



*The natural way*



# SISSEL® QUALITY PRODUCTS

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

2025

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

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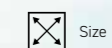
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[youtube.com/sisselcom](https://www.youtube.com/sisselcom)



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 (CO<sub>2</sub> 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<sup>®</sup> by SISSEL<sup>®</sup> 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](https://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](https://spinefitter.com).



## An Innovation by SISSEL<sup>®</sup>

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](https://spinefitter.com)

The SPINEFITTER<sup>®</sup> product family is growing:  
SPINEFITTER<sup>®</sup> by SISSEL<sup>®</sup> 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

**ooc**  
**SPINEFITTER**  
BACK IN BALANCE



# 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



YouTube



\* 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

### 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



SPINEFITTER not included

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.

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)



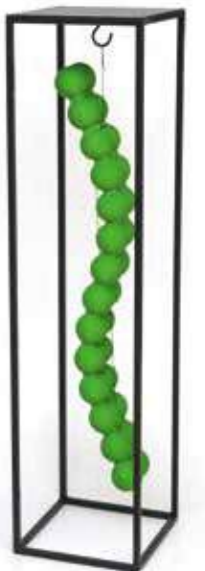
## SPINEFITTER® by SISSEL® Gym Mat Plus

- 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



# 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	SISEL SECUREMAX Ball, Ø approx. 45 cm, silver
160.007	SISEL SECUREMAX Ball, Ø approx. 55 cm, silver
160.011	SISEL SECUREMAX Ball, Ø approx. 55 cm, red - as long as stock lasts
160.010	SISEL SECUREMAX Ball, Ø approx. 65 cm, blue-purple
160.012	SISEL SECUREMAX Ball, Ø approx. 65 cm, silver
160.015	SISEL SECUREMAX Ball, Ø approx. 75 cm, blue-purple
160.014	SISEL 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

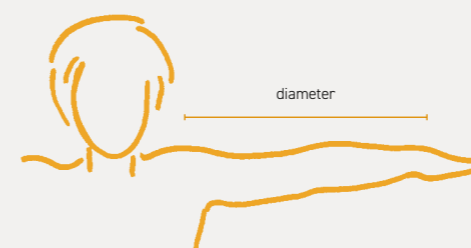


Item Number	Attributes
160.060	SISEL Ball, Ø approx. 55 cm, blue - as long as stock lasts
160.064	SISEL Ball, Ø approx. 75 cm, blue - as long as stock lasts
160.065	SISEL Ball, Ø approx. 75 cm, red - as long as stock lasts

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

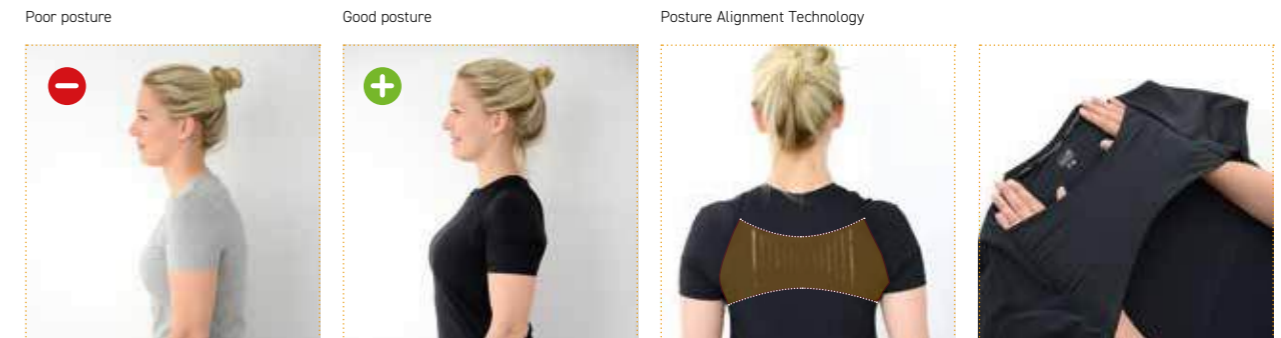


**Prevents you from slouching and keeps your shoulders aligned**

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.



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)

YouTube



## SISSEL® Exercise Loop

### A well-rounded tool for your fitness

- Ideal aid for progressive muscle build-up in fitness and rehabilitation
- For a wide range of applications: group and personal training, aqua gym and senior fitness
- Small, convenient and ready to use
- Ideal fitness aid for travelling
- Set of 2: 1 light for muscle build-up (yellow), 1 strong for fitness training and toning (green)



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

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® 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

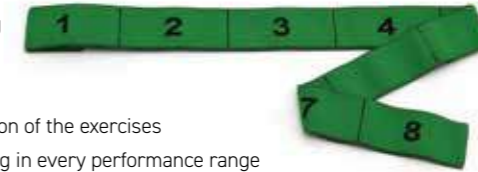
anthracite-yellow



# 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



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## 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



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

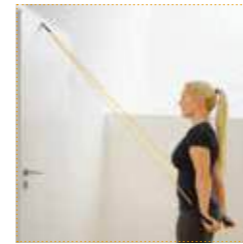
Tube: latex

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

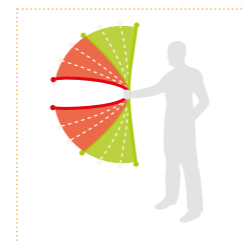
polyester/polypropylene

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

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# 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

YouTube



**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

YouTube



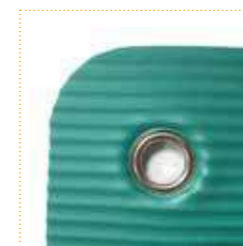
Item Number	Attributes
200.030	SISSEL Gym Mat Professional, blue Only available in bulk without packaging.
200.000	SISSEL Mat Strap

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

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



**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

# SISSEL® EPIFLOW Kinesiology Tape

NEW



### 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

# SISSEL® Kinesiology Tape

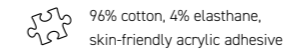
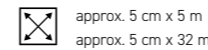
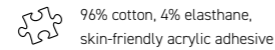
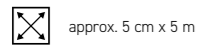


### The kinesiology tape in four attractive colours

- 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



# 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




### 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

∅ approx. 60 cm, 22 cm high

Ball: 100% PVC  
Frame: 100% polypropylen

available in 2 colours  



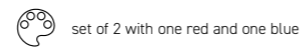
# SISSEL® Spiky Dome

### 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



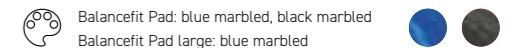
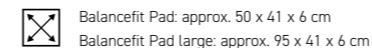
# SISSEL® Balancefit Pad (Large)

### 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



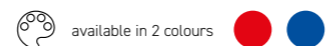
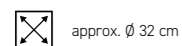
# SISSEL® Balancefit

### 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

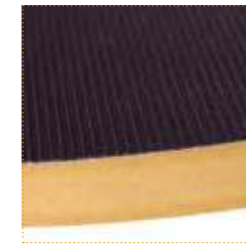




## SISSEL® Balance Board Dynamic

### 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

⊗ ∅ 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

⊗ ∅ 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

∅ 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

∅ approx. 8 cm  
∅ 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



∅ 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

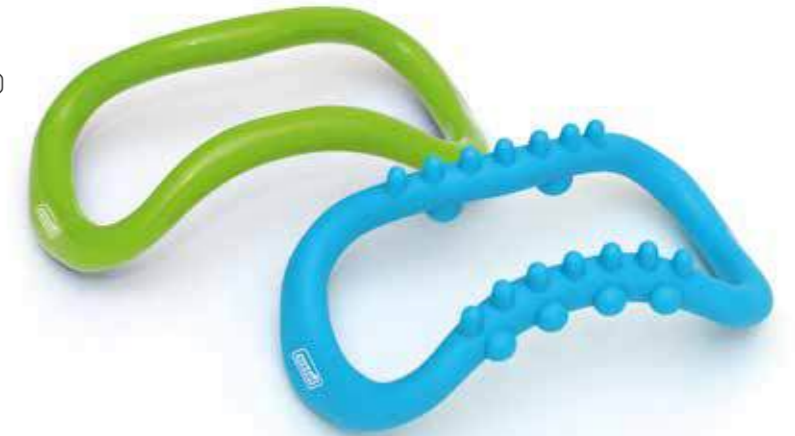
EPP (expanded polypropylene)

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® Vitalyzer

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

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



Item Number	Attributes
161.014	SISSEL Vitalyzer

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

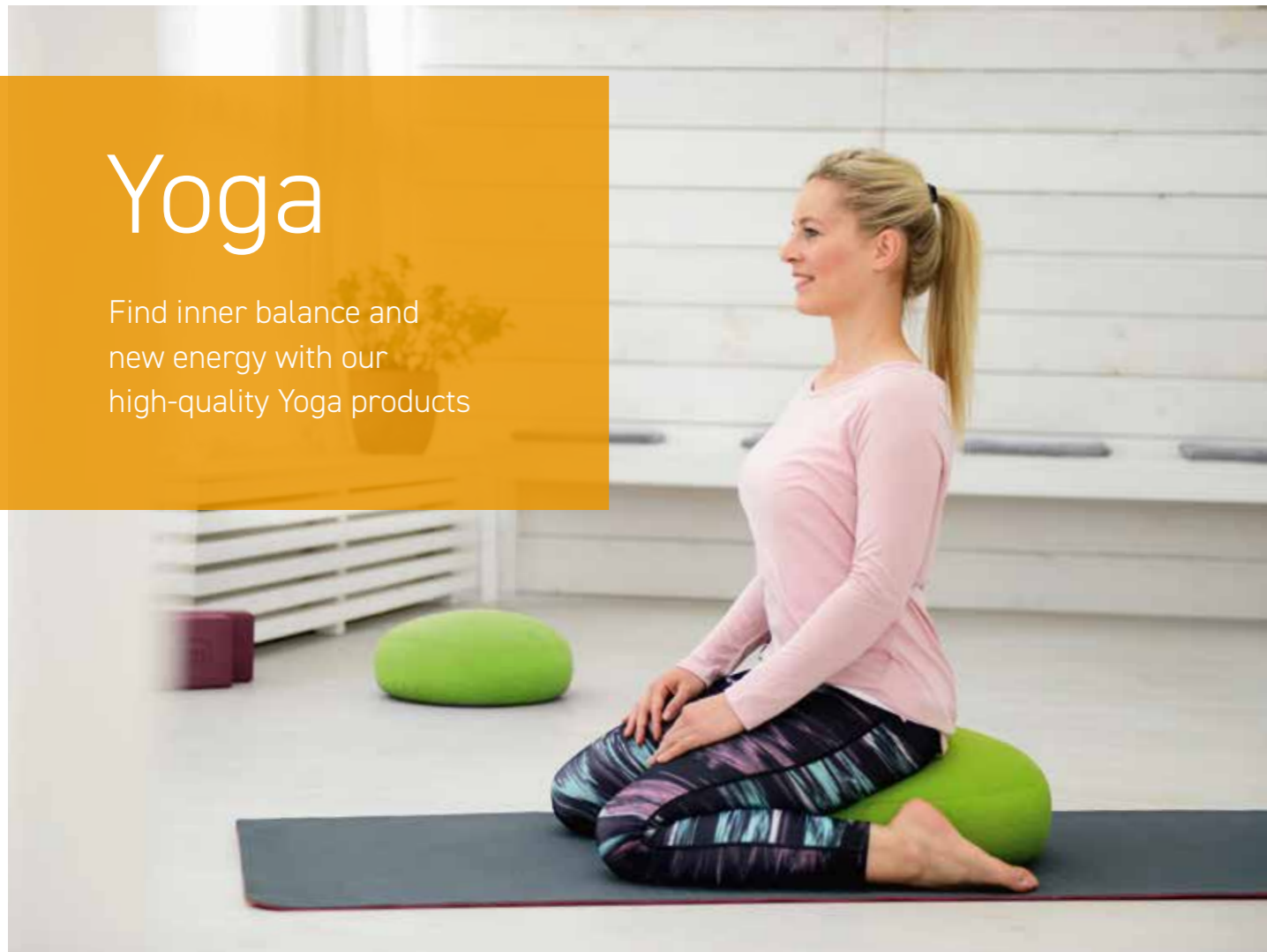
∅ approx. 15 cm, approx. 47 cm long

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



### 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



### 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
---------	--

☒ ∅ 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



# 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)

∅ approx. 15 cm  
Length: see product description

see product description

see product description



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

*PE (Polyethylene)*

*EVA (Ethylene Vinyl Acetat)*

*EPP (Expanded Polypropylene)*

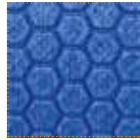
## SISSEL Pilates Roller

- 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



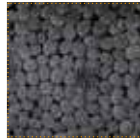
## SISSEL Pilates Roller Pro Soft

- 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

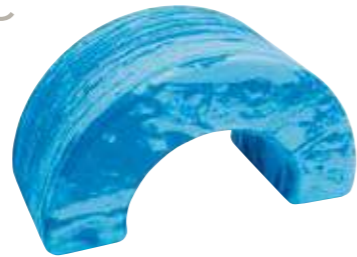




## SISSEL® Pilates Roller Head Align Dynamic

### 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)



🎨 blue marbled

## SISSEL® Pilates Roller Center

### Space-saving accessory designed to store up to 5 rollers

- accommodates all SISSEL Pilates Rollers



Item Number	Attributes
310.100	SISSEL Pilates Roller Center, blue

✕ approx. 95 x 19.5 x 6 cm



🎨 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

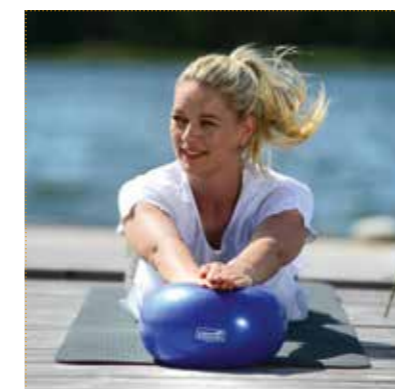


### Supports deep relaxation

- 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. 22 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

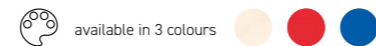
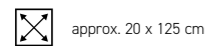
# SISSEL® Pilates Band

## 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



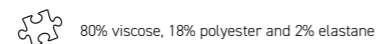
# SISSEL® Pilates Workout Gloves

## 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



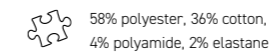
# SISSEL® Pilates One Toe Socks

## 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



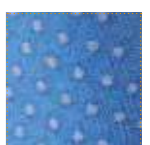
Item Number	Attributes
310.063	S/M (36-39) – as long as stock lasts
310.064	L/XL (40-42) – as long as stock lasts



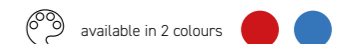
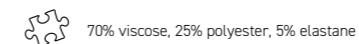
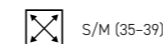
# SISSEL® Pilates Socks

## 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



# 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



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

firm

medium

soft

x-soft

### 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



blue/pink, orange/green

# SISSEL® Twin Grip

YouTube



**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



**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)



pink/green

# SISSEL® Putty

YouTube



**Putty for finger and hand exercises**

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



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

approx. 85 g.  
Box approx. 6 cm

Silicone elastomer

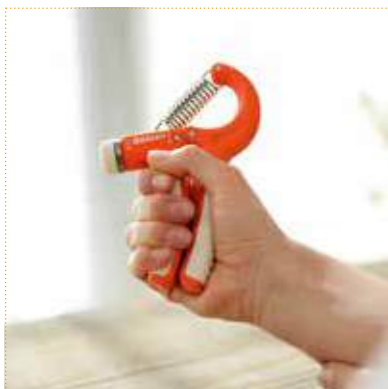
available in 5 colours



# 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



A man with glasses and a beard, wearing a black t-shirt, is sitting on a modern office chair with a red seat. He is smiling and looking towards the right, working on a silver laptop on a white desk. The desk has wooden legs. In the background, there is a white wall with horizontal lines and a small potted plant on the desk. The overall scene is bright and professional.

# 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

Ø approx. 37 cm, one size for teens and adults



available in 3 colours

# 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

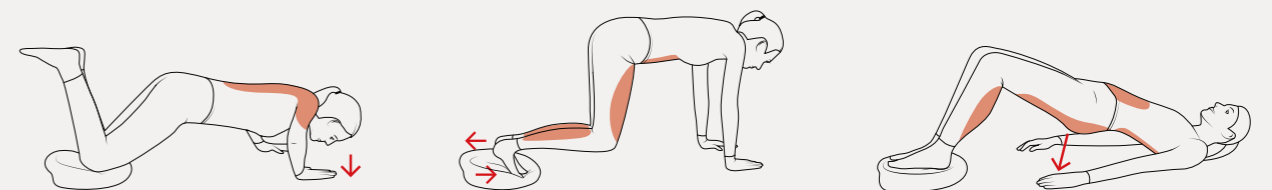
Ø approx. 33 cm  
Ø approx. 36 cm



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

∅ approx. 40 cm

Cover: 100% polyester  
Air cushion: 100% PVC

Top: grey  
Bottom: black



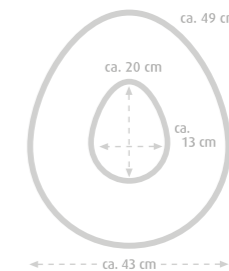
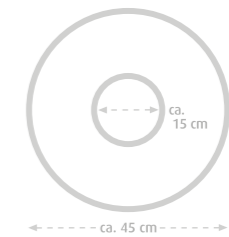
# SISSEL® Sit Ring

## 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

∅ 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

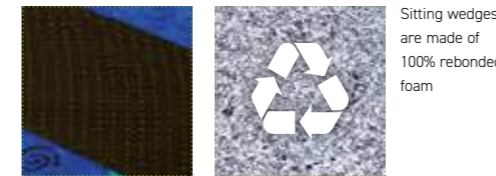
### Sitting Wedge Colour

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

SISSEL Sit Standard with cover blue, black, burgundy



SISSEL Sit Colour with rubberized bottom



Sitting wedges are made of 100% rebonded foam

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



With a removable recess in the sacrum area for pressure relief



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



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

With rubberized bottom



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

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



SISSEL DorsaBack

SISSEL DorsaBack-Pad (optional accessory)



YouTube



# 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

SISSEL DorsaBack-Pad (optional accessory)

SISSEL DorsaBack-Car



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

DorsaBack-Car (L x W x H): approx. 49 x 36 x 3.5 cm  
DorsaBack-Pad: approx. 30 x 11.5 x 6.5 cm

Cover: 100% polyester  
Inlay: birch veneered

available in 2 colours

# 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

approx. 33 x 33 cm

Cover: 100% polyester cover

grey



easy to clean cover

high-quality PU foam

layered, natural wood shell

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

DorsaBack Backrest (L x W x H): approx. 49 x 32.5 x 3.5 cm  
DorsaBack Seat (L x W x H): approx. 39.5 x 43.5 x 3 cm  
DorsaBack-Pad: approx. 30 x 11.5 x 6.5 cm

Cover: 100% polyester  
Inlay: birch veneered

available in 3 colours

# 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

approx. 31.5 x 25.5 x 5.5 cm deep

Filling: PU foam  
Cover: 100% cotton

available in 2 colours

A woman with blonde hair, wearing a white long-sleeved shirt and a dark blue turtleneck, is sitting in a wooden chair. She is smiling and looking towards the camera while holding an open magazine. The magazine shows a photograph of a white dog. The background is a bright, indoor setting with a white wall and a grey chair. A dark purple rectangular box is overlaid on the right side of the image, containing text.

# 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® 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

YouTube



# 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



YouTube



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® 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



# 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** 150.311  
**Attributes** 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** 150.120  
**Attributes** SISSEL Vinotherm, tri-sectional

approx. 35 x 19 cm

Cover: 100% cotton  
Filling: 100% grape seed

dark green

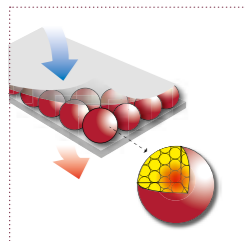


# SISSEL® Hydrotemp

## 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** 150.200  
**Attributes** 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** 116.030  
**Attributes** 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



SISSEL Linum Anatomic

SISSEL Linum Classic

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

YouTube



### 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

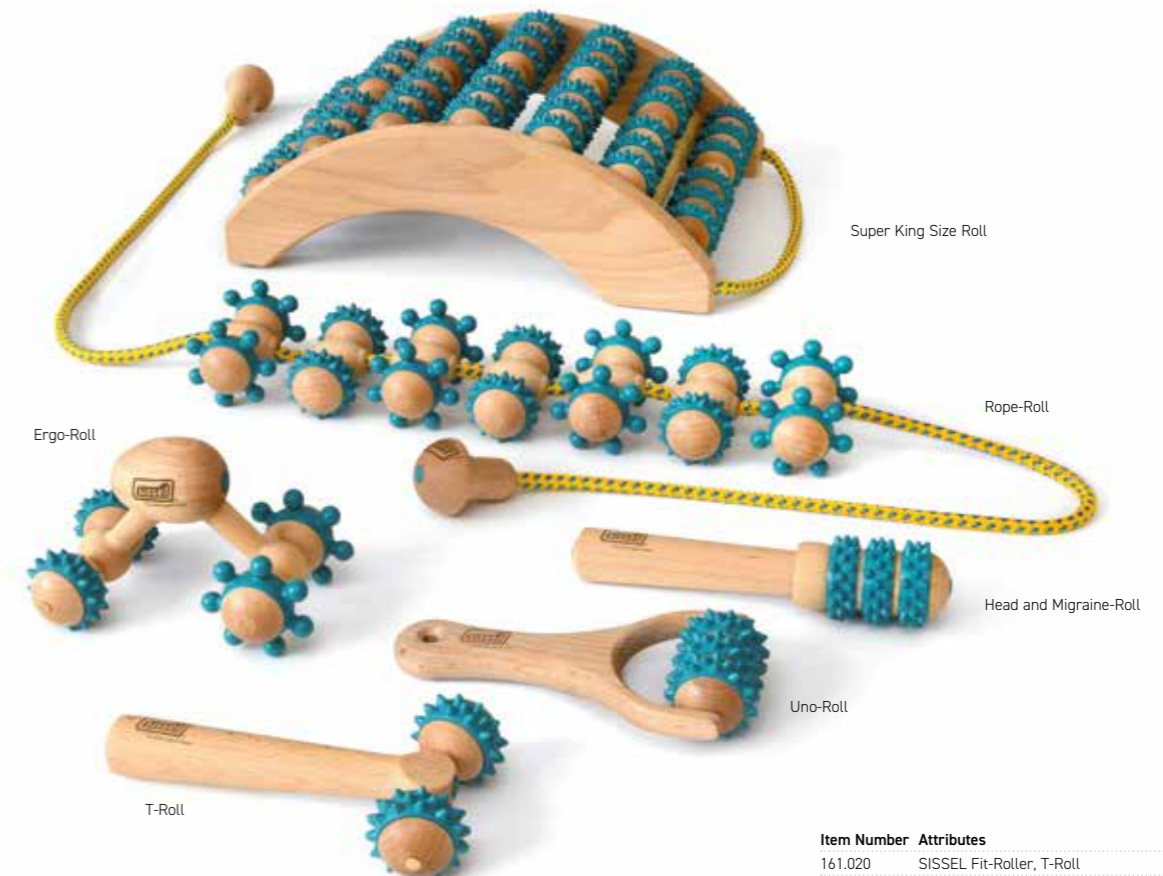
approx. 16.5 x 8.3 x 4 cm

### 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



Super King Size Roll

Rope-Roll

Ergo-Roll

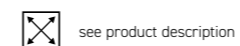
Head and Migraine-Roll

Uno-Roll

T-Roll

#### 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



see product description



wood parts: beech | massage heads: PVC  
rope: polyester



wood / petrol



## 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

YouTube



### 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

YouTube



### 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 Attributes  
162.075 SISSEL Neck Relax

✂ approx. 16.5 x 14.5 x 6.5 cm

🧩 PVC

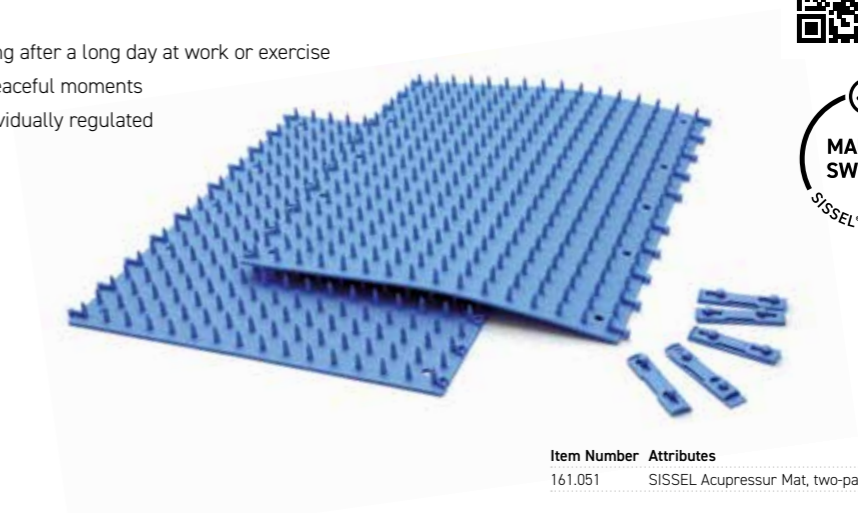
🎨 blue

# 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 Attributes  
161.051 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

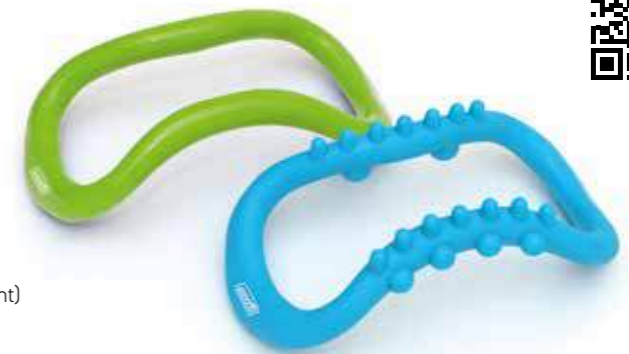
available in 3 colours



# 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** 301.000 **Attributes** 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** 302.001 **Attributes** SISSEL Hang Up, black - as long as stock lasts



A photograph of an elderly woman with short, wavy white hair, wearing a teal long-sleeved shirt. She is lying on her side on a bed, propped up on a white, curved 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 shades of beige and brown. The background is a bright, out-of-focus room with a window and a warm, glowing light source, possibly a lamp or a window with sunlight. The overall atmosphere is calm and comfortable.

# 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 intervertebral 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

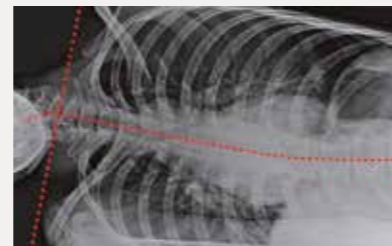
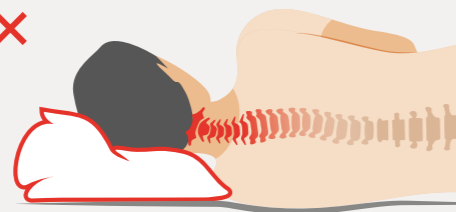
All SISSEL Orthopedic Pillows provide specific support for the lower cervical spine. The whole shoulder and neck area is supported. The pillow's unique tapering between the shoulder and spine fills the space between them and gently moves the spine into an anatomically correct position. The slight stretching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

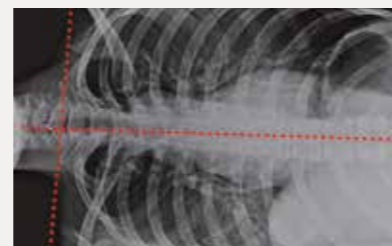
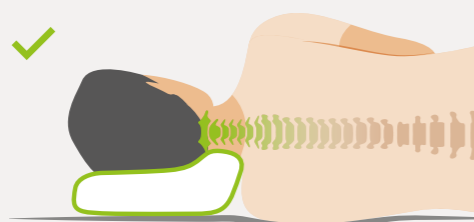


The unique tapering in all SISSEL Orthopedic Pillows guarantees that the shoulder is positioned so that the spine and the intervertebral discs are supported

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.

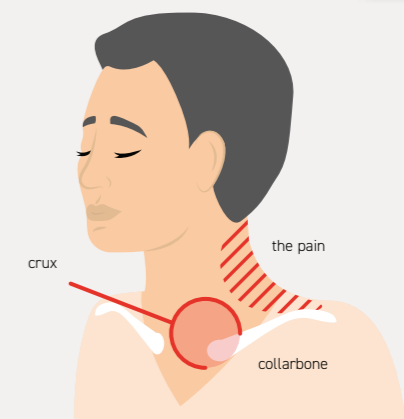


Scientific background:  
neck problems and transferred neck pain

**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

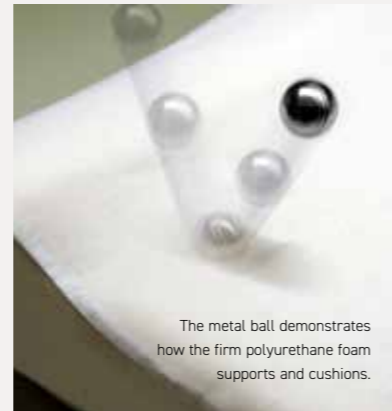


### Orthopedic Pillows with actively supporting polyurethane foam

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



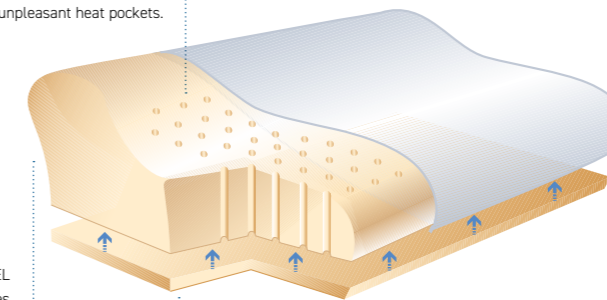
## SISSEL® Classic Plus

**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



### 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

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

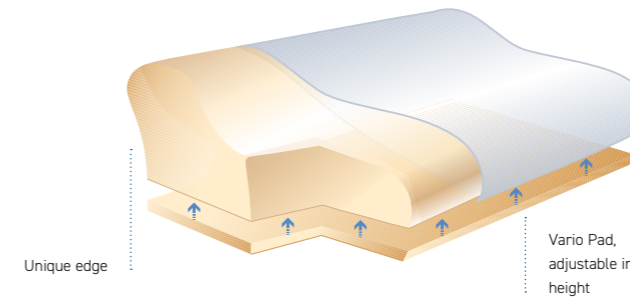
Cover: 75% cotton/25% polyester  
Filling: visco-elastic foam

ecru

## 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

approx. 47 x 33 x 11/14 cm

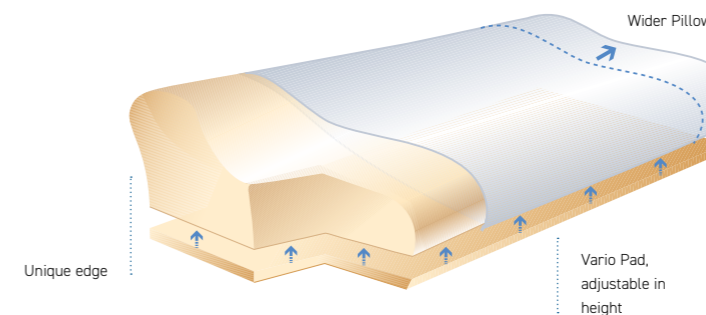
Cover: 75% cotton/25% polyester  
Filling: visco-elastic foam

ecru

## 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

approx. 63 x 33 x 10/12 cm

Cover: satin, 50% cotton/50% polyester  
Filling: visco-elastic foam

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“

approx. 37 x 25 x 9 cm

Cover: 100% cotton  
Filling: visco-elastic foam



## 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

S approx. 63 x 30 x 8 cm, M approx. 63 x 32 x 10 cm,  
L approx. 63 x 32 x 13 cm, Compact approx. 48 x 32 x 10 cm

Cover: 75% cotton/25% polyester  
Filling: visco-elastic foam

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



YouTube



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

approx. 65 x 38 x 10 cm

Cover: top - 25% viscose/74% polyester/1% spandex,  
bottom - 29% viscose/70% polyester/1% spandex  
Filling: visco-elastic foam

ecru

### 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

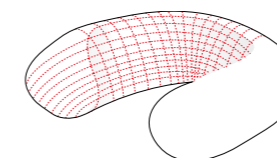
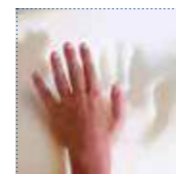
ecru

## 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

**NEW Cover**



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



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



# 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



NEW Cover



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



## 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.

## 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® 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

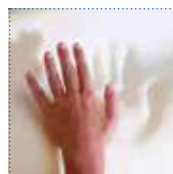
## SISSEL® Venosoft

YouTube



### 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



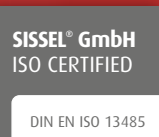
*The natural way*



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