

PVC

available in 3 colours

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 162.075 Attributes SISSEL Neck Relax



approx. 16.5 x 14.5 x 6.5 cm

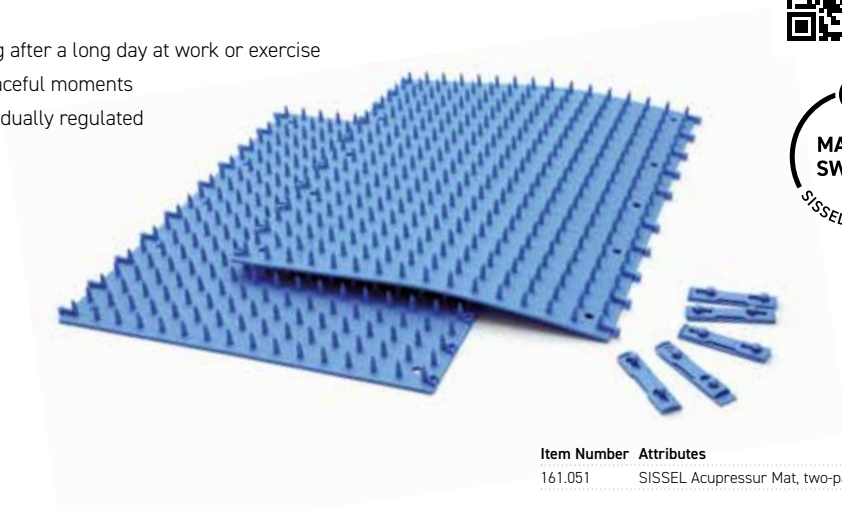
PVC

blue

SISSEL® Acupressur Mat

A treat for the entire body

- Vitalising and circulation-enhancing after a long day at work or exercise
- Pleasant and relaxing for those peaceful moments
- Size and effectiveness can be individually regulated
- Simple handling
- Washable, disinfectable



Item Number 161.051 Attributes SISSEL Acupressur Mat, two-part, light blue



approx. 40 x 65 cm, two-part, height of acupressure tips: approx. 1.5 cm

TPE

light blue



SISSEL® Funmassager

Experience effective 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



YouTube



Item Number	Attributes
161.002	SISSEL Funmassager, blue
161.003	SISSEL Funmassager, green – as long as stock lasts
161.004	SISSEL Funmassager, crystal – as long as stock lasts

 approx. 11.2 x 9.3 x 7.1 cm

 Polystyrol

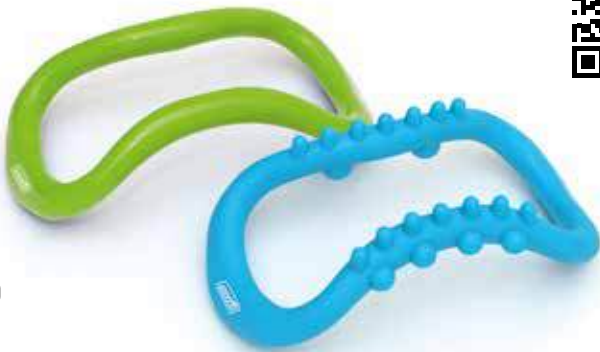
 available in 3 colours   



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)



YouTube



Item Number	Attributes
161.070	SISSEL Mobilyzor Set

 smooth – approx. 24 x 12 x 8 cm
nubbed – approx. 24 x 12 x 9 cm

 polypropylene

 1 x lime green
1 x light blue



SISSEL® Massage Roller

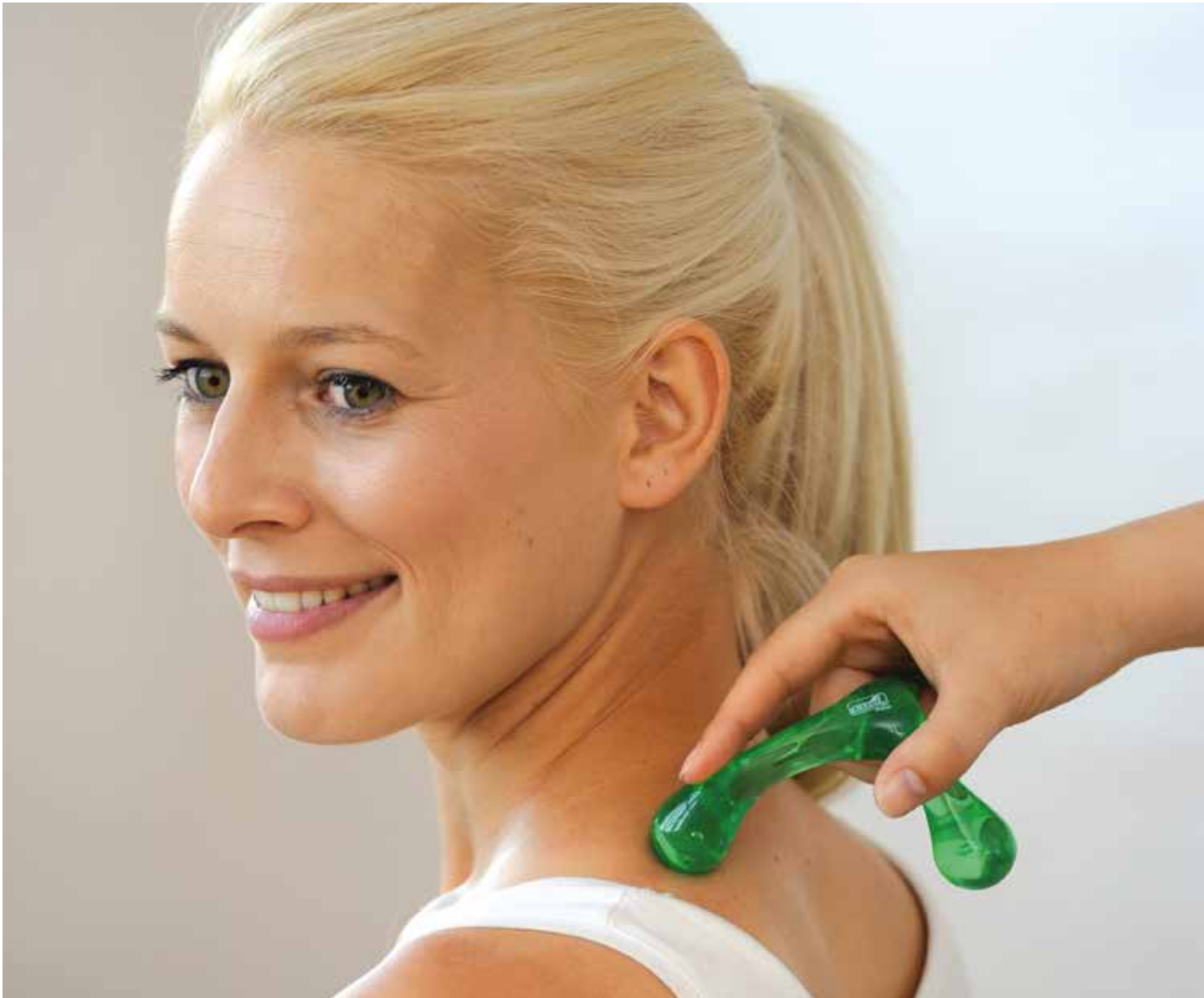
Rolling away tensions

- 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



Ideally suited for the release of fascial soft tissue. See pages 38-41 for further fascial products.

For further product information see page 41.



Portable Product Line

Practical solutions for massage. Perfect for various locations: at home, at trade fairs, in companies, at events or for home visits.



SISSEL® Portable Massage Table Basic

The professional table 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
- Height: adjustable from approx. 58 cm to 87 cm
- Incl. Carry case



SISSEL Basic Accessory Kit (armrest & headrest)

sturdy handle for easier portability



height-adjustable legs with double lock



cushioning with rounded edges



nose-opening with cover incl.



extremely soft cushioning for maximum comfort



Item Number	Attributes
300.100	SISSEL Portable Massage Table Basic, blue, incl. carry bag – as long as stock lasts
300.100.15	Carry bag for model Basic – as long as stock lasts
300.101	SISSEL Basic Accessory Kit (armrest & headrest) – as long as stock lasts

 approx. 186 x 62 cm

 Surface: PU
Upholstery: multi-layered PU foam, viscose foam layer

 blue

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



Item Number	Attributes
301.000	SISSEL Desktop Mobil, blue, incl. carry bag – as long as stock lasts



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

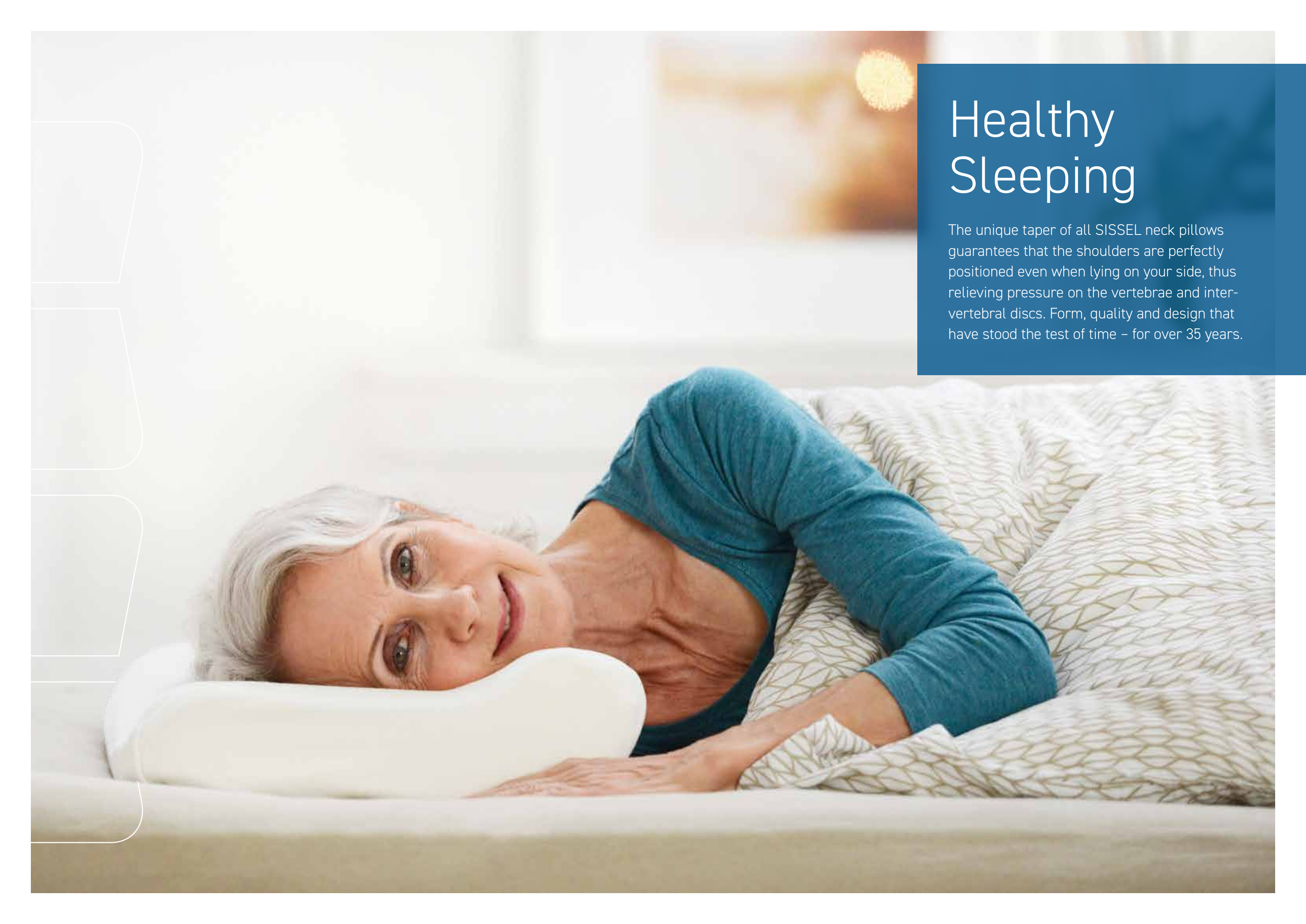
The inversion table for home and professional use

- 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
- 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



Item Number	Attributes
302.001	SISSEL Hang Up, black – as long as stock lasts



A photograph of a woman with short, wavy grey hair lying on her side on a bed. She is wearing a teal long-sleeved shirt and is propped up on a white, U-shaped neck pillow. She is looking towards the camera with a slight smile. The bed has a patterned duvet cover with a repeating geometric design in light green and white. The background is a bright, out-of-focus room with a window and a warm, glowing light source, possibly a lamp or fire, creating a cozy atmosphere. On the left side of the image, there are three white, rounded rectangular shapes stacked vertically, resembling a staircase or a series of steps.

Healthy Sleeping

The unique taper of all SISSEL neck pillows guarantees that the shoulders are perfectly positioned even when lying on your side, thus relieving pressure on the vertebrae and inter-vertebral discs. Form, quality and design that have stood the test of time – for over 35 years.

SISSEL® Orthopedic Pillows

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

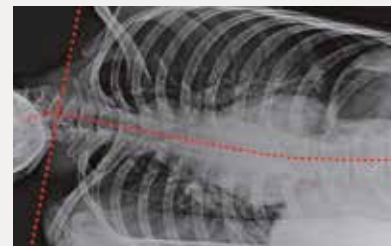
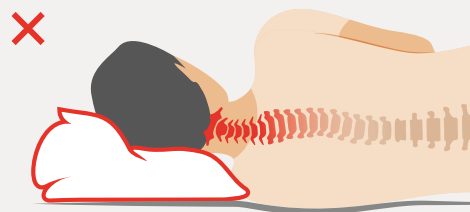
All SISSEL Orthopedic Pillows provide specific support for the lower cervical spine. The whole shoulder and neck area is supported. The pillow's unique tapering between the shoulder and spine fills the space between them and gently moves the spine into an anatomically correct position. The slight stretching 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.

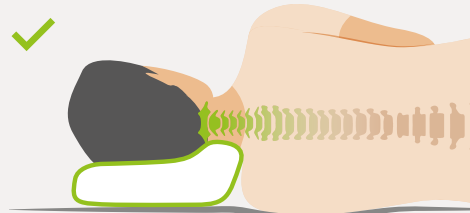


The unique tapering in all SISSEL Orthopedic Pillows guarantees that the shoulder is positioned so that the spine and the intervertebral discs are supported

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.

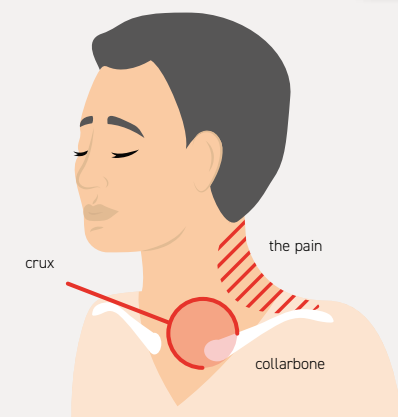


Scientific background:
neck problems and transferred neck pain

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

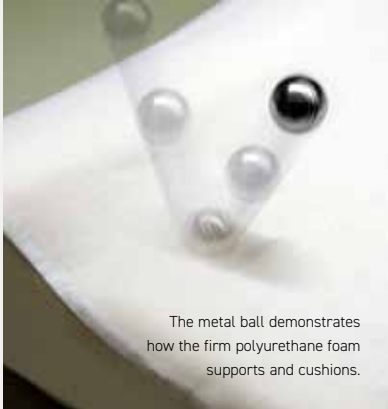


Orthopedic Pillows with actively supporting polyurethane foam

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:

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



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

SISSEL® Classic

Our standard orthopedic neck pillow

- Washable by hand
- Cover washable at 40° C



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



M – approx. 47 x 33 x 11 cm,
L – approx. 47 x 33 x 14 cm



Cover: 75% cotton/25% polyester
Filling: polyurethane foam



ecru

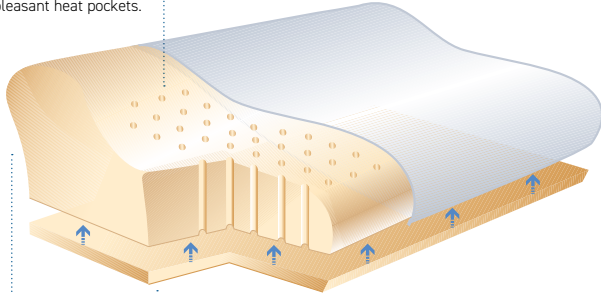
SISSEL® Classic Plus

Height-adjustable orthopedic pillow for any size

- Adjustable in height by adding or removing the Vario Pad
- Especially suited to relieve vertebrae and intervertebral discs
- Washable by hand
- Cover washable at 40° C



Ventilation system for ideal sleep climate!
More than 90 ventilation channels prevent unpleasant heat pockets.



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.

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



approx. 47 x 33 x 11/14 cm



Cover: 75% cotton/25% polyester
Filling: polyurethane foam



ecru



Orthopedic Pillows with 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.



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

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

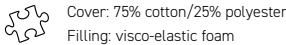
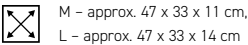
SISSEL® Soft

Visco-elastic orthopedic pillow – for gentle sleep and soft support

- 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
- Washable by hand
- Cover washable at 40° C



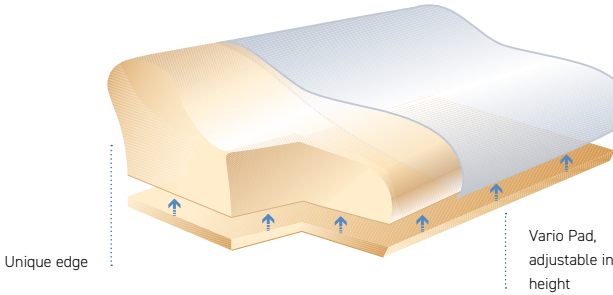
Item Number	Attributes
110.011	SISSEL Soft, size L, incl. pillow cover ecru
110.020	SISSEL Soft, size M, incl. pillow cover ecru
110.001.01	Extra pillow cover velours, ecru, size L
110.001.02	Extra pillow cover velours, ecru, size M
110.001.03	Extra pillow cover cotton, white, one size



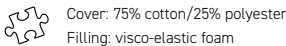
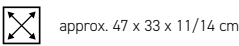
SISSEL® Soft Plus

Soft neck pillow for optimal adjustment

- Description see SISSEL Soft
- Adjustable in height by adding or removing the Vario Pad
- Washable by hand
- Cover washable at 40° C



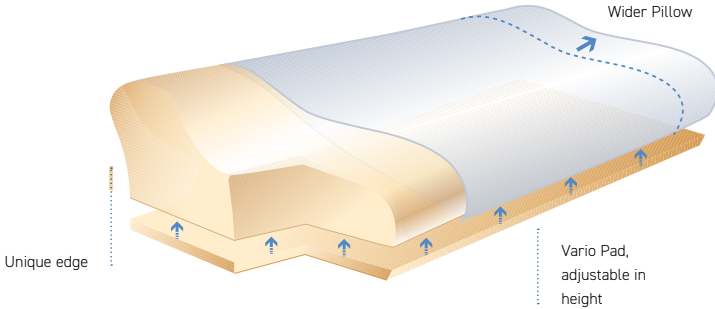
Item Number	Attributes
110.021	SISSEL Soft Plus, incl. pillow cover ecru
110.001.01	Extra pillow cover velours, ecru, size L
110.001.03	Extra pillow cover cotton, white, one size



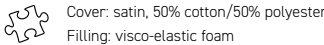
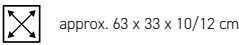
SISSEL® Soft Deluxe

Wider orthopedic pillow, adjustable in height

- 16 cm wider than the SISSEL Soft Plus
- Adjustable in height by adding or removing the Vario Pad
- Washable by hand
- Cover washable at 40° C



Item Number	Attributes
110.003	SISSEL Soft Deluxe, incl. pillow cover
110.003.01	Extra satin pillow cover, white



Orthopaedic pillows for children with visco-elastic foam

Give your child a peaceful and restful night’s sleep

Our SISSEL orthopaedic neck pillow is the perfect choice for a restful, deep sleep for your child. This ergonomically and orthopaedically designed pillow provides the optimal support your child needs.



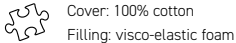
SISSEL® Soft Bambini

Bambini version of the proven SISSEL Orthopedic Pillow Soft

- For children four years and up
- Supports a correct neck position
- Washable by hand
- Cover washable at 40° C



Item Number	Attributes
110.007	SISSEL Soft Bambini, incl. colourful pillow cover „Animal“
110.008.01	Extra pillow cover „Forest“



Gentle support pillows with visco-elastic foam

The right choice especially for sensitive users: On the gentle support pillows, head and neck rest literally weightless. They perfectly adapt and provide a soft but stable base with slightly less correction intensity than the SISSEL Orthopedic Pillows. Vertebrae and muscles can sufficiently relax and regenerate, blood circulation remains unobstructed. For a refreshed start in the new day.



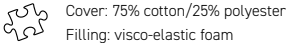
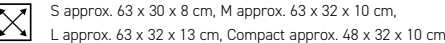
SISSEL® Soft Curve

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
- Washable by hand
- Cover washable at 40° C



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



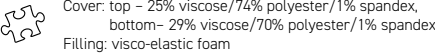
SISSEL® Dream Comfort Pillow

Luxurious pillow for dreamlike sleeping comfort

- Visco-elastic sleeping pillow in gentle wave shape
- Pleasantly soft, pressure relieving
- Washable by hand
- Dual purpose cover washable at 60° C



Item Number	Attributes
110.030	SISSEL Dream Comfort Pillow – as long as stock lasts
110.030.01	Extra pillow cover – as long as stock lasts



Pillows with natural filling

Experience healthy and comfortable sleep with our traditional pillows. Depending on your needs, we offer various natural filling materials.



SISSEL® Palea

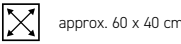
Spelt pillow – a present of nature

- Perfectly adjusts to the shape of head and neck
- Maintains the ideal line of the cervical spinal column
- Moisture and heat regulating
- Breathable, relieving
- Not washable



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

Item Number	Attributes
111.001	SISSEL Palea, approx. 60 x 40 cm, without cover



approx. 60 x 40 cm



Cover: 100% cotton
Filling: 100% spelt filling



white



SISSEL® Panicore

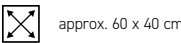
Millet pillow – natural support for your neck vertebrae

- 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



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

Item Number	Attributes
111.004	SISSEL Panicore, approx. 60 x 40 cm, without cover



approx. 60 x 40 cm



Cover: 100% cotton
Filling: 100% millet



white



Travel pillows

Your perfect companion for trips big and small. No matter how and where you are traveling: With SISSEL travel pillows in various designs, your head and neck are always optimally supported. For maximum comfort anywhere in the world.



SISSEL® Compact Pillow

Orthopedic neck pillow in mini format – perfect on the road

- Washable by hand
- Cover washable at 40° C

TIP Optimal for the application on the therapy table!



Item Number	Attributes
110.019	SISSEL Compact Pillow, size approx. 37 x 25 x 9 cm



approx. 37 x 25 x 9 cm



Cover: 75% cotton/25% polyester
Filling: 100% cotton

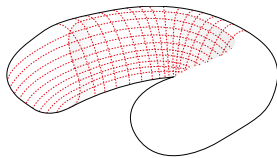


ecru

SISSEL® Buchi Soft

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

- Ideally adjusts to individual neck shape due to two different inclination angles
- Cuddly yet supporting
- Reliable, high-quality visco-elastic foam core
- Washable by hand
- Soft velours cover with zipper washable at 40° C
- With practical carry bag



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

NEW Cover



Item Number	Attributes
116.010	SISSEL Buchi Soft, blue/grey
116.011	SISSEL Buchi Soft, floral blue
116.010.01	Extra cover, blue/grey
116.011.01	Extra cover, floral blue



approx. 65 x 38 x 10 cm



Cover blue/grey: 75% cotton, 25% polyester
Cover floral blue: 92% cotton, 8% elasthane
Filling: visco-elastic foam



available in 2 colours



SISSEL® Buchi

- Flexible neck support with natural buckwheat filling**
- Supports the neck on long trips by car, train or airplane
 - Ideal as relaxing reading aid at home
 - Adjusts to the shape of the neck
 - Cover washable at 40° C



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.



Item Number	Attributes
116.001	SISSEL Buchi, blue
116.003	SISSEL Buchi, burgundy
116.004	SISSEL Buchi, grey

 approx. 65 x 38 x 10 cm

 Cover: 100% polyester, lining 100% cotton
Filling: buckwheat

 available in 3 colours   



Support and vein cushions

Our positioning and vein pillows offer you optimal relaxation for tired and swollen legs. They not only offer excellent comfort, but also even pressure distribution.



SISSEL® Comfort

- Optimal positioning for all ages**
- Ideal aid for positioning and care of the elderly
 - Perfect for daily relaxation and support of babies and adults
 - Use for nursing – takes the strain off arms and shoulders
 - During or immediately after pregnancy individual body parts (especially abdominal wall and perineum) can be specifically relaxed while resting in a supine or lateral position

- 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



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



NEW
Cover

- Cotton covers 100% (washable at 40° C)**
- ornament blue
 - lightblue
 - white, grey dots, incl. strap*
 - grey, white stars, incl. strap*



- Velours covers**
(75% cotton/25% polyester, washable at 40° C)
- bordeaux/anthrazit
 - chocolate/creme



PU-cover: Polyurethane, blue (water-repellent)



Terry cover (75% cotton/25% polyester), white



Item Number	Attributes
170.001	SISSEL Comfort, filler material: polystyrene, without cover
170.014	SISSEL Comfort, filler material: polypropylene, without cover
170.003	Terry cover, white
170.004	Cotton cover, light blue
170.012	Cotton cover, grey/white stars*
170.013	Cotton cover, white/grey dots*
170.025	Cotton cover, floral blue
170.022	Polyurethane cover, blue (water-repellent)
170.023	Velours cover, chocolate/cream – as long as stock lasts
170.024	Velours cover, bordeaux/grey – as long as stock lasts

 approx. 195 x 35 cm

 Cover: cotton, velours or PU
Filling: polystyrene or polypropylene

 Available in 8 different designs.



SISSEL® Veno



- Blissful relaxation for tired and swollen legs**
- Perfectly supports leg elevation or relaxation
 - Use to ease swollen legs, congestions and during pregnancy
 - Cover washable at 40° C



Item Number	Attributes
140.024	SISSEL Veno, incl. cover

 approx. 66,5 x 40 x 16 cm	 Cover: 75% cotton / 25% polyester Filling: flexible polyurethane foam (PUR)	 ecru
---	--	--

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
 - Cover washable at 40° C



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

 approx. 65 x 50 x 22 cm, height up to 165 cm approx. 78 x 50 x 22 cm, starting height 165 cm	 Cover: 75% cotton / 25% polyester Filling: polyurethane foam / visco-elastic foam layer	 ecru
---	--	---

SISSEL® Medi Support



- Lie down in comfort, relax and sleep**
- Simply attach to the legs, using two convenient velcro strips
 - Reduces heavy pressure on the knee joints
 - Ideal recumbent position, the pelvis is only slightly bent
 - Prevents unpleasant sweating
 - For perfect positioning when lying, the pelvis is less bent
 - Cover washable at 40° C



Item Number	Attributes
170.060	SISSEL Medi Support
170.060.01	SISSEL Medi Support, extra cover, ecru

 approx. 17 x 20 cm, 10 cm at the smallest part	 Cover: 75% cotton / 25% polyester Filling: polyurethane foam	 ecru
--	---	--



The natural way

SISSEL GmbH

Bruchstrasse 48
67098 Bad Dürkheim
Germany

Phone +49 6322 989 43-0
Fax +49 6322 989 43-10
E-Mail info@sissel.com
sissel.com

SISSEL® GmbH
ISO CERTIFIED

DIN EN ISO 13485

Follow us at:



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



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



[sissel gmbh](https://www.linkedin.com/company/sissel-gmbh)



[sisselcom](https://www.youtube.com/sisselcom)