

SISSEL® QUALITY PRODUCTS

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

sissel.com

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Size
Material
Colour
Natural weight fluctuations
Heat application
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Heating in the microwave
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Healthy Moving

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Moving Together – for Better Health and Quality of Life.

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 the positive effect of the pillow. To this day, this anatomical, effective shape has stood the test of time and has since formed the basis of our corporate philosophy. The unique shape of the original neck pillow is still reflected in the SISSEL logo today.

'The natural way' – our guiding principle and commitment to supporting our customers' health in a natural way, with a high-quality product portfolio designed to help maintain and promote well-being. Under the visionary leadership of Managing Directors Jens and Lars Friebel, the SISSEL portfolio has evolved into a diverse, health-focused range of products, reflected in the different product worlds of our SISSEL Healthcare Circle.



Jens and Lars Friebel shape the dynamic and forward-looking leadership of SISSEL GmbH.

Our customers
Healthcare professionals around the world trust and rely on our products. Physiotherapists, doctors, trainers, and coaches rely on the quality and performance of 'Made by SISSEL' in their daily work. That's why we offer tailored solutions for a wide range of applications.

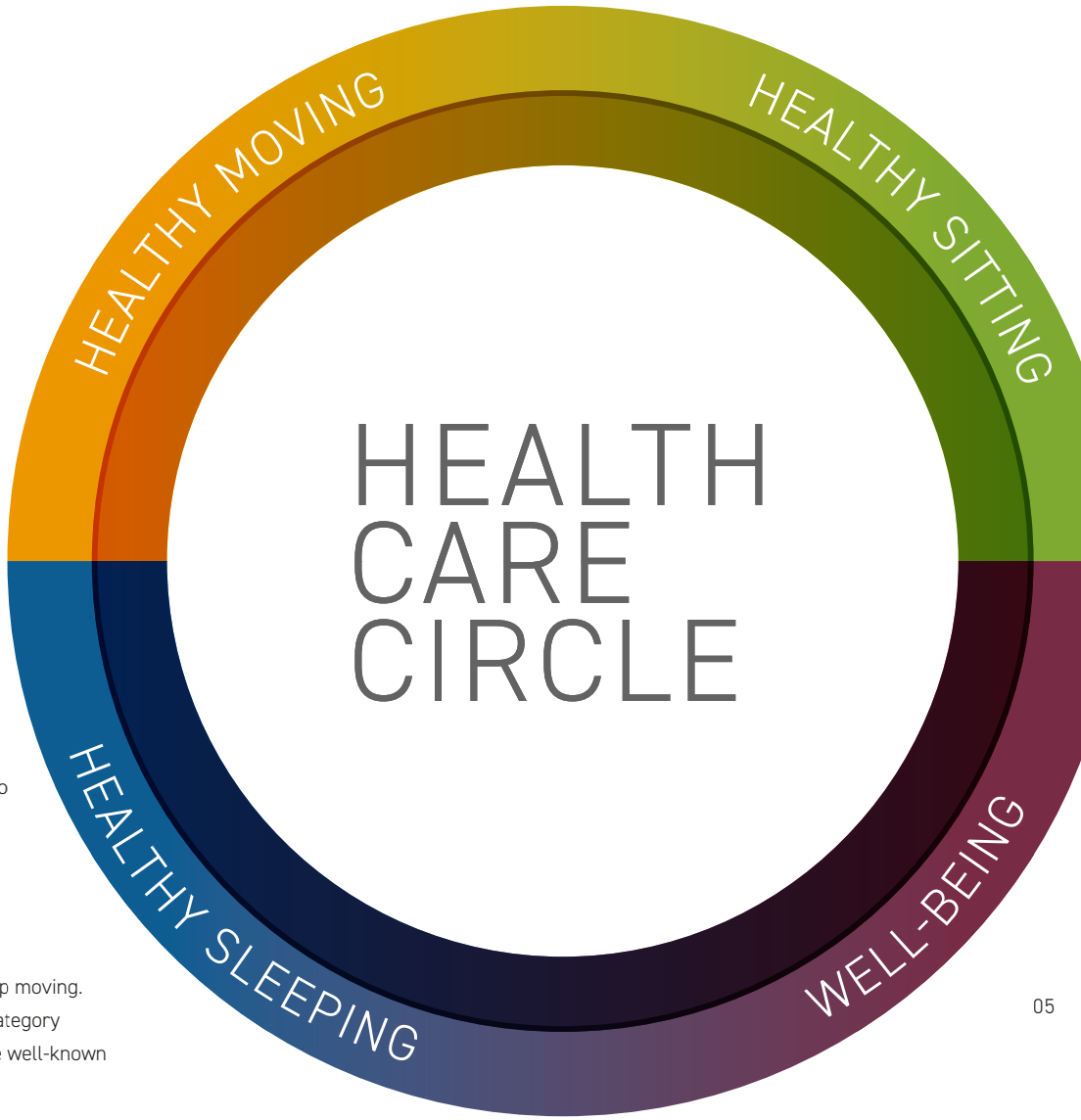
SISSEL – proven quality since 1986
Convincing in every detail: for over 40 years, the SISSEL brand has stood for quality and customer satisfaction. Every product in our health range is carefully selected and manufactured to the highest quality standards.

Continuous innovation in product development, manufacturing processes and technologies, together with responsible material selection and a long-term business approach, are fundamental pillars of our company.

- Production primarily in Europe
- Quality management system certified according to DIN EN ISO 13485:2021

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





The SISSEL Healthcare Circle

The SISSEL Healthcare Circle represents our entire product portfolio and organises it into four key product areas, supporting a holistic approach to our health-focused range.

Healthy Moving
If you want to stay fit, you need to keep moving. Our products in the Healthy Moving category support an active lifestyle – led by the well-known SPINEFITTER by SISSEL.

Healthy Sitting
Nowadays, we spend much of our day sitting – often leading to a range of issues and discomfort. Our Healthy Sitting products provide effective support for better posture – including the SISSEL SITFIT.

Well-Being
Whether it's heat, cold, massage, or simply relaxation – here you'll find products designed to support your personal well-being.

Healthy Sleeping
Healthy sleep is the foundation of well-being in everyday life. We offer a wide range of products designed to support restful sleep – including our original neck pillow.

Many of our innovations have become classics over time. Products such as the SPINEFITTER by SISSEL are making a strong impact in the health and fitness industry worldwide. Thanks to our international partners, SISSEL products are now available in over 70 countries.

At SISSEL we place great importance on thoughtful packaging design
The new product packaging features a clean design with reduced use of materials and printing colours.

- FSC-certified natural cardboard*
- Reduced ink consumption through the use of a single print colour
- No additional outer carton required for shipping, as the product packaging is suitable for direct dispatch
- Stylised product application illustration on the front

*In accordance with the FSC certification and/or FSC labelling applicable to the respective packaging.

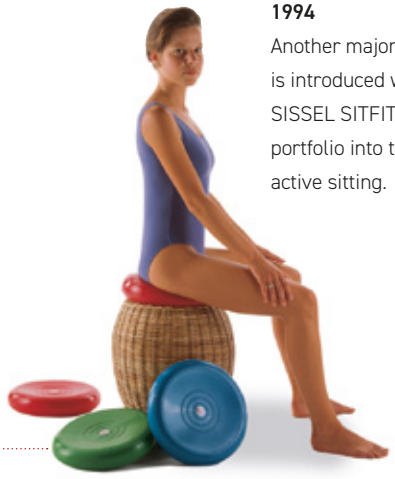


Celebrating 40 Years of Expertise in Healthcare

A Company History Timeline – From Entrepreneurial Beginnings to 40 Years of SISSEL



1989
The first 500 SISSEL Orthopaedic Neck Pillows (known today as SISSEL Classic) enter the German market, setting the stage for a remarkable success story.



1994
Another major company milestone is introduced with the launch of the SISSEL SITFIT, expanding the product portfolio into the field of healthy and active sitting.

1985 | 1990 | 1995 | 2000 | 2005

The SISSEL Story Begins

1986
The SISSEL story begins in Sweden with the development of the original SISSEL Orthopaedic Neck Pillow, created as a natural solution for neck discomfort.

1987-1989
Close collaboration with HHS Sweden provides valuable insights into the Swedish physiotherapy market, establishing a solid foundation for SISSEL's future development.

Expansion and Growth

1990
Independent sales representatives are recruited to support nationwide expansion throughout Germany.

1991
The first *Ruhewohl* Conference is held. This event establishes a longstanding tradition of networking and education. International expansion also begins.

1992
The foundation of novacare GmbH marks a further expansion into the rehabilitation and care sector.

1993
First pan-European conference takes place. The company grows to approximately 30 employees and relocates its HQ from Ludwigshafen to Bad Dürkheim. The product portfolio continues to grow.

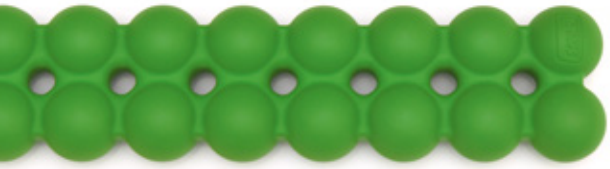
Challenges and Reorientation

1995-2001
These years are marked by significant changes in the market environment. Through a successful strategic realignment, SISSEL strengthens its corporate philosophy and paves the way for future growth and product innovation.



2021-2025
A continuous focus on product innovation results in significant new developments and company milestones, including SPINEFITTER in 2021 and EPIFLOW and Knee Roller in 2025.

SPINEFITTER
BACK IN BALANCE



40 years SISSEL

2026
SISSEL celebrates 40 years of expertise and launches the SISSEL Traveller, an anniversary pillow inspired by the company's origins.



2010 2015 2020 2025

International Growth, Pilates and Innovation

2002
Distribution of SISSEL Pilates products and Balanced Body equipment begins through novacare GmbH, marking the company's entry into a strategic new market segment focused on Pilates and movement therapy.

balanced body®

2010
SISSEL expands its product portfolio to include myofascial training products.

2012
SISSEL GmbH is founded as a central point of contact for international business operations. A new, larger warehouse is inaugurated in Grünstadt.

Looking ahead

SISSEL continues to expand in the growing healthcare, back care and active ageing markets. Strategic partnerships, innovation and a commitment to improving quality of life support sustainable growth in key target markets.

SISSEL **ACADEMY**

Education & Inspiration

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.

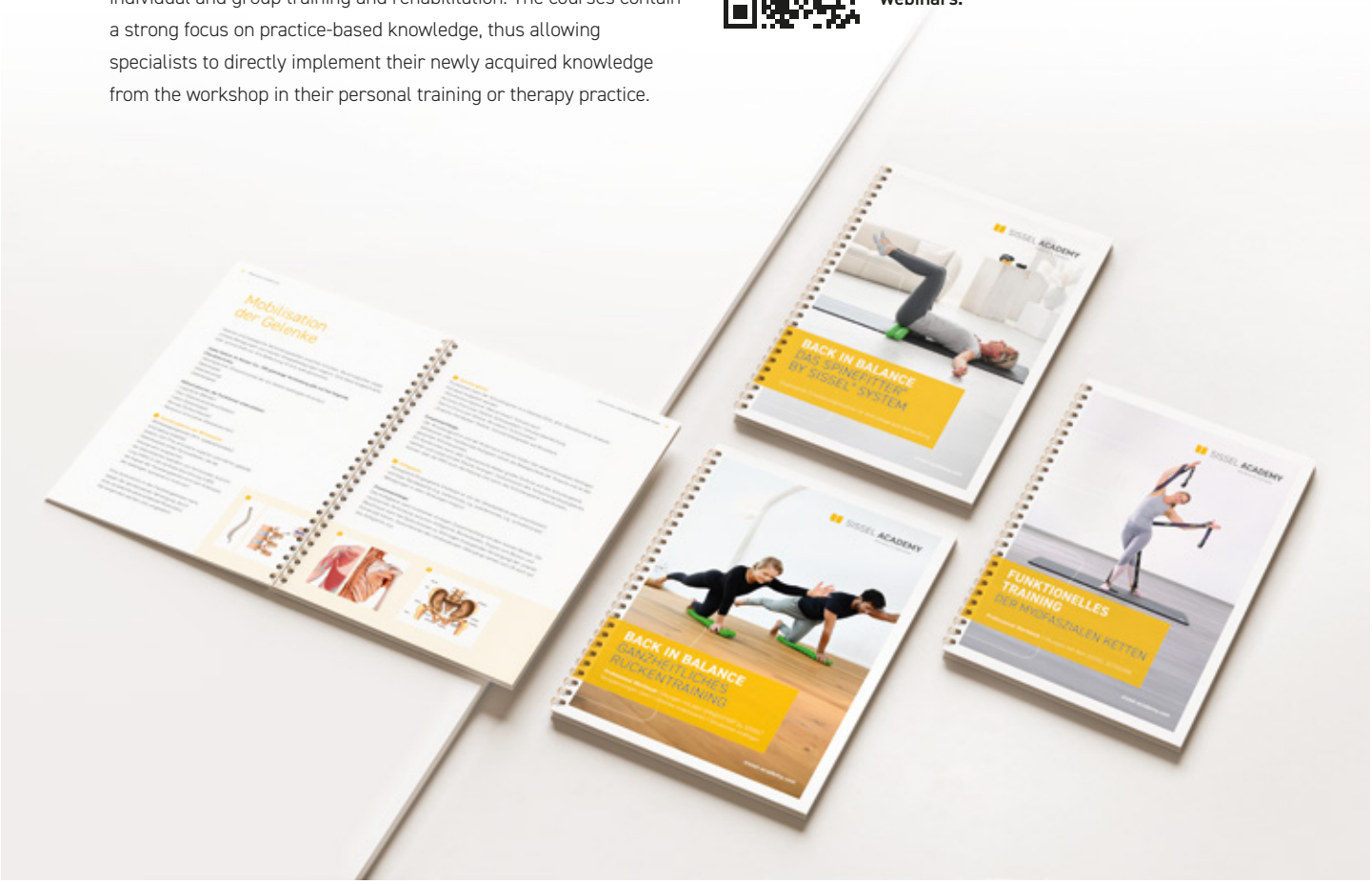
The ACADEMY's mission is to support the high-quality training for future Educators and to create exciting and purposeful new workshops for the fitness and health industry of tomorrow. The SISSEL ACADEMY offers practice-oriented workshops in a stimulating and professional environment. The SISSEL ACADEMY workshops allow participants to gain a deeper understanding 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 acquired 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, SISSEL OCTOCORE, SISSEL EPIFLOW Kinesiology Tape, 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 the QR code for direct access to all SISSEL ACADEMY workshops and webinars.



Our 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, leading to certification as a 'Certified Professional Instructor', is specifically designed for physiotherapists, medical professionals, and trainers.

In this workshop, you will learn exercises for specific indications, understand their functional context, and work with structured exercise programmes. The workshop also covers anatomical principles, pathologies, therapeutic approaches, and practical guidance for working with your patients or participants.



Professional workshop: Functional training of the myofascial chains

Exercises with the SISSEL OCTOCORE

This 6-hour workshop, leading to certification as a 'Certified Professional Instructor', is specifically designed for physiotherapists, medical professionals, and trainers, and focuses on training functional muscle chains and engaging myofascial pathways.

In this workshop, you will work on training functional muscle chains and engaging myofascial pathways. A wide range of exercise variations enables you to address the entire body with each movement and effectively compensate for imbalances. The concept promotes functional training that provides new stimuli for your participants.

SISSEL **ACADEMY**

Education & Inspiration



NEW

Professional Workshop: Experience Movement. Foster Development.

A sensorimotor movement programme for nursery and primary school children.
This exciting new workshop format (between 2-4 hours) is designed for teachers, nursery practitioners, and therapists. It introduces a new sensorimotor movement programme for nursery and primary school children, embedded within an engaging movement adventure. A captivating story provides the framework for a series of exercises that encourage children to discover the joy of movement through play and exploration.

This holistic movement programme addresses a wide range of motor skills, supporting their development while helping children build a positive awareness of their own bodies. Rather than simply performing movements, children are encouraged to discover, feel, and experience them. Exercises with the SPINEFITTER Junior incorporate balance training, head and eye movements, stabilisation exercises, diagonal movement patterns, as well as flexion and extension movements.

The story that guides the movement adventure is provided as an accompanying 25-minute video.

Discover the SISSEL ACADEMY‘s specialised workshop formats

Scan the QR code to access upcoming workshops.

New workshop formats are continuously developed based on current medical research and practical experience.

Video Courses



Video course:
SISSEL EPIFLOW Kinesiology Tape

Learn about the versatile applications of EPIFLOW Tape in this practice-oriented course developed by experienced therapists. The innovative technique has proven to be particularly effective in the treatment of scar tissue, lymphatic congestion, and the mechanical relief of specific areas of the body.

In this video course, you will learn how the targeted application of EPIFLOW Tape can help activate the body's self-healing processes and relieve pain. You will not only gain an understanding of various pathologies and their underlying causes, but also explore individual treatment approaches.

You will receive valuable insights into the handling and application of taping techniques and will be able to apply them directly in your therapeutic practice. This 60-minute video course offers you the opportunity to expand your knowledge and further develop your practical skills in the field of modern therapy approaches.



NEW

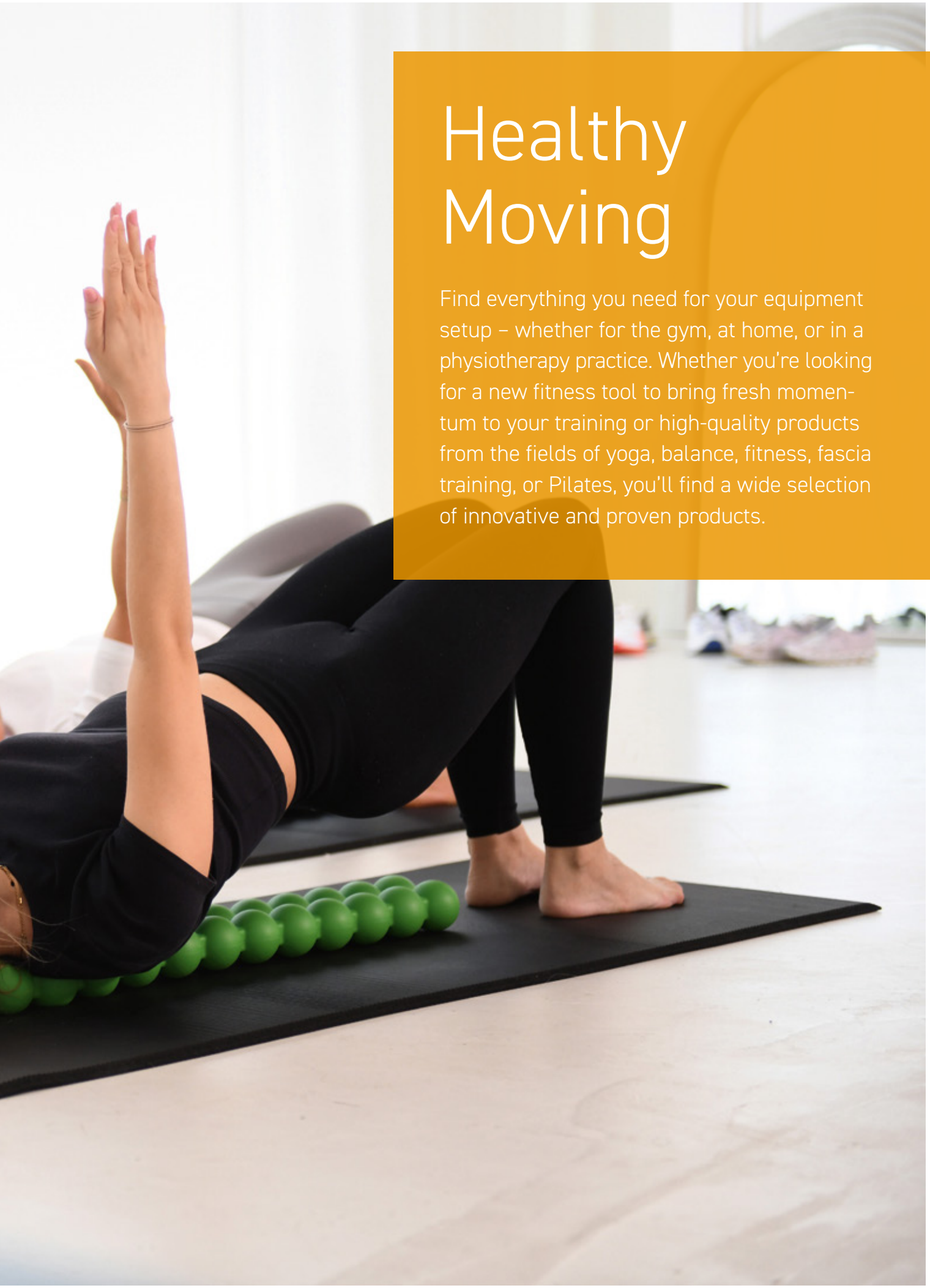
Video courses:
SPINEFITTER by SISSEL Fitness

SPINEFITTER Educator Anette Alvaredo shows you how to successfully integrate three complete SPINEFITTER class concepts into your training programme. Developed specifically for use in fitness clubs, studios, and well-being facilities, the three 45-minute sessions provide practical ideas for engaging and varied group classes. They are designed for trainers and movement professionals who want to deliver professional and motivating SPINEFITTER workouts.

The three 45-minute videos present structured class formats with different training focuses, ranging from full-body workouts to targeted sessions for the shoulders, neck, and upper back, as well as the legs, glutes, and lower back. Through detailed demonstrations, valuable coaching tips, and helpful exercise variations, you will learn how to instruct exercises confidently and adapt them to different fitness levels.

The video course delivers a holistic training concept focused on mobility, stability, body control, and movement quality, providing valuable inspiration for modern SPINEFITTER classes.





Healthy Moving

Find everything you need for your equipment setup – whether for the gym, at home, or in a physiotherapy practice. Whether you're looking for a new fitness tool to bring fresh momentum to your training or high-quality products from the fields of yoga, balance, fitness, fascia training, or Pilates, you'll find a wide selection of innovative and proven products.

SPINEFITTER® by SISSEL® System

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

As part of an internationally conducted study, it was examined to what extent a specially developed SPINEFITTER training programme improves the mobility of the thoracic spine, cervical spine, and shoulder joints, and contributes to the reduction of tension and pain in the neck and shoulder area. The results of the study show clear improvements in all areas analysed.



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



An Innovation by SISSEL®

An innovative, modular system for maximum application possibilities

Versatile and impactful training
The SPINEFITTER 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. 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 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 versatile training tool also serves as an effective 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.

*Scan the QR code on the left to view a summary of the study.

SPINEFITTER by SISSEL Trigger Tool
The attachable module offers a simple way to autonomically release trigger points and hardenings along the spine most precisely, and, thus, contributing to pain relief.
Tip: Can also be combined with the SPINEFITTER Mini.



SPINEFITTER by SISSEL Multi 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 Multi Extension Kit.



SPINEFITTER by SISSEL
Multi 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 for professional application.



SPINEFITTER
not included

SPINEFITTER
BACK IN BALANCE

SPINEFITTER® – One Tool,





SPINEFITTER in therapy

Using the SPINEFITTER in your therapy opens up entirely new possibilities for the effective mobilisation of the spine and targeted treatment of the muscles around the shoulder joint.

Your patients will feel the difference immediately, enhancing body awareness and making newly gained mobility both visible and tangible. They quickly understand which muscles are activated to support spinal stability when working with the SPINEFITTER.

The SPINEFITTER can be used flexibly on a treatment table or on a mat, allowing it to be easily integrated into a wide range of therapeutic concepts.

In our SISSEL ACADEMY workshops and webinars, experienced educators demonstrate the wide range of applications of the SPINEFITTER in therapeutic practice.





SPINEFITTER in group training

The SPINEFITTER is the ideal partner for your group training sessions. Users immediately feel its positive effect on the body. Through the direct feedback provided by the SPINEFITTER, individual corrections by the trainer are not required. Participants quickly recognise which muscles need to be activated and learn to perform movements with greater awareness.

The result: effective and noticeable mobilisation, as well as targeted release of tension within a group setting – all without the need for constant instruction. This makes the SPINEFITTER an ideal tool for efficient, safe, and modern group training.

Many Possibilities

SPINEFITTER in sport

Whether for warm-up, training, or rehabilitation, the SPINEFITTER is an ideal training tool for both amateur and professional athletes to release tension in a targeted way and prepare the body for physical demands. Its flexibility and the variety of exercises make it suitable for the requirements of a wide range of sports.

The SPINEFITTER has both a mobilising and activating effect. During the recovery phase, it supports tissue relaxation and helps relieve tired muscles. This makes the SPINEFITTER an effective tool for enhancing performance, helping to prevent injuries, and supporting recovery as part of everyday training.



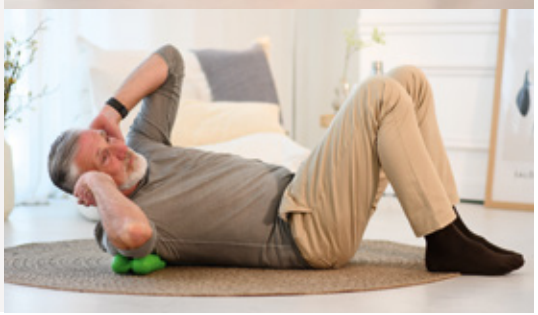


SPINEFITTER at home

Quick and easy back training with the SPINEFITTER – all from the comfort of your own home. Effectively address pain and discomfort in the back, neck, and shoulders while simultaneously mobilising your spine and strengthening your supporting musculature. The SPINEFITTER is your ideal training companion for everyday use.

A wide range of simple and effective exercises, available in video format, allows for individual and targeted training of the shoulders, neck, and back. Just a few minutes are enough to make a difference.





Free training videos

Easy-to-follow exercises and training programmes in video format help you perform all movements correctly. This makes the SPINEFITTER a reliable companion for health and well-being, supporting everyday use, prevention, treatment, and training – whether in therapy, during sport, or at home.

YouTube

In twelve free online training videos, you will discover a wide range of exercises with the SPINEFITTER.

SPINEFITTER® by SISSEL®

YouTube

MADE IN EU
SISSEL® QUALITY

The innovation for a healthy back

Thanks to its unique design the SPINEFITTER 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 in the area of spinal gymnastics, Pilates, and Yoga. 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
- Targeted, deep-acting pressure helps relieve muscle tension
- Improves joint mobility, supports a more upright posture, and increases athletic performance
- Suitable for proprioceptive and balance training
- Strengthens deep muscular tissue
- Incl. SPINEFITTER Carry Strap for comfortable transport on the back



Item	Description
800379	SPINEFITTER by SISSEL, blue
800387	SPINEFITTER by SISSEL, green
800392	SPINEFITTER by SISSEL, anthrazit
800397	SPINEFITTER by SISSEL, purple red
800826	SPINEFITTER by SISSEL Pink Hero Edition, incl. SPINEFITTER Sleeve
800386	Set of 10 blue incl. Coach Bag
800391	Set of 10 green incl. Coach Bag
800396	Set of 10 anthrazit incl. Coach Bag
800401	Set of 10 purple red incl. Coach Bag

approx. 84 x 12 x 6 cm

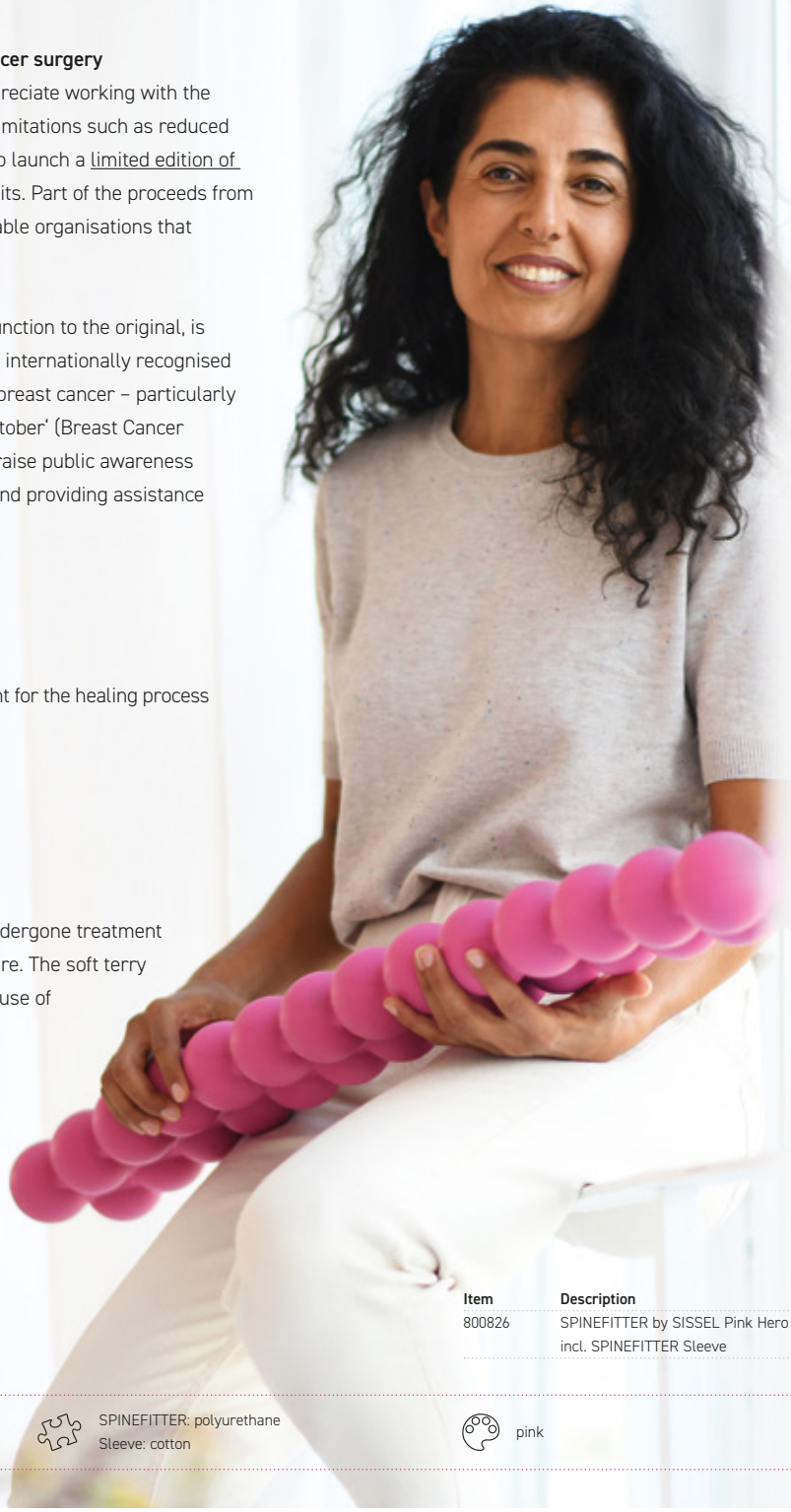
polyurethane

available in 5 colours



SPINEFITTER
BACK IN BALANCE
PINK HERO EDITION

SPINEFITTER® by SISSEL®
Pink Hero Edition



Supports rehabilitation following breast cancer surgery
Many breast cancer patients particularly appreciate working with the SPINEFITTER to address treatment-related limitations such as reduced mobility. This positive feedback inspired us to launch a limited edition of 10,008 SPINEFITTER PINK HERO EDITION units. Part of the proceeds from this Special Edition will be donated to charitable organisations that support breast cancer patients.

This training device, identical in shape and function to the original, is presented in a distinctive pink colour. Pink is internationally recognised as a symbol of solidarity in the fight against breast cancer – particularly through the Pink Ribbon campaign and 'Pinktober' (Breast Cancer Awareness Month in October). The aim is to raise public awareness of the condition, while supporting research and providing assistance to those affected.

Relieves symptoms:
- Restores shoulder mobility
- Stretches the anterior muscle chain
- Stimulates lymphatic flow, which is important for the healing process
- May contribute to pain relief
- Enhances body awareness
- May support mental health

Included: The SPINEFITTER Sleeve
Breast cancer patients who have recently undergone treatment are often more sensitive to touch and pressure. The soft terry cloth cover helps to reduce pressure during use of the SPINEFITTER.



Item	Description
800826	SPINEFITTER by SISSEL Pink Hero Edition, incl. SPINEFITTER Sleeve

SPINEFITTER: approx. 84 x 12 x 6 cm
Sleeve: approx. 87 x 16 cm

SPINEFITTER: polyurethane
Sleeve: cotton

pink

SPINEFITTER® by SISSEL® Trigger Tool

For the targeted relaxation of trigger points

The Trigger Tool allows targeted, punctual pressure to be applied to trigger points, hardenings, and tensions. The module offers a simple way to independently target and release areas of tension along the spine, helping to relieve pain. 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





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

Item	Description
800415	SPINEFITTER by SISSEL Trigger Tool
800822	SPINEFITTER by SISSEL Trigger Tool incl. SPINEFITTER anthrazit

approx. 12 x 4.5 x 7 cm

polyurethane

melon yellow

YouTube



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

SPINEFITTER® by SISSEL®
Linum & Linum Pro

For the relaxation of the paravertebral muscles

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 and helping to relieve musle tension
- Filling: natural linseed filling
- Can be combined with the SPINEFITTER and Extension Kit

SPINEFITTER by SISSEL Linum Pro

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



SPINEFITTER
not included

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







Item	Description
800424	SPINEFITTER by SISSEL Linum, anthrazit
800432	SPINEFITTER by SISSEL Linum Pro, anthrazit

approx. 84 x12 x 2 cm

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

anthrazit



SPINEFITTER® by SISSEL®
Multi Extension Kit

For greater exercise variety and targeted self-treatment

Expand the SPINEFITTER with two additional pairs of balls and the specially designed connector to achieve greater exercise variety. Introduce new training stimuli with the Multi Extension Kit and support specific areas of the body to optimise self-treatment in a more targeted way.

- Extends the regular SPINEFITTER by 12 cm (2 pairs of balls)
- Contains: 1 x SPINEFITTER Mini, Carry Strap Mini and Connector
- Expands the range of exercises
- Ideal for people over 180 cm tall
- Simple click system ensures correct alignment of the Extension Kit
- Enables precise self-treatment of certain parts of the body

SPINEFITTER by SISSEL Mini (without Connector)

- 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 Carry Strap Mini
- Can be combined with the SPINEFITTER Trigger Tool

SPINEFITTER Mini incl. Carry Strap Mini



Connector

Item	Description
800409	SPINEFITTER by SISSEL Multi Extension Kit
800402	SPINEFITTER by SISSEL Mini
800413	SPINEFITTER Extension Kit Set of 5 (without Strap)

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

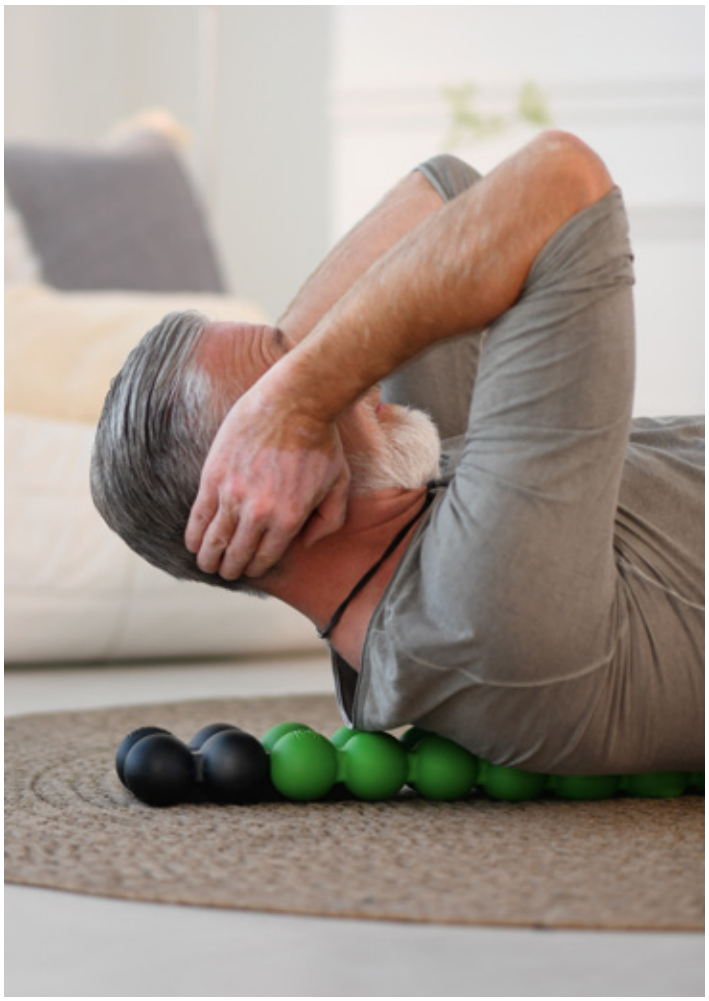
polyurethane

black











SPINEFITTER® by SISSEL® Accessories

SPINEFITTER® by SISSEL® Backpack

- The backpack for transporting one SPINEFITTER incl. 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 helps keep beverages at the desired temperature for longer.

- Double-walled, vacuum-insulated stainless steel bottle, food-safe
- Dishwasher safe
- Capacity: 500 ml
- Laser-engraved SPINEFITTER logo
- Material: stainless steel, silicone, PP
- Dimensions: approx. 23 x 6.7 cm



SPINEFITTER® by SISSEL® Coach Bag

- Matching carrying bag for 10 SPINEFITTER
- Enables easy transport of the SPINEFITTER for group training
- Dimensions: approx. 95 x 44 x 30 cm (when filled)
- Also available as a set incl. 10 SPINEFITTER (see page 16)
- Coach Bag made of 100% cotton

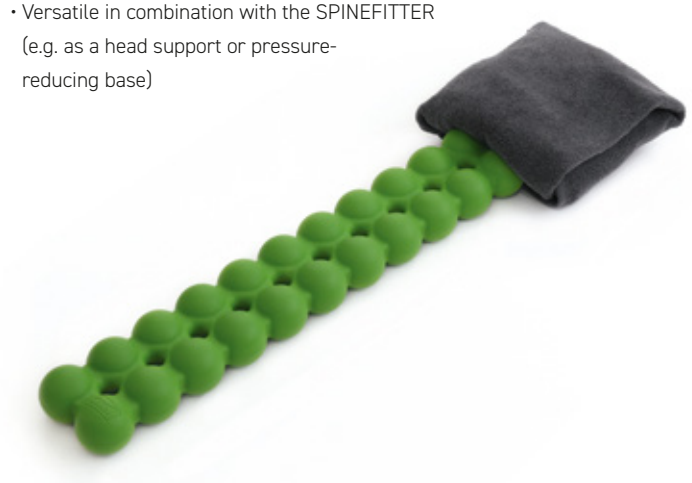


Item	Description
800427	SPINEFITTER by SISSEL Backpack, anthrazit – as long as stock lasts
800430	SPINEFITTER by SISSEL Coach Bag, anthrazit
800601	SPINEFITTER by SISSEL Drinking Bottle
800420	SPINEFITTER by SISSEL Towel
800530	SPINEFITTER by SISSEL Gym Mat Plus in Showbox
800528	SPINEFITTER by SISSEL Gym Mat Plus in bulk of 10 pcs.
800594	SPINEFITTER by SISSEL Display (SPINEFITTER not included)

SPINEFITTER® by SISSEL® Towel

SPINEFITTER Towel reduces the pressure from SPINEFITTER on the musculature along the spine, allowing for more comfortable training.

- Material: 100% cotton
- Practical training companion for the gym – easily secured to a training bench thanks to the integrated loop
- Versatile in combination with the SPINEFITTER (e.g. as a head support or pressure-reducing base)







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



SPINEFITTER® by SISSEL® Gym Mat Plus

Slip-resistant, hard-wearing and antibacterial. Offers optimum support for your training.

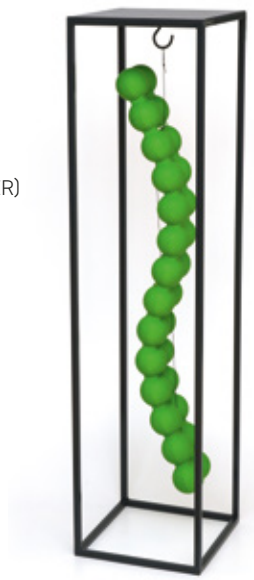
- Dimensions: approx. 180 x 60 x 1 cm
- Material: NBR



SPINEFITTER® by SISSEL® Display

Metal frame with suspension and threading set for professional SPINEFITTER customer presentation.

- Dimensions (L x W x H): approx. 25 x 25 x 100 cm
- Weight: approx. 3.5 kg (without SPINEFITTER)
- Material display: steel, lacquered
- Material of accessory pack: acrylic glass, polyethylene
- Permissible load capacity of display: 5 kg
- SPINEFITTER not included



SPINEFITTER® by SISSEL® Junior

YouTube

MADE IN EU
SISSEL® QUALITY

The training companion for children and adolescents

The SPINEFITTER Junior is aimed directly at the individual physiological needs of children (from the age of 4) and adolescents (up to approx. 60 kg). The innovative training tool for use in therapy and sport was developed together with physiotherapists and addresses typical challenges such as poor posture, motor development disorders and sensory integration problems. The SPINEFITTER Junior provides targeted support for improving core strength and can have a lasting positive effect on posture and body awareness. The child-friendly design and carefully selected, soft and tear-resistant material make the SPINEFITTER Junior a safe and durable training companion.

- Addresses the muscular, sensory and coordination challenges of children and young people
- An ideal companion for supporting and encouraging children and young people in physiotherapy and sport
- Ideally suited for balance and coordination exercises or sensorimotor training
- Material testing in accordance with EN 71-3:2019+A1:2021 (Safety of toys – Part 3: Migration of certain elements)

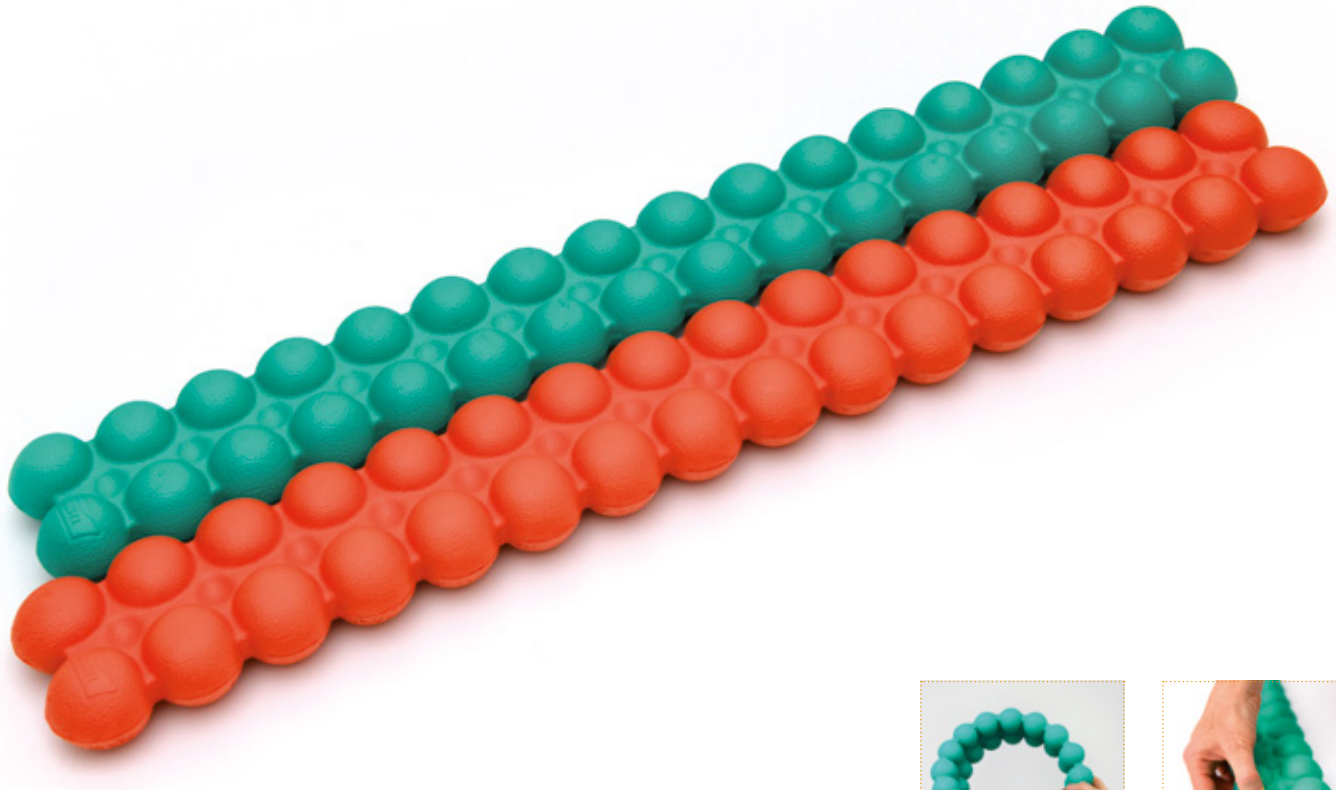
approx. 72 x 9,5 x 4,5 cm

EXTRALIGHT®

available in 2 colours







Item	Description
800743	SPINEFITTER by SISSEL Junior, lava
800747	SPINEFITTER by SISSEL Junior, ocean

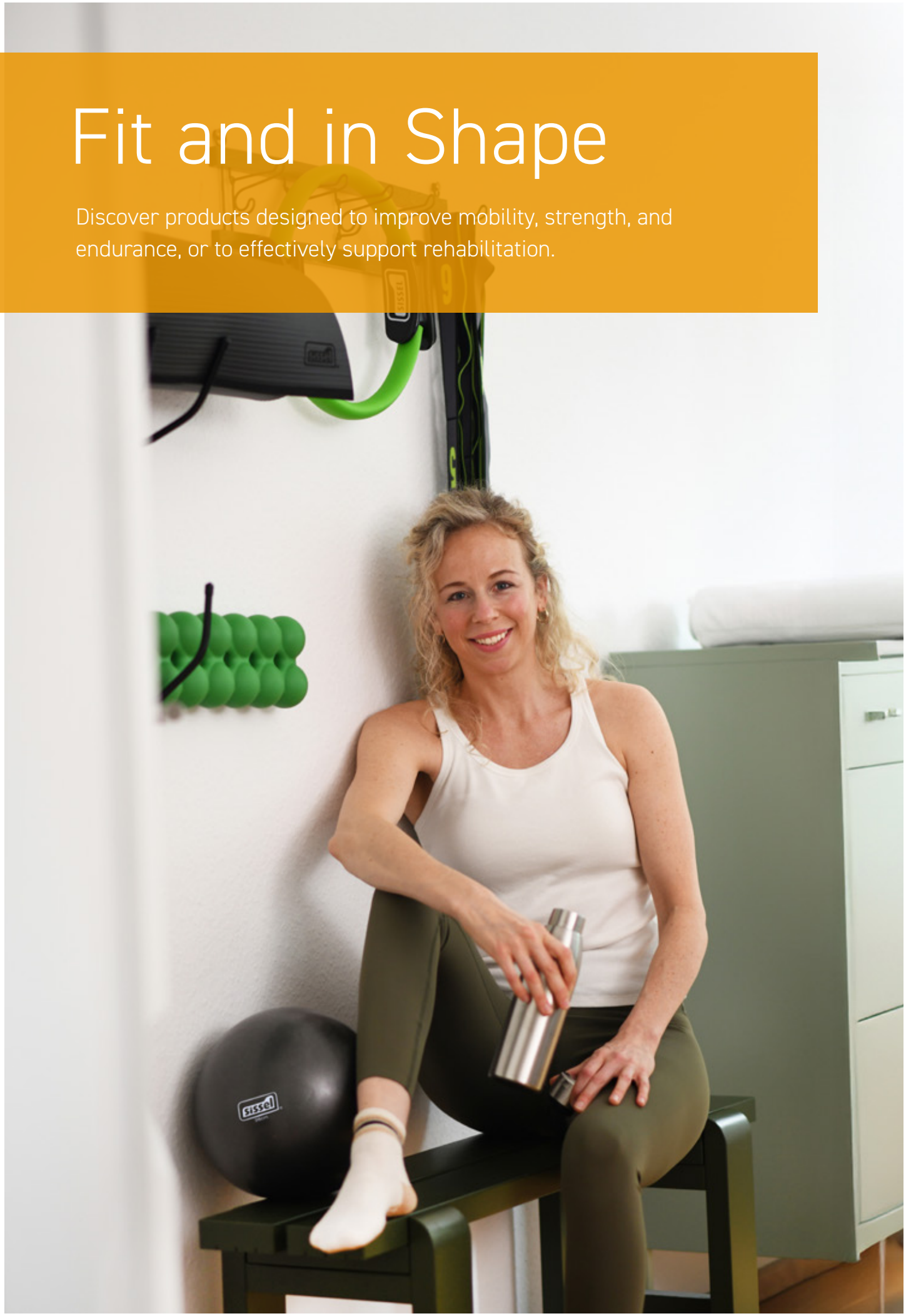
Robust and child-appropriate material – for maximum stability and safety.





Fit and in Shape

Discover products designed to improve mobility, strength, and endurance, or to effectively support rehabilitation.



SISSEL® SECUREMAX Ball

YouTube

MADE IN EU SISSEL® QUALITY

Practical fitness tool and dynamic seating solution

- Ideal as a seating solution at school or at home
- Encourages correct sitting posture
- Reduces strain on the spine and strengthens the back muscles
- Suitable for therapy and exercise
- Includes exercise poster
- Textured surface for a comfortable feel and excellent durability
- Maximum user weight: 150 kg



SECUREMAX System:
Maximum safety – when punctured, the ball will not burst but will slowly lose air.

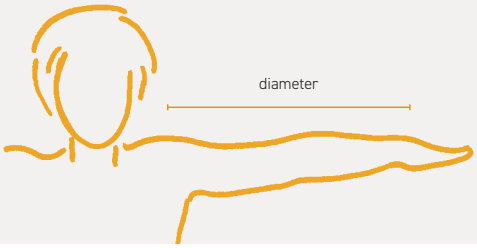
Item	Description
800716	SISSEL SECUREMAX Ball, Ø approx. 45 cm, silver
800717	SISSEL SECUREMAX Ball, Ø approx. 55 cm, silver
800209	SISSEL SECUREMAX Ball, Ø approx. 65 cm, blue-purple
800213	SISSEL SECUREMAX Ball, Ø approx. 65 cm, silver
800215	SISSEL SECUREMAX Ball, Ø approx. 75 cm, blue-purple
800214	SISSEL SECUREMAX Ball, Ø approx. 75 cm, silver

Ø approx. 45 cm, 55 cm, 65 cm, 75 cm

PVC

available in 2 colours



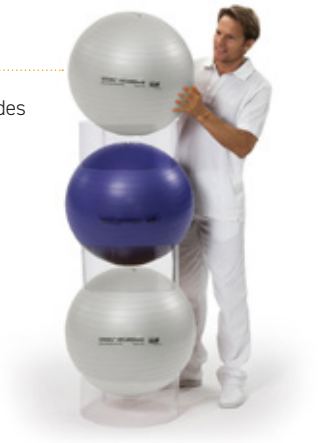


The ideal ball size
Measure the length of the arm from the shoulder to the hand. This measurement roughly corresponds to the required minimum diameter of the ball. Always choose the ball with the larger diameter.

Accessories for Gym Balls

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.

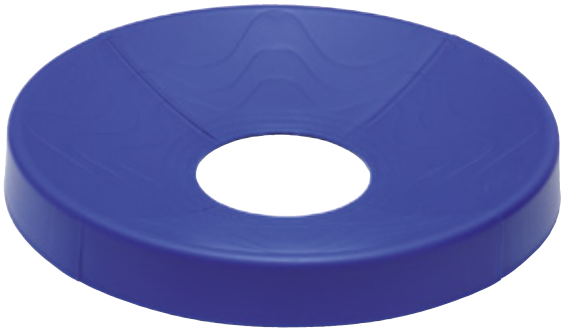




SISSEL® Stabilizer

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

YouTube







Item	Description
800216	SISSEL Stabilizer, Ø approx. 45 cm, quadripartite, blue
800218	Set of Stackers, acrylic, 3 pcs. – as long as stock lasts
800219	Hand Pump

SISSEL® Gym Ball Cover

YouTube

Turns your gym ball into a stylish piece of furniture

- Healthy sitting at home in a new look
- Soft fabric cover for enhanced seating 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.





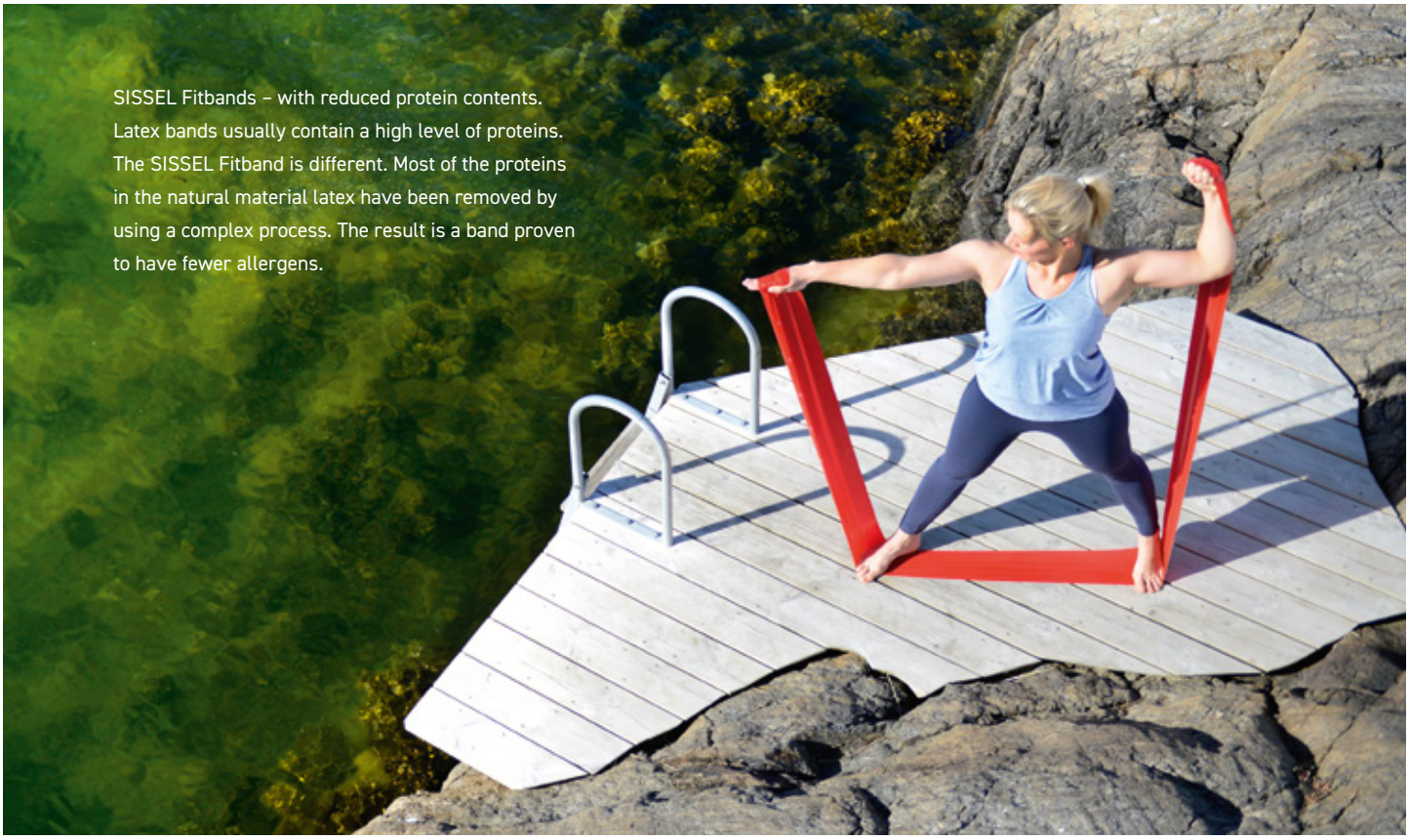
Item	Description
800205	SISSEL Gym Ball Cover, grey, 65 cm – as long as stock lasts

Ø approx. 65 cm

100% polyester

grey





SISSEL® Fitband Plus & SISSEL® Fitband Essential

YouTube

INCL. EXERCISES
SISSEL® QUALITY

Flexible training for therapy and fitness

- Supports therapy, movement exercises and muscle strengthening for all ages
- Available in 4 levels of resistance for progressive exercising

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	Description
800435	Fitband Plus, yellow (light), approx. 7.5 cm x 2 m
800436	Fitband Plus, red (medium), approx. 7.5 cm x 2 m
800437	Fitband Plus, green (strong), approx. 7.5 cm x 2 m
800438	Fitband Plus, blue (x-strong), approx. 7.5 cm x 2 m
800439	Fitband Plus, yellow (light), approx. 15 cm x 5 m
800442	Fitband Plus, red (medium), approx. 15 cm x 5 m
800443	Fitband Plus, green (strong), approx. 15 cm x 5 m
800444	Fitband Plus, blue (x-strong), approx. 15 cm x 5 m
800445	Fitband Plus, yellow (light), approx. 15 cm x 25 m
800447	Fitband Plus, red (medium), approx. 15 cm x 25 m
800448	Fitband Plus, green (strong), approx. 15 cm x 25 m
800449	Fitband Plus, blue (x-strong), approx. 15 cm x 25 m
800455	Fitband Plus, yellow (light), approx. 15 cm x 46 m
800457	Fitband Plus, red (medium), approx. 15 cm x 46 m
800458	Fitband Plus, green (strong), approx. 15 cm x 46 m
800459	Fitband Plus, blue (x-strong), approx. 15 cm x 46 m
800460	Fitband Essential, yellow (light)
800462	Fitband Essential, red (medium)
800463	Fitband Essential, green (strong)
800464	Fitband Essential, blue (x-strong)

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

latex

available in 4 colours

SISSEL® Fun & Active Band

Suitable for low-impact workouts

- Pleasant texture and extra tough
- Available in 3 different levels of resistance
- Pleasant to the touch material
- Latex free and odourless
- With practical sports box



Latex free



Item	Description
800466	SISSEL Fun & Active Band, orange, light
800467	SISSEL Fun & Active Band, yellow, medium
800468	SISSEL Fun & Active Band, green, strong

approx. 15 x 200 cm

TPE

available in 3 colours

SISSEL® Exercise Loop

Progressive resistance training for fitness and therapy

- Suitable for a wide range of applications, including group and personal training, aqua fitness and senior fitness
- Compact, convenient and easy to use
- Ideal fitness aid for travel
- Set of 2: light resistance for muscle strengthening (yellow) and strong resistance for fitness training and toning (green)





Item	Description
800465	SISSEL Exercise Loop, set of 2, 1 yellow, 1 green

approx. 5 cm x 33 cm

latex

set of 2 colours: green, yellow

SISSEL® OCTOCORE®

YouTube

INCL. EXERCISES SISSEL® QUALITY

MADE IN EU SISSEL® QUALITY

More than a training band.

The OCTOCORE combines functional training, mobilisation, stretching and strengthening in a versatile training system. By connecting all four extremities, multidimensional lines of tension are created, activating entire muscle and fascial chains while specifically engaging the deep stabilising muscles. The result is a holistic training approach that equally promotes mobility, stability, body control and quality of movement.

- X-shaped, elastic loop band for holistic and multi-dimensional training
- Activates muscle and fascial chains throughout the entire body
- Promotes the natural interaction of fascia, muscles, tendons and ligaments
- Improves body control, stability and quality of movement
- Multidimensional training instead of isolated muscle work
- Ideal for mobilisation, stretching and strengthening
- Suitable for all levels, from rehabilitation through to performance-oriented training
- Washable at 30 °C





Item	Description
800474	SISSEL OCTOCORE
800479	SISSEL OCTOCORE, Set of 10

approx. 190 x 190 cm

39% nylon, 35% polyester, 26% latex

anthracite-yellow



Train at Home

The OCTOCORE enables an effective full-body workout, even in limited space. Just a few exercises are enough to specifically improve strength, mobility, flexibility, body awareness and the activation of functional muscle chains. This makes it possible to combine a variety of training goals within a single workout, while requiring only a minimal time commitment.

- Compact, lightweight and ready to use in seconds
- Ideal for use at home, in the office or while travelling
- Just 10–20 minutes for an effective full-body workout
- Promotes strength, mobility and body awareness at the same time
- Combine multiple training goals with just a few exercises

YouTube

9 free training videos



Studio & Group Fitness

The OCTOCORE introduces new training stimuli for modern group classes and offers a wide range of applications in the studio environment. The integrated loops enable varied movement sequences, partner exercises and functional full-body workouts that can easily be incorporated into existing training concepts. The principles of the OCTOCORE are taught in a professional workshop, providing in-depth insight into the wide variety of exercises and the anatomical principles behind its functionality.

- Professional workshop available for instructors and therapists
- Suitable for both individual and group training environments

Professional Workshop



Many Reformer Principles. One Compact Training System.



Pilates-inspired movement patterns without the need for large equipment.

The OCTOCORE transfers key Reformer training principles into a compact and versatile training system. By connecting the arms, legs and trunk, functional myofascial chains are created that promote stability, body control and full-body coordination – in the studio, at home or while travelling.

- Ideal for complementing Reformer training at home and while travelling
- Space-saving, portable and ready to use in seconds

SISSEL® X-Tension Ring Set

Elastic textile bands for versatile training

- For varied, targeted training of small muscle chains and individual muscles of the entire body
- 3 different tensile strengths allow effective training in every performance range
- 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



YouTube

INCL. EXERCISES SISSEL® QUALITY

MADE IN EU SISSEL® QUALITY

Item	Description
800481	SISSEL X-Tension Ring Set

length: approx. 33 cm

39% nylon, 35% polyester, 26% latex

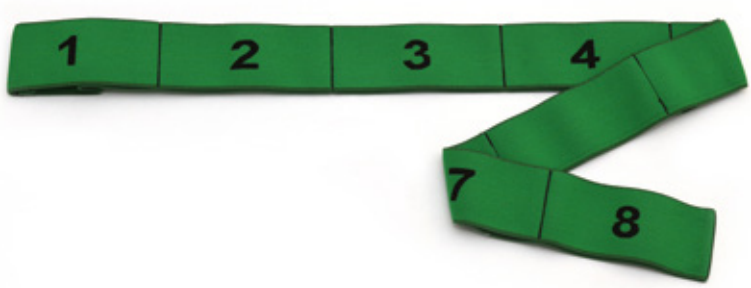
Set consisting of 3 colours: yellow, red, green



SISSEL® X-Tension Band

Versatile fabric band for fitness and strength 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



YouTube

INCL. EXERCISES
SISSEL® QUALITY

MADE IN EU
SISSEL® QUALITY

Item	Description
800473	SISSEL X-Tension Band, green, strong – as long as stock lasts

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

39% nylon, 35% polyester, 26% latex

green





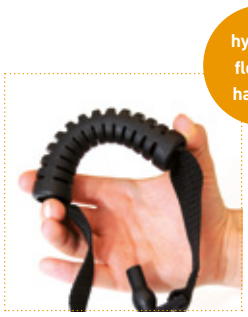
SISSEL® Fit-Tube

YouTube

INCL. EXERCISES
SISSEL® QUALITY

Ideal for resistance and strength training

- Suitable for wellness, rehabilitation, muscle strengthening and aerobics
- Supports posture and stretching exercises for upper body and legs
- With hygienic, flexible handles for a secure grip
- Available in 3 resistance levels





Item	Description
800451	SISSEL Fit-Tube, yellow (light) – as long as stock lasts
800452	SISSEL Fit-Tube, red (medium) – as long as stock lasts
800453	SISSEL Fit-Tube, blue (x-strong) – as long as stock lasts

approx. 140 cm

Tube: latex, handles: PVC,
Strap: polypropylene yarn

available in 3 colours

SISSEL® Door Anchor

Flexible door attachment for resistance bands and tubes

- Versatile addition to fitness and therapy training
- Easy adjustment by clamping in the door
- Can be positioned at the top, side or bottom of the door for targeted training





Item	Description
800450	SISSEL Door Anchor

approx. 6.5 cm x 3.2 cm

polyester/polypropylene

black

SISSEL® Sport Swing Plus

YouTube

INCL. EXERCISES SISSEL® QUALITY

The multifunctional fitness bar for dynamic core exercises

- Designed to specifically address core muscles, for cardio and strength training, motion exercises, strengthening of the deep muscles and improving 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	Description
800326	SISSEL Sport Swing Plus
800327	SISSEL Sport Swing Plus, in bulk of 10 pcs.

approx. 115 cm

Staff: fiberglass
Handle & Weights: TPR, silicone

red/dark blue

SISSEL® Gym Mat



YouTube

The perfect training mat – hygienic and easy to clean

- Skin-friendly and pleasantly warm
- Handy and easy to roll up
- Anti-slip, rugged – excellent shock-absorbing properties
- From high-quality foam for better pressure resistance
- Modern wave structure with rounded edges



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.

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

Item	Description
800507	SISSEL Gym Mat, blue, approx. 180 x 60 x 1.5 cm
800504	SISSEL Gym Mat, blue, approx. 180 x 60 x 1.5 cm, in bulk of 10 pcs.
800510	SISSEL Gym Mat, grey, approx. 180 x 60 x 1.5 cm
800509	SISSEL Gym Mat, grey, approx. 180 x 60 x 1.5 cm, in bulk of 10 pcs.

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

NBR foam

available in 2 colours

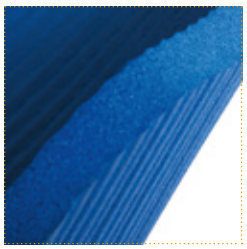
SISSEL® Gym Mat Professional

YouTube

Balanced combination of shock absorption and pressure distribution for floor exercises

- Solid surface for better hygiene, skin-friendly, warm
- Anti-slip
- Made from sturdy foam for reliable pressure resistance and durability in professional use
- Extremely tear-resistant, rugged
- Lays flat when unrolled
- Modern wave structure with rounded edges





Item	Description
800522	SISSEL Gym Mat Professional, blue Only available in bulk without packaging.

approx. 180 x 100 x 1.5 cm

NBR foam

blue

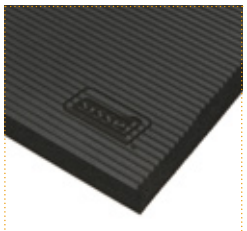


SISSEL® Gym Mat Plus

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
- Reliable pressure resistance





Item	Description
800527	SISSEL Gym Mat Plus, anthracite, in Showbox
800523	SISSEL Gym Mat Plus, anthracite, in bulk of 10 pcs.

approx. 180 x 60 x 1 cm

NBR foam

anthracite

SISSEL® EPIFLOW Kinesiology Tape

EPIFLOW
PRECISION TAPING

The Taping Innovation for Tissue Activation

The SISSEL EPIFLOW Kinesiology Tape expands the possibilities of traditional taping through its integrated activation flap. The backing paper is pre-perforated into three sections. By removing the centre strip and folding the tape back on itself, the activation flap is created and can be easily prepared by both therapists and patients.

Targeted traction applied through the activation flap allows for the precise mobilisation of the skin, connective tissue and deeper tissue structures. The tape is applied to the skin without tension. The treatment effect is generated through gentle circular movements while applying light traction to the activation flap. As only the structure being treated is taped, the material can be used in a targeted, precise and economical manner.

- The only Kinesiology Tape with an integrated activation flap
- Expands the possibilities of traditional taping
- Targeted mobilisation of the skin and connective tissue
- Precise and material-efficient application
- Can also be used like a conventional Kinesiology Tape



Remove the protective strip



Create the activation flap



The activation flap enables the mobilisation of the skin, connective tissue and scar tissue, making deeper tissue layers accessible for targeted treatment.



Item	Description
800730	SISSEL EPIFLOW Kinesiology Tape beige
800731	SISSEL EPIFLOW Kinesiology Tape blue
800732	SISSEL EPIFLOW Kinesiology Tape pink
800733	SISSEL EPIFLOW Kinesiology Tape black
800734	SISSEL EPIFLOW Kinesiology Tape lime green
800735	SISSEL EPIFLOW Kinesiology Tape brown

approx. 5 cm x 5 m

96% cotton, 4% elasthane, acrylic adhesive

available in 6 colours



Take an Active Role in Your Treatment

Following appropriate instruction, EPIFLOW can be easily applied at home. Patients can actively participate in their treatment and continue therapeutic measures independently between appointments. As little as three applications per day, each lasting three minutes, can provide valuable support to ongoing treatment.

- Supports scar care at home and the management of lymphatic congestion
- Supports the treatment of inflamed, compressed or adhered tissue, e.g. in carpal tunnel syndrome or shin splints

YouTube

6 free self-taping videos make it easy to get started

YouTube

15-minute video with free application examples for breast cancer patients



New Possibilities for Tissue Treatment

EPIFLOW opens up additional treatment options in physiotherapy, rehabilitation, lymphatic therapy and scar therapy. The precise activation of tissue can be used in the treatment of scars, lymphatic congestion, tendon, muscle and ligament attachments, as well as for a wide range of other therapeutic indications.

For Healthcare Professionals

- Scar management and scar mobilisation
- Support in the treatment of primary and secondary lymphoedema
- Application at tendon, muscle and ligament attachments
- Suitable for sports injuries and overuse-related complaints by promoting tissue circulation

60-minute video course for professionals



Scientifically Evaluated

An efficacy study involving women with Caesarean section scars demonstrated positive effects on pain and tension perception, perceived scar quality and individual quality of life.

Scan the QR code to access the efficacy study

SISSEL® Kinesiology Tape

YouTube

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	Description
800371	SISSEL Kinesiology Tape, approx. 5 cm x 5 m, natural-coloured
800372	SISSEL Kinesiology Tape, approx. 5 cm x 5 m, blue
800373	SISSEL Kinesiology Tape, approx. 5 cm x 5 m, pink
800374	SISSEL Kinesiology Tape, approx. 5 cm x 5 m, black
800375	SISSEL Kinesiology Tape, approx. 5 cm x 32 m, natural-coloured
800376	SISSEL Kinesiology Tape, approx. 5 cm x 32 m, blue
800377	SISSEL Kinesiology Tape, approx. 5 cm x 32 m, pink
800378	SISSEL Kinesiology Tape, approx. 5 cm x 32 m, black

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

96% cotton, 4% elasthane, acrylic adhesive

available in 4 colours



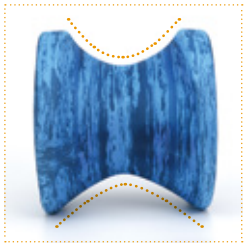
SISSEL® Knee Roller

For individualised and effective rehabilitation of the knee joint – in therapy and at home.

- Improves flexion and extension
- Targeted strengthening of the muscles surrounding the knee
- Enables quadriceps training from a deep flexion position
- Precise and selective activation of all four parts of the quadriceps



Variable curvature with different widths, precisely adaptable to each patient's individual anatomy.





Item	Description
800806	SISSEL Knee Roller

approx. 26.5 x 28 cm

50% PE, 50% EVA

blue marbled



Balance & Stability

Improve your balance, coordination, and strength with our training tools. Strengthen your core with ease as part of your everyday routine.



SISSEL® Balancefit Pad (Large)

YouTube

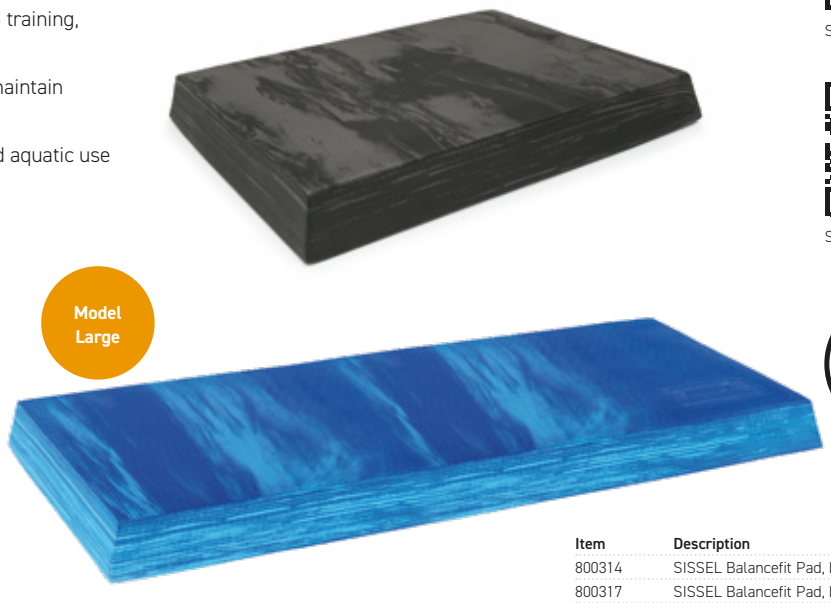
SISSEL Balancefit Pad

SISSEL Balancefit Pad Large

Ideal for balance training

- Supports coordination, reaction training, and stability exercises
- Motor skills exercises to help maintain balance
- Suitable for indoor, outdoor and aquatic use
- With an anti-slip surface
- PVC-free
- Max. body weight: 120 kg





INCL. EXERCISES
SISSEL® QUALITY

Item	Description
800314	SISSEL Balancefit Pad, blue marbled
800317	SISSEL Balancefit Pad, black marbled
800316	SISSEL Balancefit Pad Large, blue marbled

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

TPE/EVA

Balancefit Pad: blue marbled, black marbled
Balancefit Pad Large: blue marbled



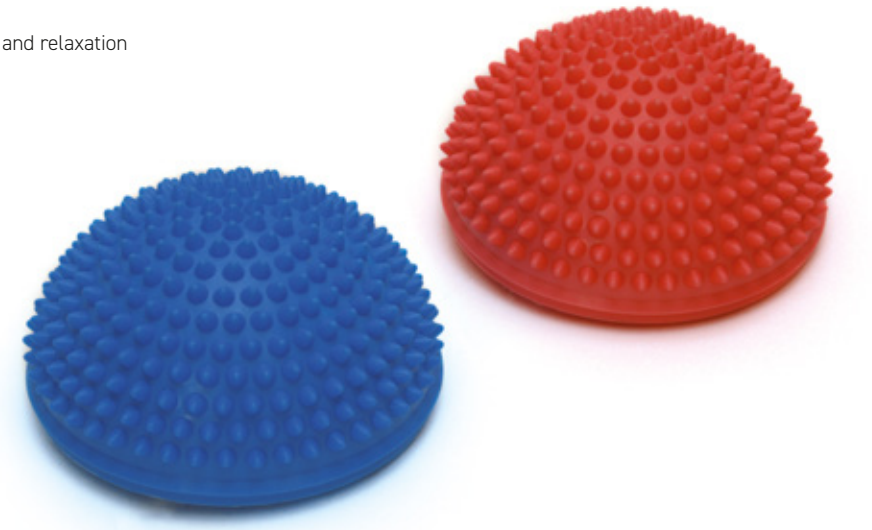
SISSEL® Spiky Dome

YouTube

For improved balance and body awareness

- Supports coordination and balance
- Helps improve body awareness and mobility
- Suitable for children and adults
- Nodule surface for a soothing foot massage and relaxation
- Moulded in one piece
- Adjustable air pressure
- Max. body weight: 80 kg
- Supplied as a set of two, including one red and one blue SISSEL Spiky Dome





Item	Description
800282	SISSEL Spiky Dome, set of 2: 1 red, 1 blue

Ø approx. 16 cm | PVC | set of 2 with one red and one blue

SISSEL® Balancefit

YouTube

MADE IN EU SISSEL® QUALITY

Supports balance, physical coordination, strength and circulation

- Specially shaped nodules in two different firmness levels on the standing surfaces help improve body awareness
- Suitable for foot massage and exercises to support venous circulation
- Supports pelvic floor training
- Can also be used as an active and dynamic sitting aid
- Needle valve for individual pressure adjustment
- Max. body weight: 130 kg





Item	Description
800311	SISSEL Balancefit, red
800313	SISSEL Balancefit, blue

approx. Ø 32 cm | PVC | available in 2 colours

SISSEL® Step-Fit

YouTube

The natural pebble beach for your home

- Improves whole-body coordination
- Ideal for sensory training in combination with other surfaces
- Foot reflexology massage
- Stimulates circulation
- Balance training
- Strengthening of the muscles

Also suitable for parcours application with other proprioceptive devices.





Item	Description
800322	SISSEL Step-Fit, approx. 48,5 x 49 cm, grey

approx. 48.5 x 49 cm

TPR

grey







SISSEL® Balance Board Plus

YouTube

INCL. EXERCISES SISSEL® QUALITY

Space-saving training aid for use at home, outdoors or in the gym

- Supports balance and proprioceptive exercises
- Improves coordination and motor skills
- Strengthens the deep muscles
- Promotes concentration
- Integrated handles for more effective training
- Max. body weight: 90 kg





Item	Description
800319	SISSEL Balance Board Plus

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

polyethylene

red

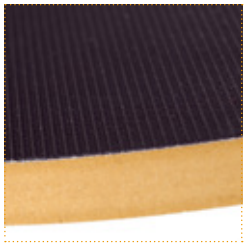


SISSEL® Balance Board Dynamic

Improves balance and coordination

- A versatile training device that can be used for balance training and many other exercise variations
- For progressive exercising without changing equipment
- Max. body weight: 150 kg









Item	Description
800330	SISSEL Balance Board Dynamic – as long as stock lasts

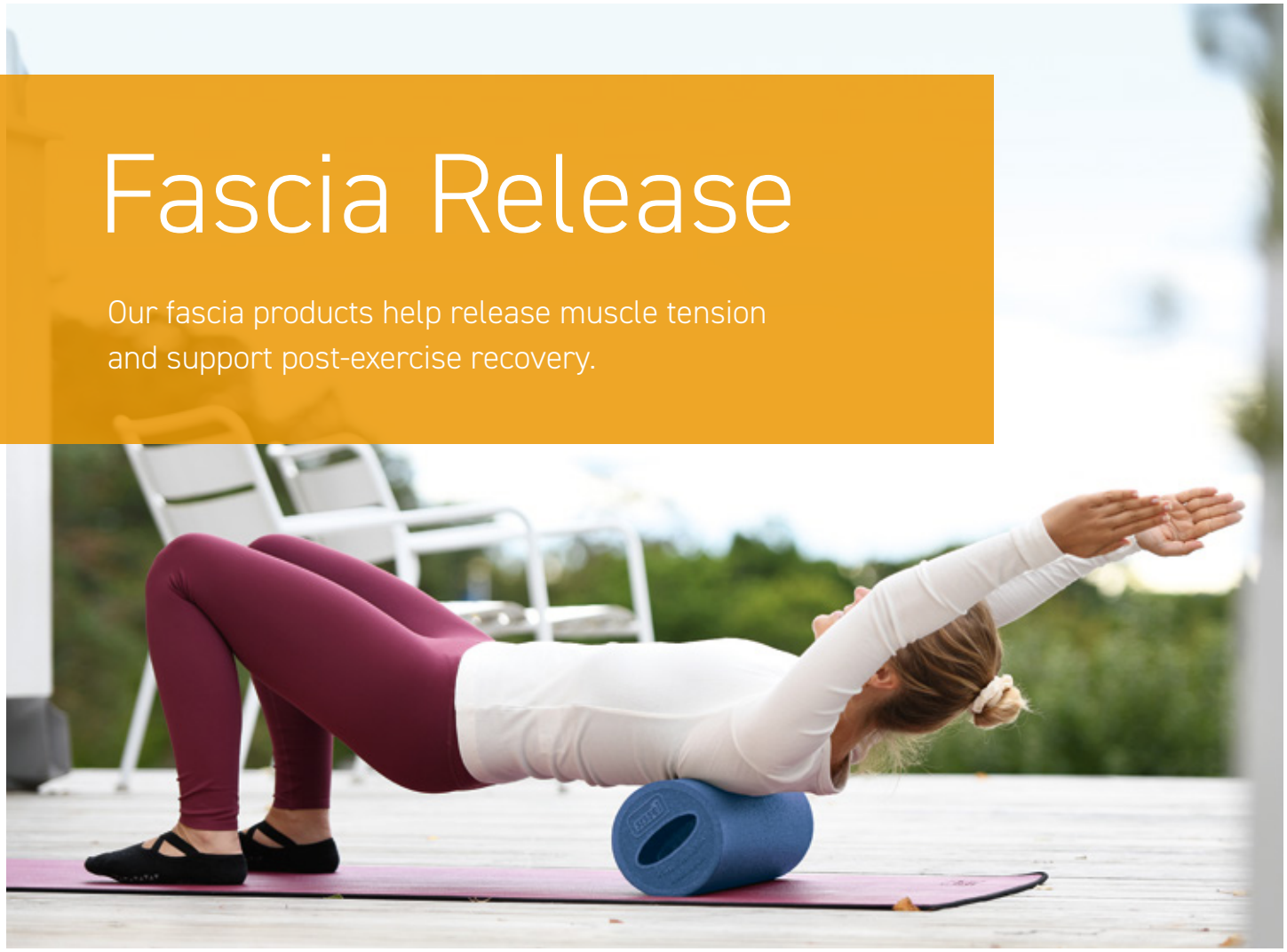
Ø approx. 40 cm, height: approx. 8 cm

wood, with non-slip PVC surface

black / wood

Fascia Release

Our fascia products help release muscle tension and support post-exercise recovery.



SISSEL® Myofascia Roller

YouTube

MADE IN GERMANY
SISSEL® QUALITY

The fascia roller for promoting muscle activity and recovery

- Helps release and relax overworked muscles and the surrounding fascial tissue
- Promotes muscle function, recovery and mobility
- May help prevent muscle soreness
- Ideal for massaging the neck, shoulders and upper arms, the spinal erectors, as well as the hips, calves and front, inner and back of the thighs
- Ideal complement to sport, physiotherapy and osteopathy
- Deep-acting massage effect
- Durable, robust and easy to handle
- Anatomically optimised size for enhanced comfort, tailored to hip and shoulder width
- Ergonomic hand recess for a secure grip and correct exercise execution
- Odourless



Item	Description
800343	SISSEL Myofascia Roller, blue – as long as stock lasts
800345	SISSEL Myofascia Roller, blue/soft white – as long as stock lasts
800346	SISSEL Myofascia Roller, lime green – as long as stock lasts
800349	SISSEL Myofascia Roller, magenta/lime – as long as stock lasts

Ø approx. 15 cm, length approx. 40 cm

EPP

available in 4 colours

SISSEL® Myofascia Roller Mini

YouTube

MADE IN GERMANY
SISSEL® QUALITY

Compact, lightweight and easy to take anywhere

- Supports self-massage of tension in smaller, sensitive areas of the body and muscle groups
- Ideal for targeted pressure massage of the forearms, upper arms, neck and shoulders, face and forehead, leg muscles and the soles of the feet
- Particularly effective for connective tissue massage
- Can be used on the floor or against a wall
- Compact, lightweight and easy to use thanks to its optimised size
- Convenient to carry and take with you wherever you go
- Odourless





Item	Description
800358	SISSEL Myofascia Roller Mini, black, without Showbox – as long as stock lasts

Ø approx. 5.2 cm, length approx. 17 cm

EPP

black

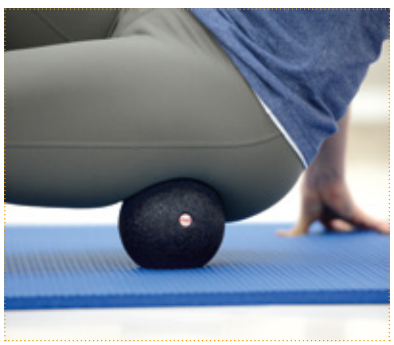
SISSEL® Myofascia Ball

YouTube

MADE IN GERMANY
SISSEL® QUALITY

The fascia ball for targeted self-massage

- Helps release muscle tightness and fascial tension, even in hard-to-reach areas of the body
- Supports self-massage and the targeted relief of muscle tension
- Promotes muscle function, recovery and flexibility
- Ideal for targeted pressure massage of the shoulders, feet and back
- Can be used on the floor, on a table or against a wall
- Use on the floor, table or on the wall
- Odourless





Item	Description
800354	SISSEL Myofascia Ball, approx. 12 cm, black – as long as stock lasts

Ø approx. 12 cm

EPP

black

SISSEL® Myofascia Double Ball

YouTube

MADE IN GERMANY
SISSEL® QUALITY

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

- For self-massage and targeted release of tense muscles
- Targets tension in the muscles running along both sides of the spine
- For intensive pressure massage of neck, calf and leg muscles
- Use on the floor or on the wall
- Odourless





Item	Description
800360	SISSEL Myofascia Double Ball, 8 x 16 cm, black – as long as stock lasts
800363	SISSEL Myofascia Double Ball, 12 x 24 cm, black – as long as stock lasts

available in 2 sizes:
approx. 8 x 16 cm, approx. 12 x 24 cm

EPP

black

SISSEL® Vitalyzor

YouTube

INCL. EXERCISES
SISSEL® QUALITY

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 muscle tension throughout the body, especially the back
- Hygienic, skin-friendly, portable





Item	Description
800272	SISSEL Vitalyzor – as long as stock lasts

approx. 15 x 7.5 cm

silicone

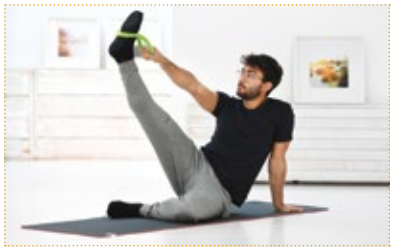
blue

SISSEL® Mobilyzor Set

YouTube

Versatile companion for massage, stretching, and mobilisation

- Supports massage treatments, stretching, and mobilisation exercises
- Designed for Pilates and yoga stretching exercises
- Nubbed version is suitable for targeted massage
- Smooth version is ideal for fascia release techniques
- Set of 2 SISSEL Mobilyzor (smooth version/textured version)





Item	Description
800289	SISSEL Mobilyzor Set – as long as stock lasts

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

PP

1 x lime green, 1 x light blue

SISSEL® Massage Roller

YouTube

Helps relieve muscle tension

- Supports connective tissue massage and helps ease muscle tension
- Ideal for relaxation and recovery
- Helps reduce muscle tension
- Stimulates circulation
- Suitable for massaging the back and leg muscles





Item	Description
800564	SISSEL Massage Roller, approx. 47 cm, blue

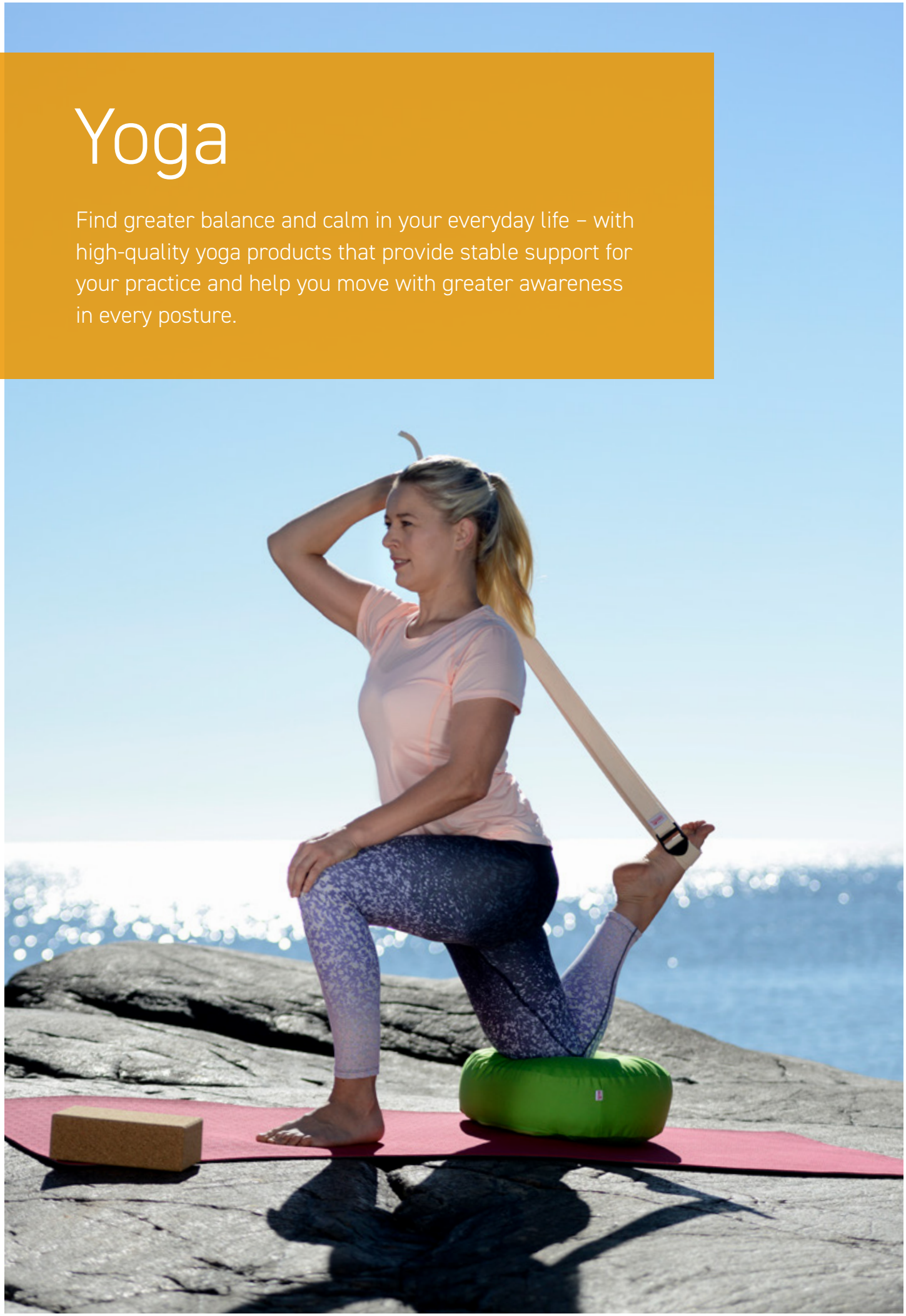
Ø approx. 15 cm, length: approx. 47 cm long

PE

blue

Yoga

Find greater balance and calm in your everyday life – with high-quality yoga products that provide stable support for your practice and help you move with greater awareness in every posture.



SISSEL® Yoga Relax Cushion Fresh Green

YouTube

MADE IN GERMANY
SISSEL® QUALITY

Comfortable seating thanks to its supportive height

- Provides excellent support – also suitable as a base for many yoga postures
- Offers stable support for proper meditation posture
- The spelt husk filling is temperature-regulating, moisture-wicking, breathable, and pressure-relieving
- Inner cover with zip for easy refilling
- Separate high-quality cover, washable at 40 °C







Item	Description
800038	SISSEL Yoga Relax Cushion, fresh green

Ø approx. 40 cm, height: approx. 11.5 cm

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

fresh green

SISSEL® Yoga Block

YouTube

The accessory for easier practice

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





Item	Description
800333	SISSEL Yoga Block, burgundy
800334	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 (burgundy)/solid cork

2 models/colours available:
burgundy, solid cork



SISSEL® Yoga Belt

Leave everyday stress behind through focus, targeted exercises and relaxation

- Suitable for yoga beginners and experienced practitioners alike
- Reinforced cotton strap



Item	Description
800331	SISSEL Yoga Belt, approx. 1.8 m – as long as stock lasts
800332	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	Description
800370	SISSEL Yoga Socks, L/XL (41-45) – as long as stock lasts

L/XL (41 – 45)

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

black



SISSEL® Pilates & Yoga Mat

YouTube

A high-quality anti-slip mat for Pilates and yoga exercises

- Easy to clean and convenient to roll up
- With an attractive fabric border





Item	Description
800576	SISSEL Pilates & Yoga Mat

approx. 180 x 60 x 0.6 cm | PVC/polyester | bordeaux

SISSEL® Yoga Mat

The classic yoga mat

- Wipeable, rolls up easily



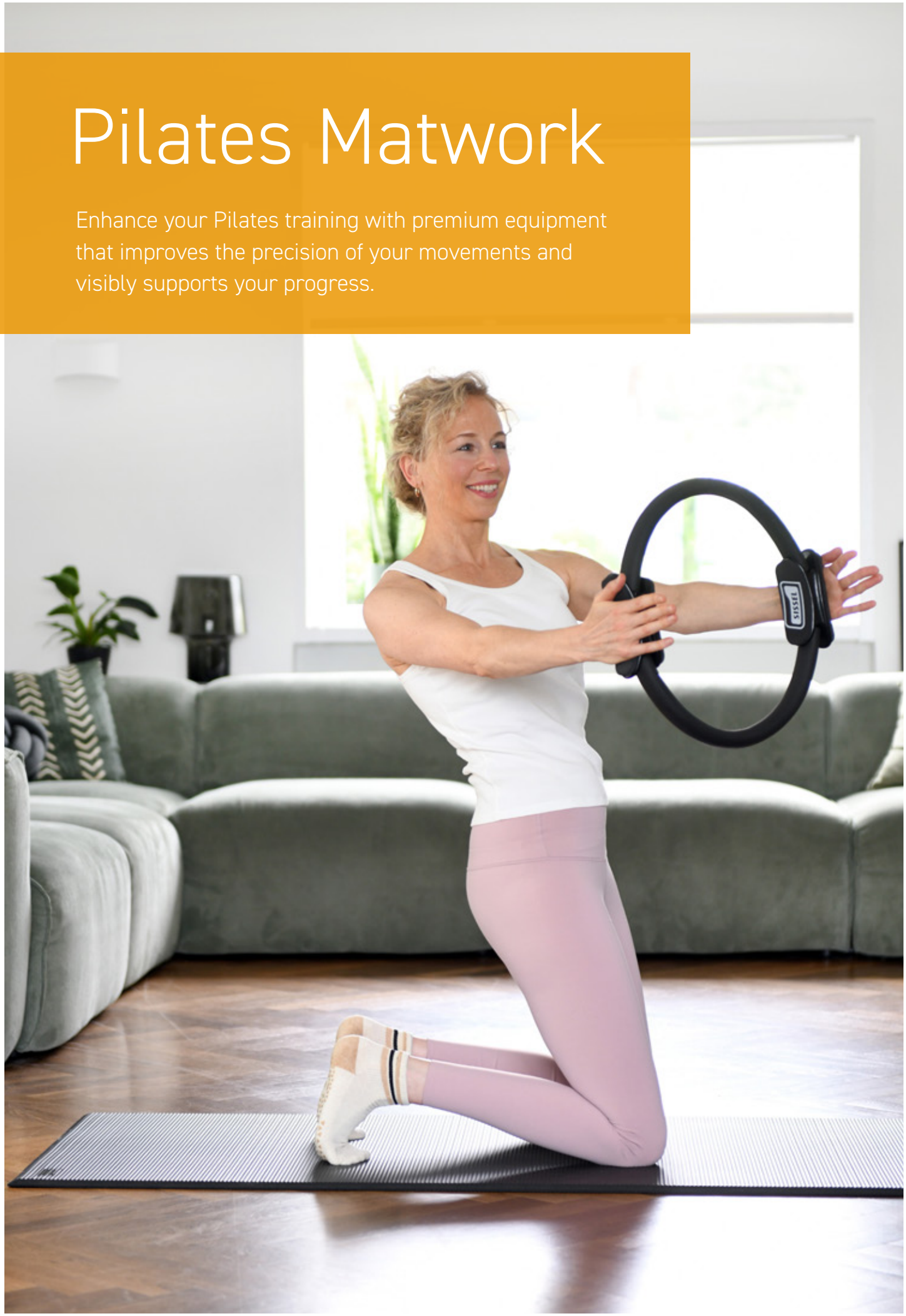


Item	Description
800520	SISSEL Yoga Mat, fuchsia – as long as stock lasts

approx. 180 x 60 x 0.4 cm | PVC | fuchsia

Pilates Matwork

Enhance your Pilates training with premium equipment that improves the precision of your movements and visibly supports your progress.



Pilates – Body & Mind Training

The secret of the method lies in its holistic approach, with positive effects on both body and mind: Pilates tones the body and improves flexibility, strength, endurance, and inner balance.

Pilates matwork is the most widely recognised form of Pilates training. Joseph Pilates (1883–1967), the founder of the renowned Pilates method, developed numerous gentle yet highly effective exercises that can be performed on a mat.

Depending on the desired level of difficulty, small equipment such as balls or rollers can be used to vary the exercises. Pilates matwork can be practised easily at home. In addition, many fitness studios and physiotherapy practices have integrated this training method and offer Pilates matwork as personal training or in group classes.

'In 10 sessions you'll feel the difference, in 20 sessions you'll see a difference, and in 30 sessions you'll have a whole new body.'
Joseph Pilates

SISSEL® Pilates Circle

YouTube

INCL. EXERCISES
SISSEL® QUALITY

Great variety of exercises for core and leg strength
- Diversifies and intensifies many pilates exercises
- Enclosed fibreglass ring with padding on both sides
- Soft and comfortable due to anti-slip coating
- Latex-free



Item	Description
800559	SISSEL Pilates Circle, incl. exercise poster
800563	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 green

SISSEL® Pilates Roller

The SISSEL Pilates Roller range offers the ideal complement to Pilates mat training, particularly for balance and stabilisation exercises as well as for fascia release.

INCL. EXERCISES
SISSEL® QUALITY

Item	Description
800547	SISSEL Pilates Roller, approx. 90 cm, white
800548	SISSEL Pilates Roller Pro, approx. 90 cm, solid blue
800555	SISSEL Pilates Roller Pro, approx. 90 cm, grey
800550	SISSEL Pilates Roller Pro, approx. 100 cm, solid blue
800557	SISSEL Pilates Roller Pro, approx. 100 cm, grey
800551	SISSEL Pilates Roller Pro Soft, approx 90 cm, blue marbled
800552	SISSEL Intense Roller, approx. 100 cm, black

Ø approx. 15 cm
Length: see product description

see product description

see product description



Image partially generated using AI.

SISSEL Pilates Roller

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

MADE IN EU
SISSEL® QUALITY



YouTube

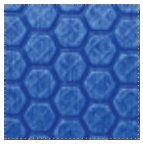


SISSEL Pilates Roller Pro

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



YouTube



SISSEL Pilates Roller Pro Soft

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



YouTube



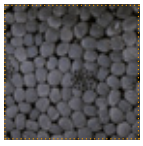
SISSEL Intense Roller

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

MADE IN GERMANY
SISSEL® QUALITY



YouTube





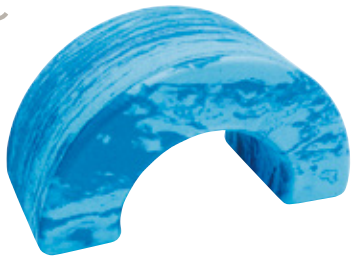
SISSEL® Pilates Roller Head Align Dynamic

YouTube

INCL. EXERCISES
SISSEL® QUALITY

Reliable neck-support for Pilates exercises

- Practical tool for Pilates mat and roller exercises
- Prevents over-extension of cervical spine
- Supports proper body alignment
- Keeps head in an anatomically correct position
- Rounded shape for dynamic positioning
- Can be used with the curved side facing up or down



Item	Description
800586	SISSEL Pilates Roller Head Align Dynamic, blue marbled

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

PE

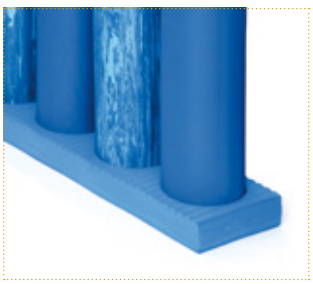
blue marbled

SISSEL® Pilates Roller Center

Space-saving accessory designed to store up to 5 rollers

- Accomodates all SISSEL Pilates Rollers





Item	Description
800585	SISSEL Pilates Roller Center, blue

approx. 95 x 19.5 x 6 cm

PE

blue

SISSEL® Pilates Toning Ball

A perfect addition to your Pilates mat programme

- Exercises arms, shoulders, and upper body
- Toning balls can be easily integrated into many Pilates exercises
- Available in 2 weights: approx. 450 and 900 g
- Set of 2





Item	Description
800572	SISSEL Pilates Toning Ball, approx. 450 g, set of 2, blue
800574	SISSEL Pilates Toning Ball, approx. 900 g, set of 2, blue

Ø approx. 9 cm

PVC
Filling: sand

blue

SISSEL® Pilates Soft Ball

Supports muscle strengthening

- Specifically designed for spine and abdominal muscle training
- Max. body weight: 155 kg





Item	Description
800566	SISSEL Pilates Soft Ball, Ø approx. 22 cm, blue
800567	SISSEL Pilates Soft Ball, Ø approx. 26 cm, blue
800569	SISSEL Pilates Soft Ball, Ø approx. 22 cm, metallic
800571	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

For stable movements and a more powerful Pilates workout

- 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

YouTube

INCL. EXERCISES SISSEL® QUALITY

MADE IN GERMANY SISSEL® QUALITY





Item	Description
800578	SISSEL Pilates Band, natural-coloured
800579	SISSEL Pilates Band, blue
800580	SISSEL Pilates Band, red

approx. 20 x 125 cm

100% cotton

available in 3 colours

SISSEL® Pilates Core Trainer

All-round tool for an effective core workout

- For a targeted shaping of individual problem zones
- Use to strengthen back, arm and leg musculature
- 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

INCL. EXERCISES SISSEL® QUALITY



Item	Description
800587	SISSEL Pilates Core Trainer, lime green – as long as stock lasts

approx. 60 x 60 x 2.8 cm

latex

lime green

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



YouTube



Item	Description
800581	S/M (36-39) – as long as stock lasts
800582	L/XL (40-42) – as long as stock lasts

S/M (36–39)
L/XL (40-42)

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

black



SISSEL® Pilates Socks

Toe socks with non-slip sole

- Improve tactile perception
- Hygienic, antibacterial and odour-neutral
- With thermal regulating effect: warm and comfortable in cold weather; breathable and cool in hot weather
- Effective moisture management – absorbs sweat and helps keep feet comfortably dry
- Washable at 30 °C







Item	Description
800583	viscose, S/M (35-39), fuchsia – as long as stock lasts
800584	viscose, S/M (35-39), sky blue – as long as stock lasts

S/M (35–39)

70% viscose, 25% polyester, 5% elastane

available in 2 colours

Hand Therapy

Training the muscles of the hands and fingers is essential in therapy. Grasping, holding, and rotating objects are automatic movements, and their loss can significantly affect everyday life. Particularly with increasing age, after injuries, or in the case of certain conditions, dexterity can decline considerably.



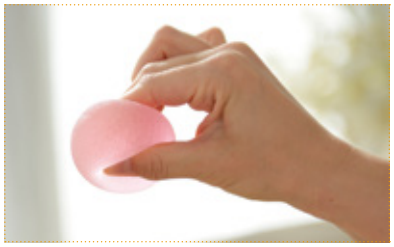
SISSEL® Press Ball & Press Egg

YouTube

Work your hands and forearms

- For targeted strengthening of the hand and forearm muscles and improved mobility
- 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	Description
800291	SISSEL Press Ball, pink (soft)
800292	SISSEL Press Ball, blue (medium)
800293	SISSEL Press Ball, green (strong)
800294	SISSEL Press Ball, orange (x-strong)
800295	SISSEL Press Egg, pink (soft)
800296	SISSEL Press Egg, blue (medium)
800297	SISSEL Press Egg, green (strong)
800298	SISSEL Press Egg, orange (x-strong)

Press Ball: Ø approx. 4,5 cm
Press Egg: approx. 6.5 x 4.5 x 4.5 cm

TPE

available in 4 colours

SISSEL® Finger Exerciser

Finger and hand mobilisation

- 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



firm

medium

Latex free



soft

x-soft

Item	Description
800306	SISSEL Finger Exerciser, 4 pcs., x-soft/soft
800307	SISSEL Finger Exerciser, 4 pcs., medium/firm

Ø approx. 6.5 cm

TPE

blue/pink, orange/green

SISSEL® Twin Grip

Hand trainer – highly elastic, flexible and odourless

- Maintains and increases flexibility
- Promotes muscle build-up in rehabilitation
- Relaxing
- Set of 2 with 2 resistances (pink-soft/green-medium)





Item	Description
800335	SISSEL Twin Grip, set of 2

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

TPE

pink/green



SISSEL® Putty

YouTube

Putty for finger and hand exercises

- Use to strengthen and mobilise 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, allow training intensity to be increased progressively





Item	Description
800299	SISSEL Putty, ivory (x-soft), approx. 85 g
800300	SISSEL Putty, yellow (soft), approx. 85 g
800301	SISSEL Putty, red (medium), approx. 85 g
800302	SISSEL Putty, green (strong), approx. 85 g
800303	SISSEL Putty, blue (x-strong), approx. 85 g

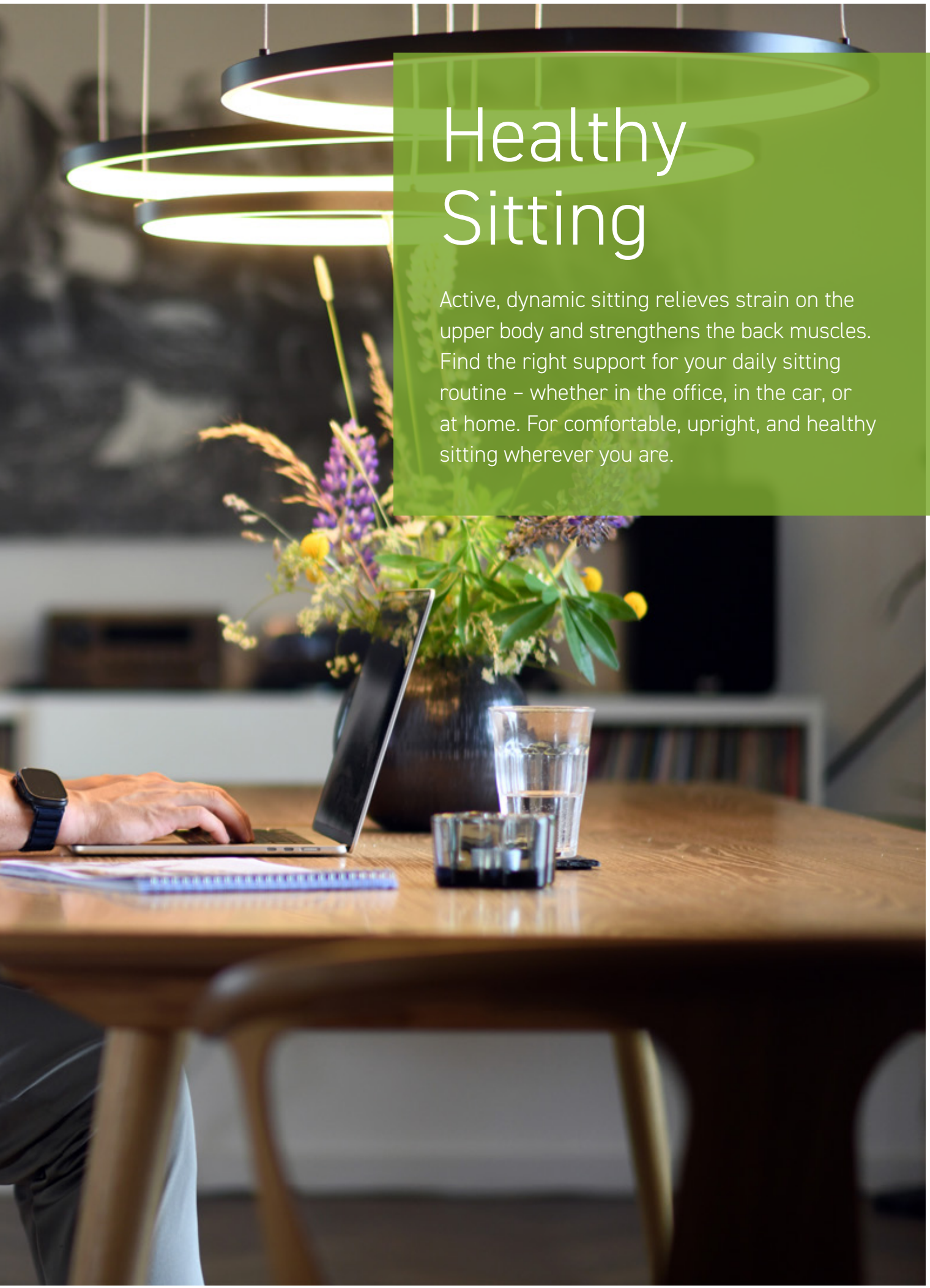
approx. 85 g,
Box approx. 6 cm

Silicone elastomer

available in 5 colours







Healthy Sitting

Active, dynamic sitting relieves strain on the upper body and strengthens the back muscles. Find the right support for your daily sitting routine – whether in the office, in the car, or at home. For comfortable, upright, and healthy sitting wherever you are.

SISSEL® SITFIT Plus

YouTube

MADE IN EU SISSEL® QUALITY

INCL. EXERCISES SISSEL® QUALITY

Active sitting with a 2-in-1 design

- Combines the benefits of a wedge seat and an air-filled seat cushion
- Balances active sitting with seating comfort thanks to its anatomical shape
- The innovative shape allows the cushion to be used in different positions. For beginners, sitting on the front thigh support is recommended.
- Active, dynamic sitting helps relieve strain on the upper body while strengthening the back muscles
- Encourages an upright posture
- Can also be used to train the back and pelvic floor muscles
- Includes a pump for individual pressure adjustment
- Max. body weight: 138 kg

Latex free





Rounded front edge:
- Promotes active, dynamic sitting
- Suitable for shorter sitting periods and exercises

Thigh support at the front:
- Provides a more stable sitting position
- Supports comfortable sitting for longer periods





Options:

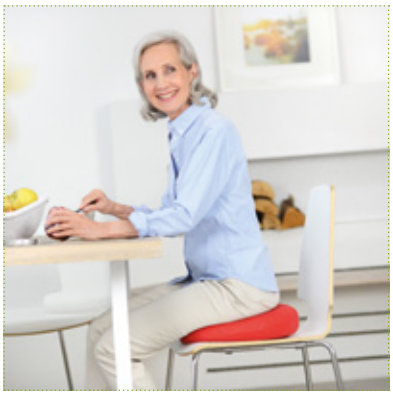
- Velours cover (75% cotton/25% polyester), available in black

- Textured cotton cover available in sand colour (100% cotton)



Item	Description
800230	SISSEL SITFIT Plus, blue
800231	SISSEL SITFIT Plus, red
800232	SISSEL SITFIT Plus, black
800235	Cover, Ø approx. 37 cm, velours, black
800236	Cover, Ø approx. 37 cm, organic cotton, sand
800239	Pump for SITFIT Plus







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

PVC

available in 3 colours

SISSEL® SITFIT

Keeps your back fit

- Helps strengthen the back and pelvic floor muscles
- Promotes activation of the foot and leg muscles
- Helps reduce strain on the upper body while supporting the back muscles
- Can also be used for active, dynamic sitting
- Adjustable air pressure for customised comfort and support
- Max. body weight: 138 kg



Latex free

Options:

- Velour cover (75% cotton/25% polyester), available in 3 colours



- Textured cotton cover available in sand colour (100% cotton)





It's never too early for healthy sitting
The SISSEL SITFIT Ø 33 cm is particularly suited for children and teenagers. Extended periods of sitting at the computer, doing homework, or studying can also become effective back training at the same time.





Item	Description
800241	SISSEL SITFIT, Ø approx. 33 cm, black
800244	SISSEL SITFIT, Ø approx. 33 cm, blue
800250	SISSEL SITFIT, Ø approx. 36 cm, black
800252	SISSEL SITFIT, Ø approx. 36 cm, blue
800247	Cover, Ø approx. 33 cm, velours, black
800245	Cover, Ø approx. 33 cm, velours, bordeaux – as long as stock lasts
800248	Cover, Ø approx. 33 cm, organic cotton, sand
800253	Cover, Ø approx. 36 cm, velours, blue – as long as stock lasts
800256	Cover, Ø approx. 36 cm, velours, black
800257	Cover, Ø approx. 36 cm, organic cotton, sand

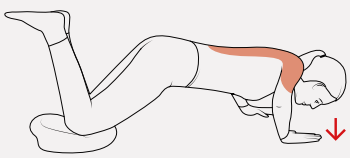
Ø approx. 33 cm
Ø approx. 36 cm

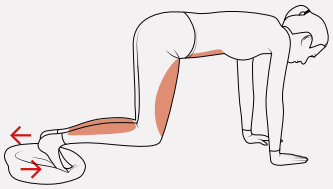
PVC

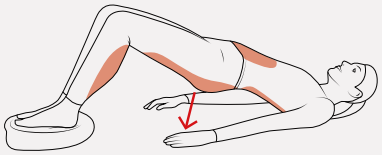
available in 2 colours

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

Use the exercise poster for a balanced full-body workout.









SISSEL® Sit Special 2 in 1

YouTube

For comfortable, soft, and upright sitting – helps relieve pressure on the 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

MADE IN SWEDEN
SISSEL® QUALITY

5 YEARS GUARANTEE
SISSEL® QUALITY



With a removable recess in the sacrum area for pressure relief







Item	Description
800090	SISSEL Sit Special 2 in 1, incl. cover, blue
800095	SISSEL Sit Special 2 in 1, incl. cover, grey
800091	Extra cover, blue structured
800096	Extra cover, grey structured

approx. 43 x 40 x 9 cm

Cover: 100% polyester
Filling: polyurethane foam, viscoelastic foam

available in 2 colours

SISSEL® Sit Standard

Promote a perfectly upright posture

- Relieve spine and intervertebral discs and this way enhance an ergonomically and anatomically correct sitting posture
- Stable rebonded foam 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



The sitting wedges are made of rebonded foam manufactured from recycled PU foam

Item	Description
800100	SISSEL Sit Standard, with cover, blue
800102	SISSEL Sit Standard, with cover, black
800105	SISSEL Sit Standard, with cover, burgundy – as long as stock lasts
800088	Extra cover, SISSEL Sit Standard, black
800089	Extra cover, SISSEL Sit Standard, blue
800616	Extra cover, SISSEL Sit Standard, burgundy – as long as stock lasts





approx. 35 x 35 x 6.5 cm

Cover: 100% cotton
Filling: 100% rebonded foam made from recycled PU foam

available in 4 colours

SISSEL® DorsaBack

YouTube

Encourages healthy and upright sitting

- 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)
- Easy to transport, weighs only 2.3 kg
- Covered in a durable fabric

Optional accessory: SISSEL DorsaBack-Pad for SISSEL DorsaBack

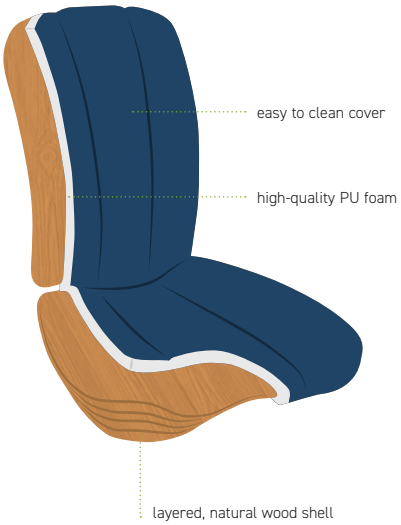
- Height-adjustable lumbar support
- Colours and material identical to the SISSEL DorsaBack











Item	Description
800117	SISSEL DorsaBack, black
800118	SISSEL DorsaBack, grey
800119	SISSEL DorsaBack, blue – as long as stock lasts
800120	SISSEL DorsaBack-Pad, black
800121	SISSEL DorsaBack-Pad, grey

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: 50% polyester / 50% polyamide
Inlay: ergonomically moulded wood

available in 3 colours

SISSEL® DorsaBack-Car

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

- Anatomically shaped wooden core
- Provides large-area support for the back along its entire length
- Easily attaches to any car seat using retaining straps
- Matching lumbar support, SISSEL DorsaBack Pad, also available



SISSEL DorsaBack-Pad (optional accessory)

SISSEL DorsaBack-Car



Item	Description
800113	SISSEL DorsaBack-Car, black
800115	SISSEL DorsaBack-Car, grey
800120	SISSEL DorsaBack-Pad, black
800121	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: 50% polyester / 50% polyamide
Inlay: ergonomically moulded wood

available in 2 colours

Please note: This product is not suitable for seats with integrated side airbags in the backrest.





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

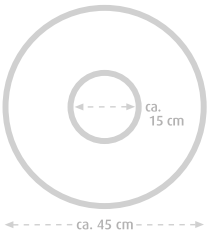
Option:

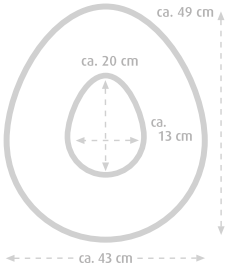
- PU hygiene cover (liquid-tight)











Item	Description
800135	SISSEL Sit Ring, incl. terry cover, round, white
800139	SISSEL Sit Ring, incl. terry cover, oval, white
800140	Extra cover, round/oval, terry, white
800136	Extra cover, round/oval, PU, blue

Round: Ø approx. 45 x 8 cm
Oval: approx. 43 x 49 x 8 cm

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

white

SISSEL® Back

MADE IN SWEDEN
SISSEL® QUALITY

5 YEARS GUARANTEE
SISSEL® QUALITY

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	Description
800132	SISSEL Back, grey
800133	Extra cover, grey structured

approx. 33 x 33 cm

Cover: 100% polyester

grey

SISSEL® Tour

MADE IN EU
SISSEL® QUALITY

The height-adjustable lumbar support

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





Item	Description
800123	SISSEL Tour, black

approx. 31.5 x 25.5 x 5.5 cm deep

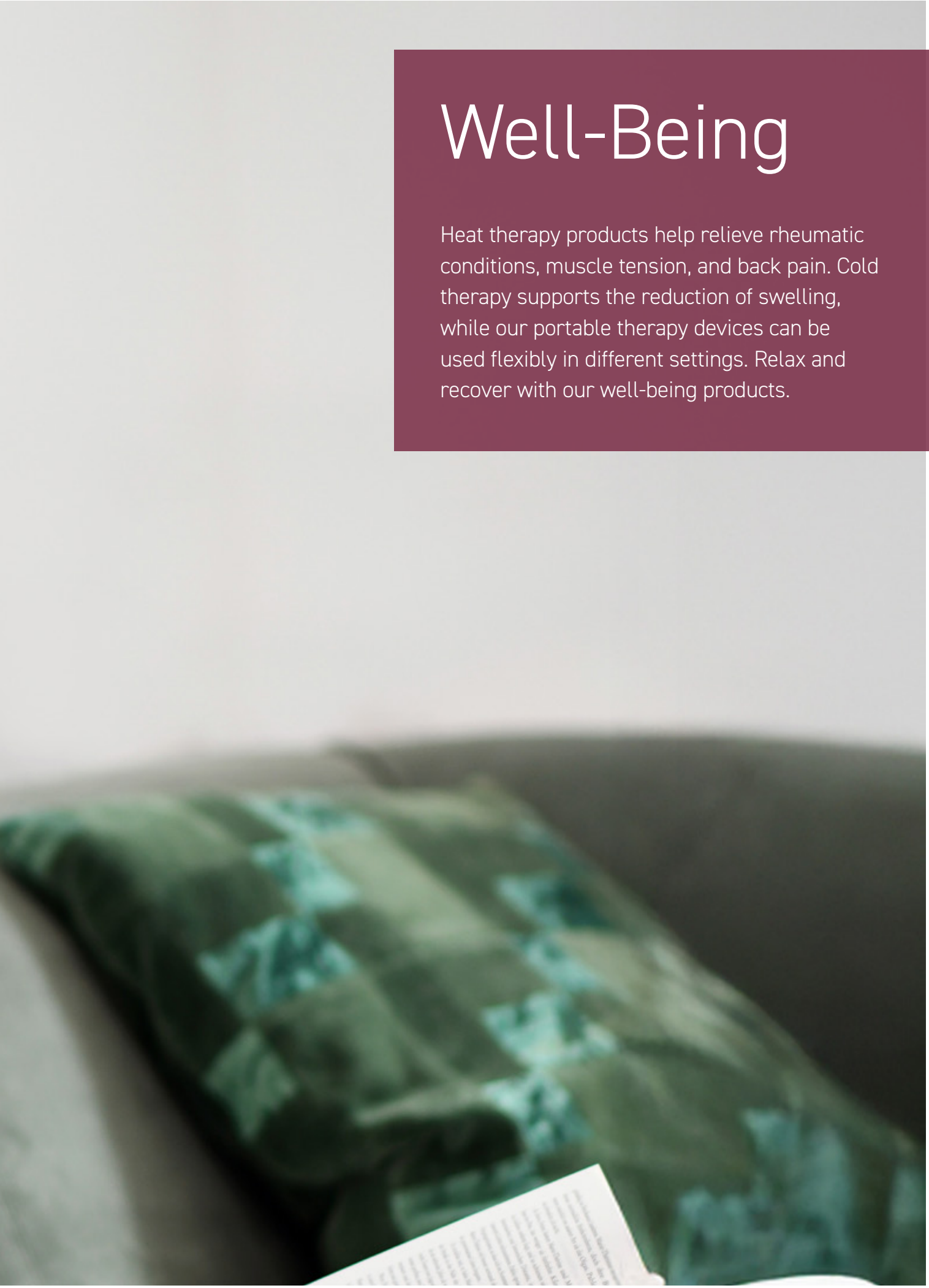
Cover: 100% cotton
Filling: PU foam

black



Well-Being

Heat therapy products help relieve rheumatic conditions, muscle tension, and back pain. Cold therapy supports the reduction of swelling, while our portable therapy devices can be used flexibly in different settings. Relax and recover with our well-being products.



Hot-Cold Therapy

Enjoy soothing warmth for the shoulders, back, abdomen, and joints – ideal for relaxation and well-being. Heat is often recommended for rheumatic conditions, muscle tightness, acute back pain, and menstrual discomfort. Cold therapy, on the other hand, helps reduce swelling and has a calming and relaxing effect.



SISSEL® Hot-Cold Pearl Masks & Packs

YouTube

The hot-cold packs with pearl gel filling – soothing and relaxing

- Innovative, flexible pearl gel filling
- Areas of application: swellings, inflammations, bruises/sprains, sports injuries, headaches/migraine, muscle aches, beauty treatments, relaxation
- Suitable for warming up before exercise or supporting recovery afterwards
- Anatomically adjusted models for targeted application
- Retains flexibility – even when frozen
- For cold therapy, store in the refrigerator or freezer. For heat therapy, simply warm in the microwave.
- Reusable and 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 hook-and-loop 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 hook-and-loop 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)



innovative, flexible pearl gel filling

Item	Description
800176	SISSEL Hot-Cold Pearl Eye Mask
800172	SISSEL Hot-Cold Pearl Facial Mask
800174	SISSEL Hot-Cold Pearl Relief Pack
800178	SISSEL Hot-Cold Pearl Sports Pack

see product description

Cover: PVC
Filling: gel beads

blue

SISSEL® Pack

MADE IN GERMANY
SISSEL® QUALITY

Ideal for use at home or in professional settings

- Quick microwave or hot water heating
- Store in the refrigerator for cooling applications
- Cost-effective and versatile
- Retains flexibility up to -18 °C
- Option: SISSEL Pack incl. cover (100% polyester) with elastic strap



Item	Description
800156	SISSEL Pack, without cover, without packaging
800155	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

Particularly suitable for applications to the back

- Ideal for heat and cold therapy
- Can be heated in hot water or in the microwave
- Textile-like surface





Item	Description
800162	SISSEL Hot-Cold-Soft-Pack, blue/burgundy

approx. 40 x 28 cm

Cover: nylon, PVC
Filling: gel

blue/burgundy

SISSEL® Cold Therapy Compression

YouTube

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 hook-and-loop fastener ensures correct fit on every joint
- Hygienic and easy to disinfect
- Available in 3 variations: wrist, knee/elbow, ankle
- Option: replacement pads available



Ankle



Wrist

Knee/Ellbow









Item	Description
800199	SISSEL Cold Therapy Compression wrist
800201	SISSEL Cold Therapy Compression ankle
800203	SISSEL Cold Therapy Compression knee/elbow
800200	Replacement Pad wrist
800202	Replacement Pad ankle
800204	Replacement Pad knee/elbow

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

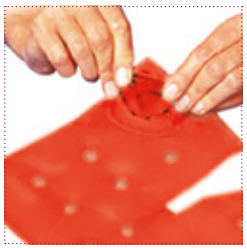
Cover: nylon, polyester
Filling: gel

black

SISSEL® Therm

Self-activating hot pack

- Fluid and transparent before usage, after activating, it smoothly contours to your body
- Heats up to approx. 54 °C within seconds
- Reusable many times, boil for 15 minutes to return to original state





Item	Description
800169	SISSEL Therm, tri-sectional

approx. 44 x 20 cm

Cover: PVC
Filling: gel

orange

SISSEL® Soft Touch Pro

Tri-sectional heat pack for targeted application to the neck, shoulders, back and lumbar area

- Fast heating in the microwave
- Pleasant heat retention
- Convenient and easy to use
- Tri-sectional design for a comfortable fit
- Soft, pleasant-to-the-touch surface
- Easy to clean

Suitable for cold therapy for sports injuries, bruises and more

- Cool in the refrigerator or freezer
- Remains flexible when cold





Item	Description
800158	SISSEL Soft Touch Pro

approx. 40.5 x 23 x 1.5 cm

Cover: polyester coated PVC
Filling: gel

blue

SISSEL® Comfy Belt

YouTube

Comfortable warmth – at home and on the go

- For warm hands and a warm stomach or targeted warming of the lower back
- Handmuff with soft inner lining for increased warmth
- Hook-and-loop fastener for precise positioning and a secure fit
- Thanks to the narrow closure, the belt can also be worn comfortably while sitting
- Convenient inner pocket for holding a heat cushion
- Suitable for use with selected SISSEL heat products (e.g. SISSEL Cherry, sold separately)



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



Item	Description
800198	SISSEL Comfy Belt – as long as stock lasts

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

polyester

grey

SISSEL® Hydrotemp

YouTube

For deep-penetrating heat

- Suitable for back, neck and shoulder pain, muscle aches, arthritis and muscle tension
- Absorbs moisture from the air and releases it as gentle heat when heated in the microwave; no additional moistening required
- Suitable for use in therapy and at home
- Provides warmth for up to 30 minutes
- Easy to use: simply heat in the microwave and apply

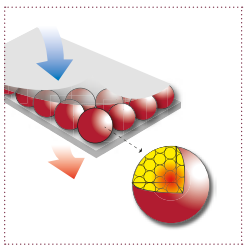


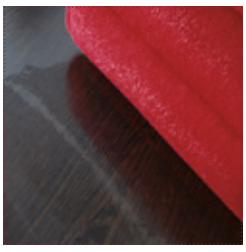
lower back



neck / shoulder

Special microspheres beneath the soft, skin-friendly cover absorb moisture and release it when heated in the microwave.





Item	Description
800193	SISSEL Hydrotemp, neck / shoulder
800196	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® Vinotherm

Natural heat cushion with a three-section design for targeted application to the neck, shoulders, back and lumbar area

- 100% grape seed filling with no additional filling materials
- Pleasant scent when heated
- Three-section design for comfortable positioning and an optimal 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	Description
800190	SISSEL Vinotherm, tri-sectional

approx. 35 x 19 cm

Cover: 100% cotton
Filling: 100% grape seed

dark green

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
- Double sided use





Item	Description
800081	SISSEL Aroma Neck Roll

approx. 32 x 32 x 5 cm

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

cherry blossom



SISSEL® Linum

Natural heat cushion with linseed filling

- Useful, multiple applications
- Smooth and soft, it contours to your body, providing a pleasant and effective application
- Pleasant relief where warmth is required – helps relieve muscle tension, cold-related discomfort and stomach discomfort
- Heat up in microwave or oven
- Available in 2 variations and 2 colours



SISSEL Linum Anatomic



SISSEL Linum Classic



Item	Description
800179	SISSEL Linum Anatomic, approx. 38 cm x 36 cm, cherry blossom
800180	SISSEL Linum Anatomic, approx. 38 cm x 36 cm, blue
800183	SISSEL Linum Classic, approx. 45 cm x 30 cm, blue
800187	SISSEL Linum Classic, approx. 45 cm x 30 cm, cherry blossom
800181	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 Cervico

YouTube

MADE IN EU
SISSEL® QUALITY

Helps relieve muscular tension in the neck and shoulder area

- Contours perfectly to shoulders, neck, and cervical spine
- Provides soothing warmth for the throat and upper chest
- Pleasant cooling of the neck in case of fever, heat treatment in case of a headache
- Hook-and-loop fastener for easy adjustments
- Easy heating in the microwave or oven, cooling by storing it in the refrigerator





Item	Description
800188	SISSEL Linum Cervico

approx. 43 x 26 x 0.8 cm

Cover: 100% cotton
Filling: 100% linseed

dark blue

SISSEL® Cherry

Natural cherry stone heat cushion for soothing 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



MADE IN EU
SISSEL® QUALITY



Advantages of cherry stone filling
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	Description
800152	SISSEL Cherry, approx. 23 x 26 cm, blue
800167	SISSEL Cherry, approx. 23 x 26 cm, red
800153	SISSEL Cherry, approx. 23 x 26 cm, cherry blossom design
800161	SISSEL Cherry, approx. 23 x 26 cm, cherry design
800160	SISSEL Cherry, heart-shaped
800163	SISSEL Cherry, approx. 20 x 40 cm, blue
800166	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

Soothing warmth for tense back muscles

- With natural cherry stone filling
- Soothing warmth helps relieve back tension and pain
- Can also be used to provide soothing warmth for stomach discomfort
- Provides warmth together with massage effect
- Relaxing, enhances circulation
- Ideally contours to the body for an effective treatment
- Convenient heating in microwave
- With practical hook-and-loop fastener





Item	Description
800150	SISSEL Cherry Heat Belt, cherry blossom

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

Cover: 100% cotton
Filling: cherry stones

cherry blossom

SISSEL® Balu

Likeable cherry stone pouch for young and old

- Heat up in microwave or oven





Item	Description
800189	SISSEL Balu, orange

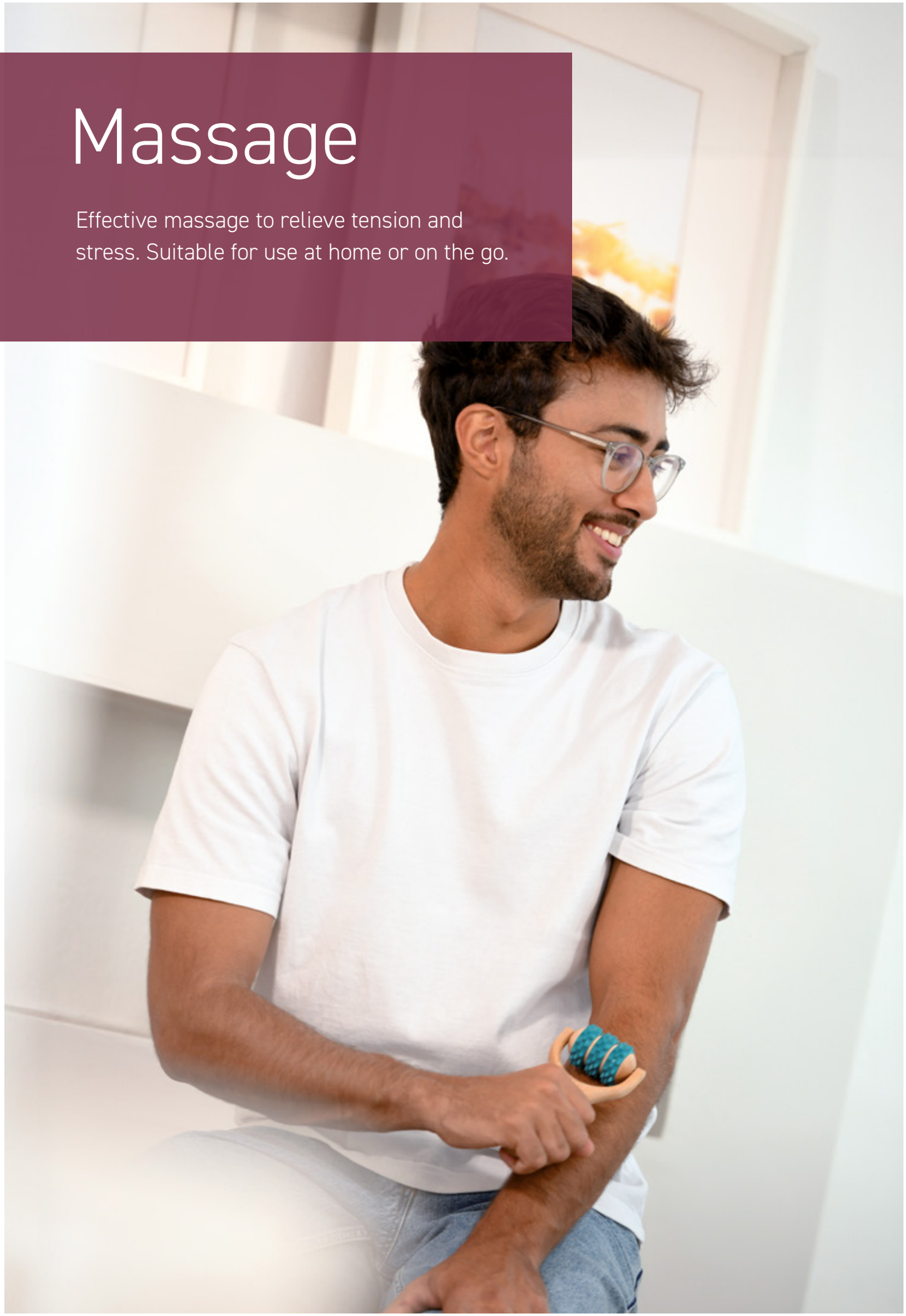
approx. 16.5 x 24 cm

Cover: 100% cotton
Filling: cherry stones

orange

Massage

Effective massage to relieve tension and stress. Suitable for use at home or on the go.



SISSEL® Fit-Roller

The ideal massage program

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

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

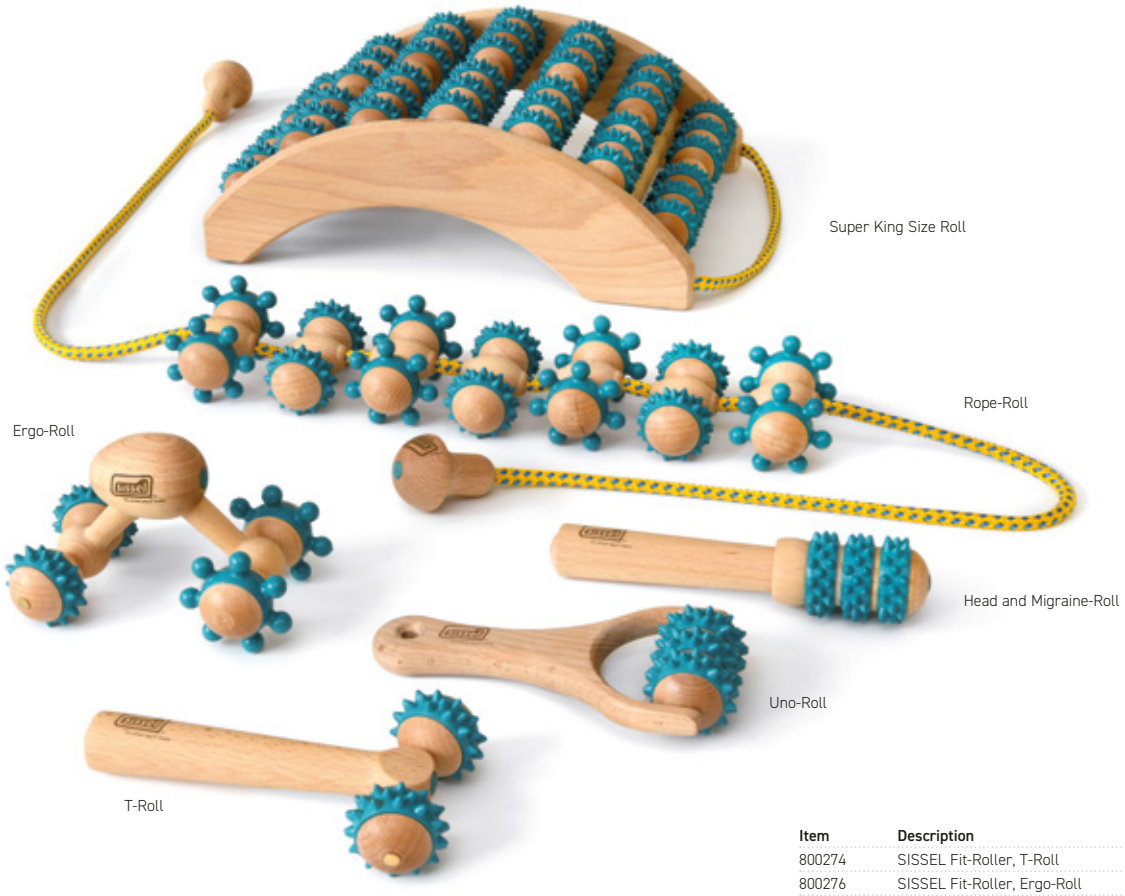
SISSEL Fit-Roller, Rope-Roll
Approx. 8 x 141 cm (incl. ropes)

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

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

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

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



Item	Description
800274	SISSEL Fit-Roller, T-Roll
800276	SISSEL Fit-Roller, Ergo-Roll
800277	SISSEL Fit-Roller, Rope-Roll
800278	SISSEL Fit-Roller, Super King Size Roll
800280	SISSEL Fit-Roller, Head and Migraine-Roll
800281	SISSEL Fit-Roller, Uno-Roll

see product description

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

wood/petrol

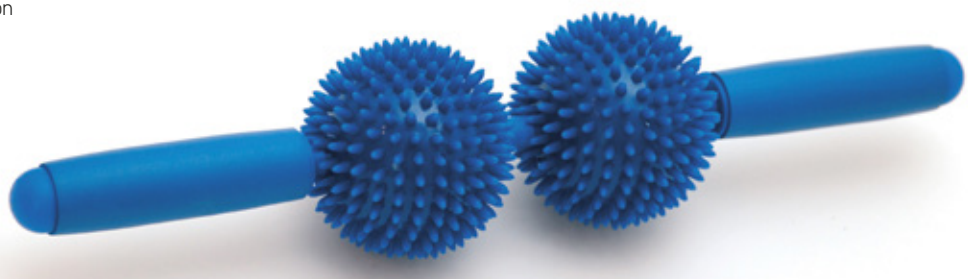


SISSEL® Spiky Twin Roller

YouTube

Helps relieve muscle tension and related discomfort

- Ideal for massaging the muscles running along the spine
- Supports circulation and stimulates metabolism
- May improve blood and lymphatic circulation
- Can also be used for reflexology
- May support cellulite reduction
- Designed for longterm use



Item	Description
800321	SISSEL Spiky Twin Roller, blue
800324	SISSEL Spiky Twin Roller, lilac

approx. 43 x 0.9 x 0.9 cm

PVC

available in 2 colours



SISSEL® Spiky-Ball

YouTube

Simple tool to support blood circulation and relieve muscle tension

- Especially suited for massage of the foot reflex zone
- One-piece design, with valve
- Economic set of two



Item	Description
800266	SISSEL Spiky Ball, yellow (Ø approx. 8 cm), set of two
800268	SISSEL Spiky Ball, red (Ø approx. 9 cm), set of two
800270	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

YouTube

Relaxation and massage in one

- Relaxes the muscles in the neck area thanks to its ergonomic shape
- Effective massage of fascia tissue through the nodular surface
- Additional use for mobilisation of the thoracic spine area



Item	Description
800336	SISSEL Neck Relax

approx. 16.5 x 14.5 x 6.5 cm

PVC

blue

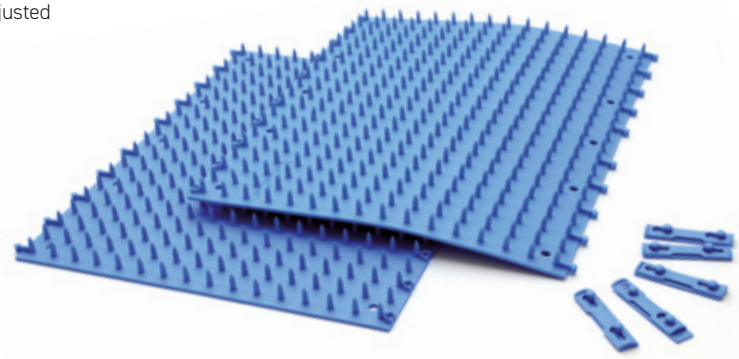


SISSEL® Acupressur Mat

Revitalising and promotes blood circulation

- Size and intensity can be individually adjusted
- Easy to use
- Washable and suitable for disinfection





Item	Description
800284	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

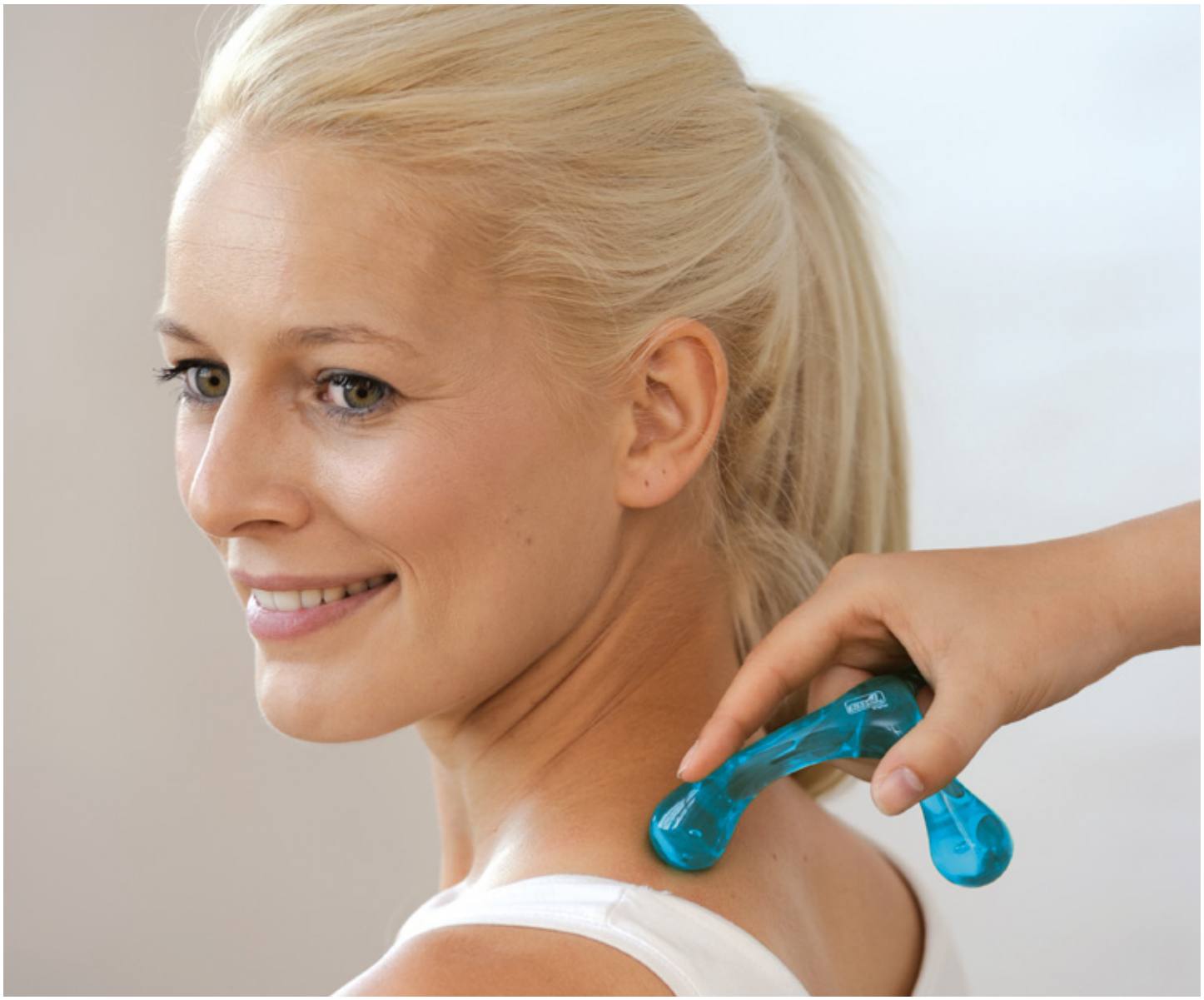


Item	Description
800263	SISSEL Funmassager, blue

approx. 11.2 x 9.3 x 7.1 cm

Polystyrol

blue



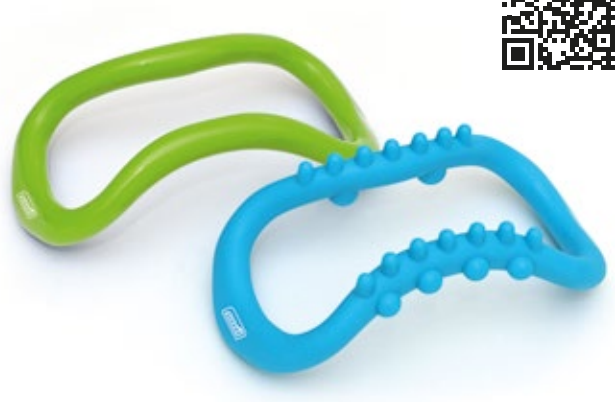


SISSEL® Mobilyzor Set

YouTube

Versatile companion for massage, stretching, and mobilisation

- Supports massage treatments, stretching, and mobilisation exercises
- Designed for Pilates and yoga stretching exercises
- Nubbed version is suitable for targeted massage
- Smooth version is ideal for fascia release techniques
- Set of 2 SISSEL Mobilyzor (smooth version/textured version)



Item	Description
800289	SISSEL Mobilyzor Set – as long as stock lasts

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

PP

1 x lime green
1 x light blue

SISSEL® Massage Roller

Helps relieve muscle tension

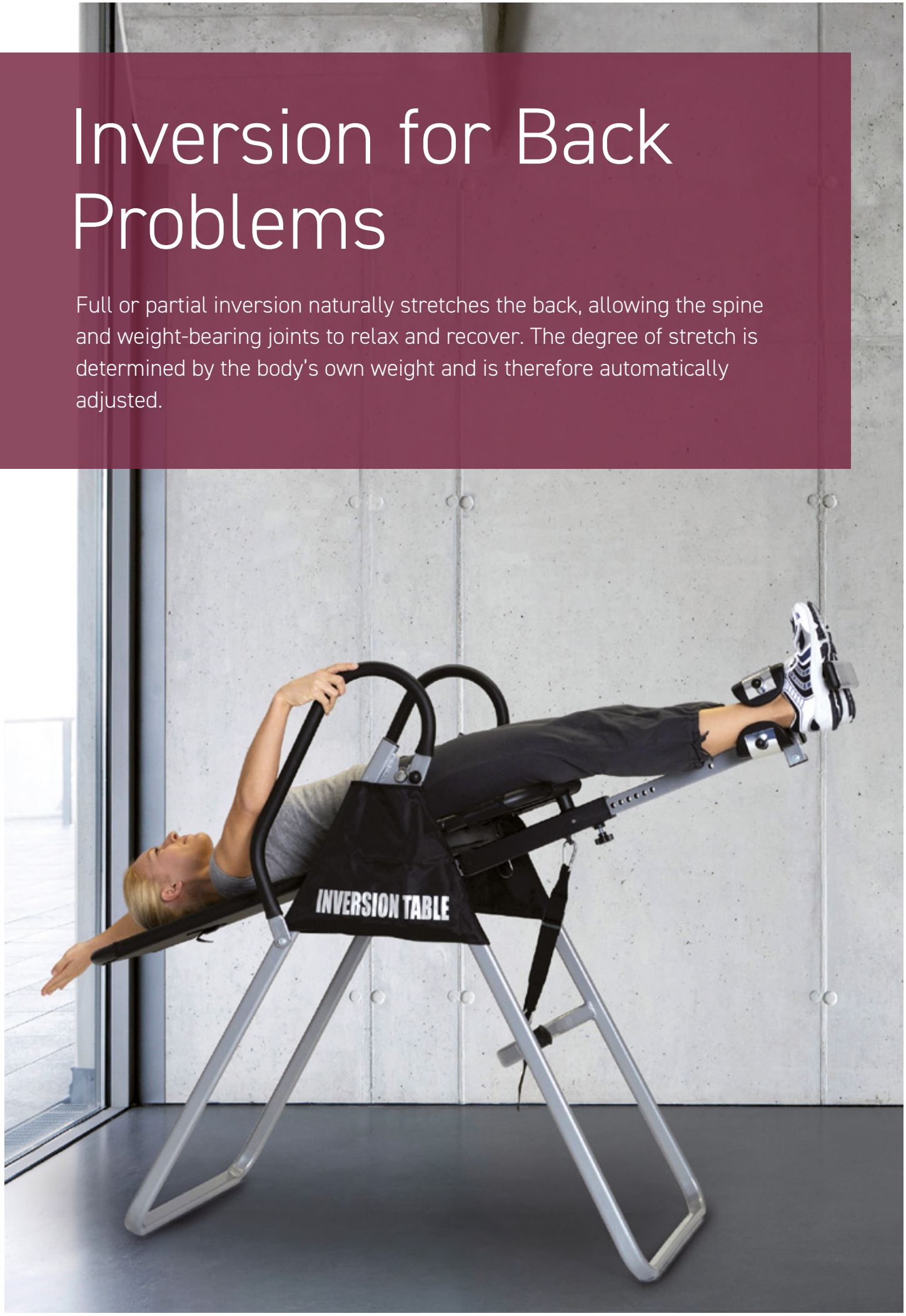
- Supports connective tissue massage and helps ease muscle tension
- Ideal for relaxation and recovery
- Stimulates circulation
- Suitable for massaging the back and leg muscles



Suitable for fascia release. Find more fascia release products on pages 52-55.

Inversion for Back Problems

Full or partial inversion naturally stretches the back, allowing the spine and weight-bearing joints to relax and recover. The degree of stretch is determined by the body's own weight and is therefore automatically adjusted.



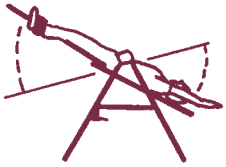
SISSEL® Hang Up

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	Description
800544	SISSEL Hang Up, black – as long as stock lasts

Maximum height approx. 2.05 m to 2.09 m

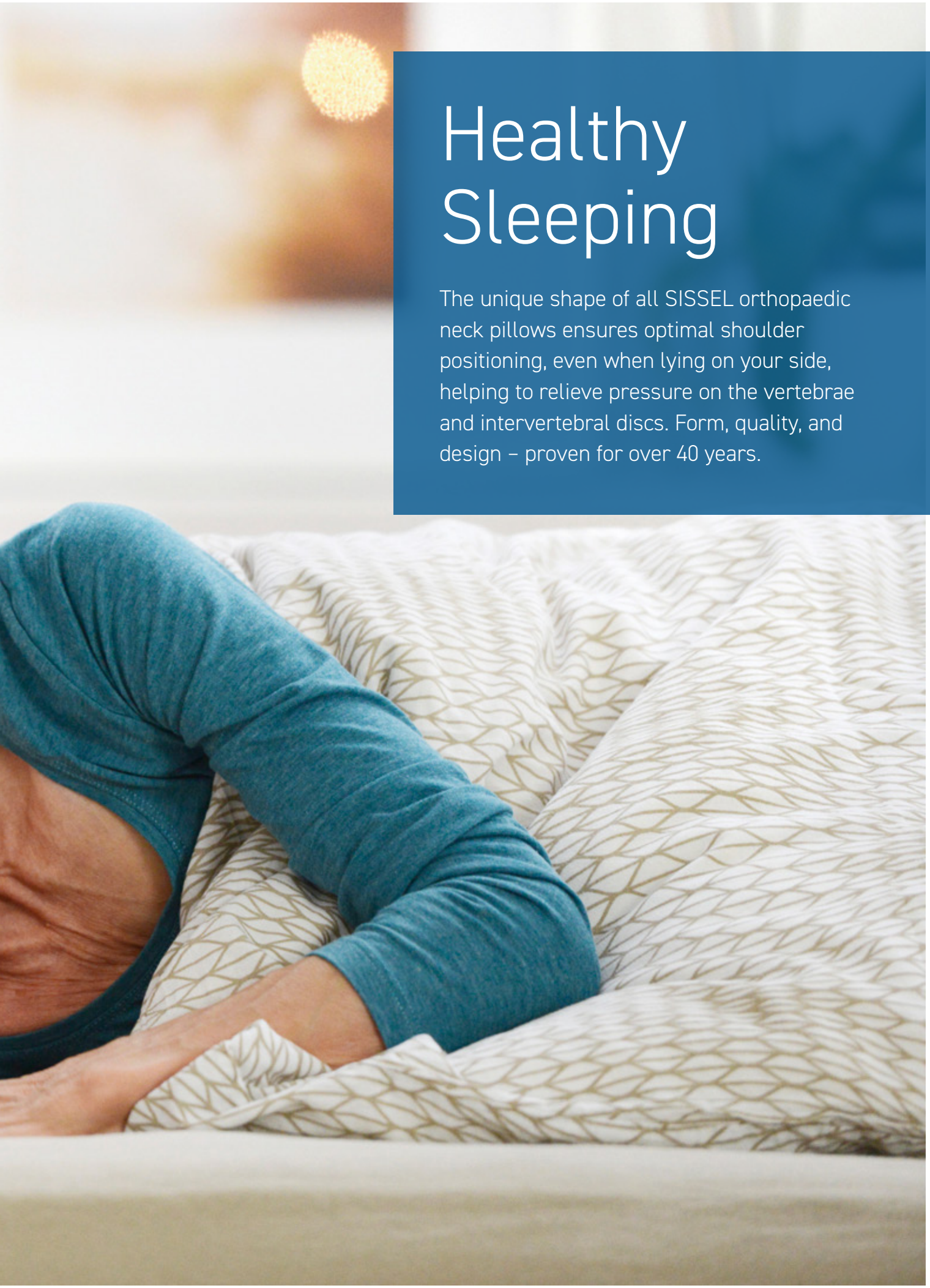
/

black, silver



Healthy Sleeping

The unique shape of all SISSEL orthopaedic neck pillows ensures optimal shoulder positioning, even when lying on your side, helping to relieve pressure on the vertebrae and intervertebral discs. Form, quality, and design – proven for over 40 years.

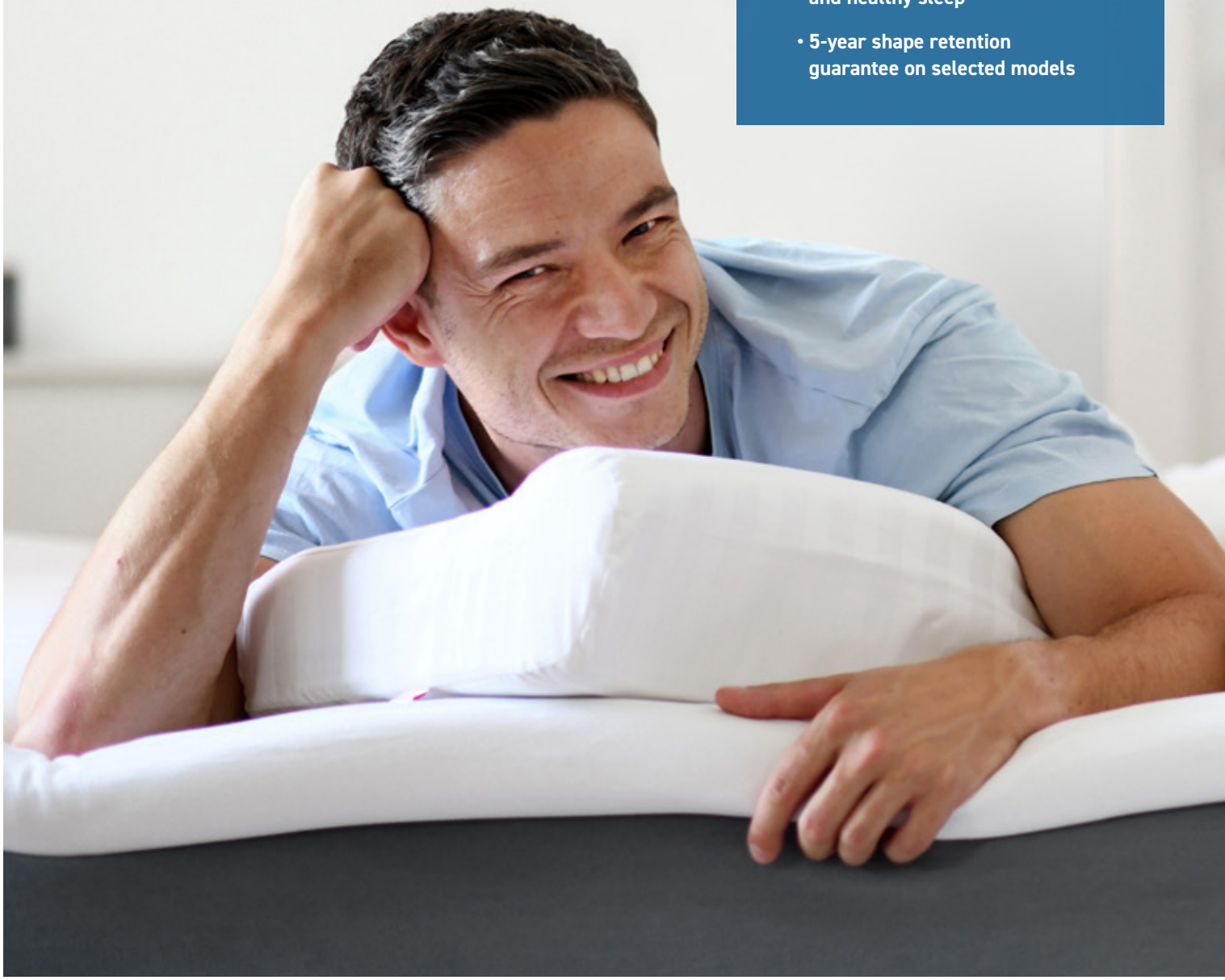


40 Years of Healthy Sleep with SISSEL®

Restful Sleep Begins with the Right Support

Sleep is far more than just a period of rest. During the night, the body regenerates, processes the impressions of the day and lays the foundation for well-being, performance and quality of life. This makes an ergonomic sleeping position that properly supports the neck and spine all the more important. Orthopaedic neck support pillows, in particular, can help maintain the natural alignment of the cervical spine throughout the night, creating the conditions for a more restful and restorative sleep.

- **Over 40 years of experience**
- **Trusted by millions**
- **Developed for ergonomic support and healthy sleep**
- **5-year shape retention guarantee on selected models**



When the Neck Becomes a Night-Time Burden

If the cervical spine is not adequately supported during the night, muscle tension, pressure points and neck pain can develop. These complaints often lead to unconscious changes in sleeping position or frequent waking during the night, interrupting the natural sleep cycle. Even when these interruptions are not consciously noticed, they can affect sleep quality and reduce the body's overnight recovery.

Why Choose an Orthopaedic Neck Support Pillow?

Today, many people suffer from neck tension, headaches or restless sleep without realising that the wrong pillow may play a key role. Orthopaedic neck support pillows provide ergonomic support for the head, neck and spine and can make a valuable contribution to helping prevent discomfort. For side and back sleepers in particular, a high-quality neck support pillow can enhance sleeping comfort and promote muscle relaxation.

Orthopaedic Neck Support Pillows with 40 Years of Experience

Since 1986, SISSEL has been developing orthopaedic neck support pillows based on the core principles of ergonomic support, high quality and durable materials. Originally designed for use in therapy, care and rehabilitation, these anatomically shaped pillows continue to support healthy and restorative sleep to this day.



SISSEL® Orthopaedic Neck Pillows



Form, quality, and design – proven for over 40 years!

The SISSEL Shape Makes the Difference
Unlike conventional pillows, SISSEL orthopaedic neck support pillows are shaped to support the natural curvature of the cervical spine. The head is positioned securely while the neck is specifically relieved. This helps prevent poor sleeping posture during the night and reduces muscle tension. Particularly for side and back sleepers, these pillows provide even pressure distribution and promote a relaxed sleeping position. The result: less tossing and turning during the night, deeper recovery and a noticeably more comfortable awakeing.

Thanks to its unique contour, the pillow fits naturally between the shoulder and cervical spine, filling the space between them. This supports the shoulder and neck area while gently guiding the spine into its anatomically correct position.

The unique ergonomic shape of SISSEL neck support pillows may feel unfamiliar at first, especially if you are used to sleeping on a conventional pillow. Your body usually needs around 10 nights to adjust to this new, healthier sleeping position.

All pillows can be washed by hand. Many SISSEL models also feature removable, washable covers that meet the hygiene requirements of modern bedrooms. Please refer to the detailed product descriptions for additional features and benefits.

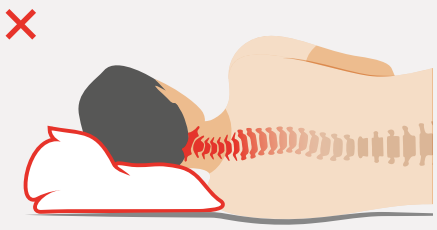
YouTube

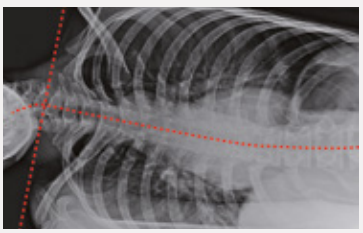
MADE IN SWEDEN
SISSEL® QUALITY

5 YEARS GUARANTEE
SISSEL® QUALITY

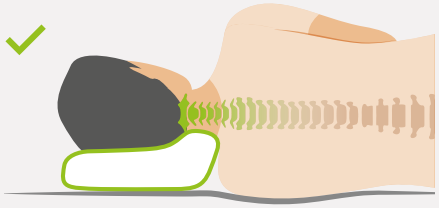
The unique contour of all SISSEL orthopaedic neck pillows ensures that the shoulder is positioned correctly, allowing the spine and intervertebral discs to be optimally supported.

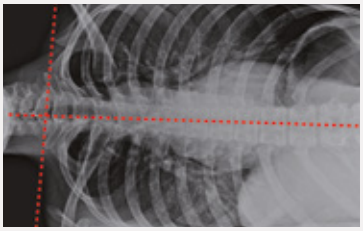
A conventional pillow does not provide sufficient support for the neck and cervical vertebrae.





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





From actively supportive to pressure-relieving models, the SISSEL orthopaedic neck support pillow range offers the right solution for a wide variety of needs and sleeping habits.

Our neck pillows are made from polyurethane foam with excellent support capacity:

- SISSEL Classic page 111
- SISSEL Classic Plus page 111
- SISSEL Traveller page 112

Our neck pillows are made from viscoelastic foam, a soft and highly adaptive material:

- SISSEL Soft page 114
- SISSEL Soft Plus page 115
- SISSEL Soft Deluxe page 117
- SISSEL Pillow page 118
- SISSEL Soft Bambini page 118



Scientific background: neck problems and referred neck pain

Excerpt from a study[1] by Hugh Smythe, MD, University of Toronto

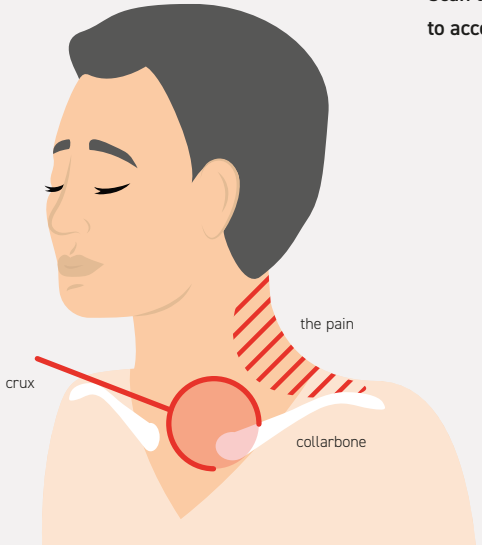
Pain originating in the neck is common but is often misdiagnosed, as symptoms may be perceived elsewhere. Shear and compressive forces in the lower cervical spine cause pain to be referred in such a way that the brain draws incorrect conclusions about the location of the injury.

Repeated strain, particularly during sleep, can delay recovery. Effective treatment requires reliable support of the lower cervical spine throughout the entire night – every night.

Healthy sleep is essential – it allows the body to recover from demanding days and promotes relaxation. If restorative sleep is not achieved, the consequences can be significant: tension headaches, inner restlessness, and reduced physical as well as mental performance.

Do not let it come to that. With a SISSEL Orthopaedic Pillow, you can enjoy restful and relaxed sleep again.

Scan the QR code to access the study



[1] Smythe, Hugh (1992): Neck Problems and Pain Referred from the Neck, Toronto 1992, https://sissel.com/downloads/study_neck_problems-pain_referred.pdf

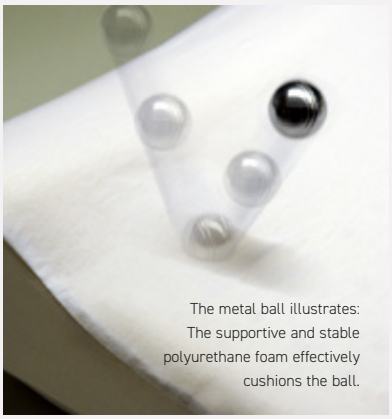
Actively Supportive Pillows

Orthopaedic neck pillows with actively supportive polyurethane foam

These pillows with active support are made from polyurethane foam, providing firm support and correct positioning in the neck and cervical spine area.

Recommended for:

- Neck and shoulder tension
- Tension headaches
- Helps prevent misalignment of the spine (in a side-lying position)



The metal ball illustrates: The supportive and stable polyurethane foam effectively cushions the ball.



SISSEL® Classic

The proven SISSEL orthopaedic neck pillow, trusted by millions worldwide

- Standard neck support pillow for adults
- Designed for side and back sleepers
- Pillow core washable by hand
- Cover washable at 40 °C

For further information on the unique shape of this orthopaedic neck support pillow, see page 108.



MADE IN SWEDEN SISSEL® QUALITY

5 YEARS GUARANTEE SISSEL® QUALITY

Item	Description
800013	SISSEL Classic, large, incl. pillow cover ecru
800016	SISSEL Classic, medium, incl. pillow cover ecru
800004	Extra pillow cover velours, ecru, size L
800005	Extra pillow cover velours, ecru, size M
800006	Extra pillow cover cotton, white, one size

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

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

ecru

SISSEL® Classic Plus

Height-adjustable orthopaedic neck pillow for different shoulder widths

- Height can be adjusted by inserting or removing the Vario Pad
- With a ventilation system for a comfortable sleeping environment
- Thanks to its unique shape, this neck support pillow is particularly suitable for relieving pressure on the vertebrae and intervertebral discs of the cervical spine
- Pillow core washable by hand
- Cover washable at 40 °C



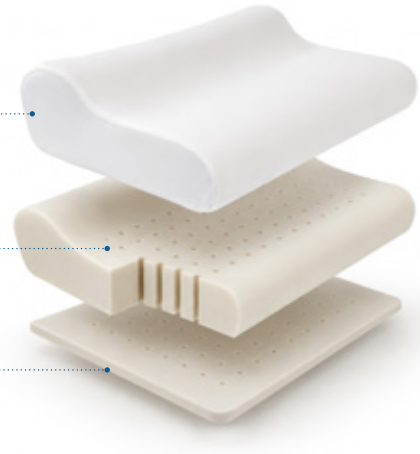
MADE IN SWEDEN SISSEL® QUALITY

5 YEARS GUARANTEE SISSEL® QUALITY

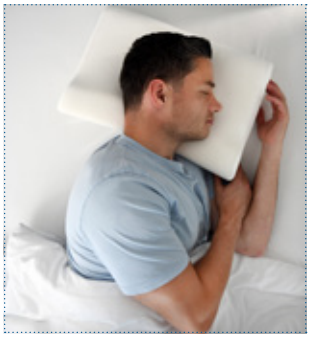
The unique contour of all SISSEL Orthopaedic Pillows ensures that the shoulder is optimally positioned even in a side-lying position, allowing the vertebrae and intervertebral discs to be relieved of pressure.

Ventilation system for a comfortable sleeping environment. More than 90 ventilation channels help prevent heat build-up.

One pillow for everyone – adapts to shoulder width, neck length, and individual sleeping position thanks to the **Vario Pad**.







Item	Description
800003	SISSEL Classic Plus, incl. pillow cover ecru
800004	Extra pillow cover velours, ecru, size L
800006	Extra pillow cover cotton, white, one size

approx. 47 x 33 x 11/14 cm

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

ecru

SISSEL® Traveller

NEW

YouTube

Sleep Like at Home. Anywhere in the World.

To celebrate its 40th anniversary, SISSEL brings back a popular classic in a new format. The SISSEL Traveller combines the proven functionality of SISSEL orthopaedic neck support pillows with a compact, travel-friendly design. Its ergonomic shape supports the cervical spine, relieves the entire neck and shoulder area, and promotes a natural sleeping position, delivering the familiar SISSEL sleeping comfort wherever you go. Thanks to its rollable design, the Traveller can be stored compactly and used flexibly while travelling. Ideal for use on coaches, trains, aeroplanes or attached to a backpack.

When rolled up, the SISSEL Traveller can be used as a neck roll or attached to the backrest of a chair as lumbar support.

- Proven SISSEL sleeping comfort in a compact travel format
- Supports the natural alignment of the cervical spine and relieves the neck and shoulder area
- Lyocell headrest surface: breathable, temperature-regulating and moisture-regulating
- Pillow core made from the original SISSEL Classic foam
- Can be used as a travel pillow, neck roll or lumbar support
- Weight: approx. 0.6 kg
- Pillow core washable by hand
- Cover washable at 40 °C while rolled up



MADE IN SWEDEN
SISSEL® QUALITY

5 YEARS GUARANTEE
SISSEL® QUALITY

Item	Description
800836	SISSEL Traveller
800838	SISSELTraveller Cover, grey melange/off-white, one size, outer side 100% polyamide, headrest surface 100% lyocell

approx. 37 × 25 × 9 cm, rolled: 37 × 12 × 12 cm

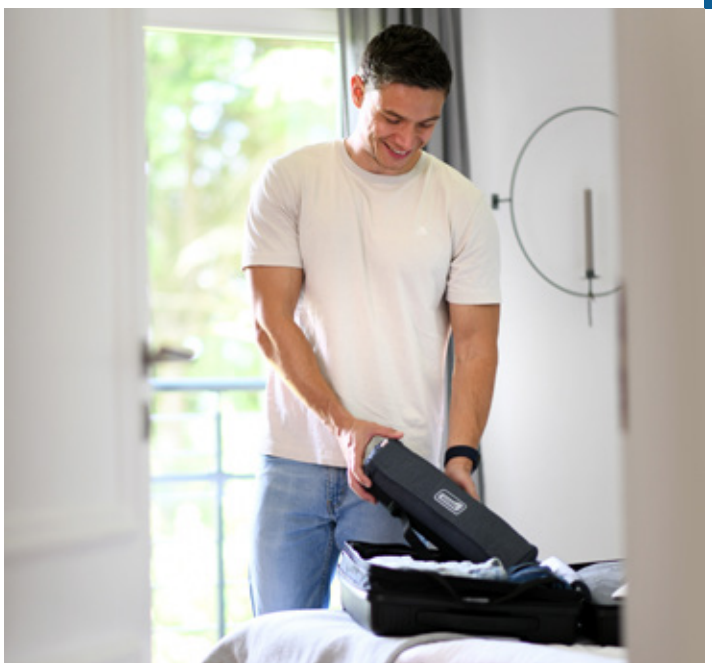
Outer side: 100% polyamide
Headrest surface: 100% lyocell
Filling: polyurethane foam

Outer cover: grey melange
Headrest surface: off-white





Practical attachment for backpacks or suitcases



Compact and easy to roll up for storage. Fits easily into hand luggage.



Water-repellent outer cover protects against moisture and dirt



Adjustable fastening strap for securing to almost any seat





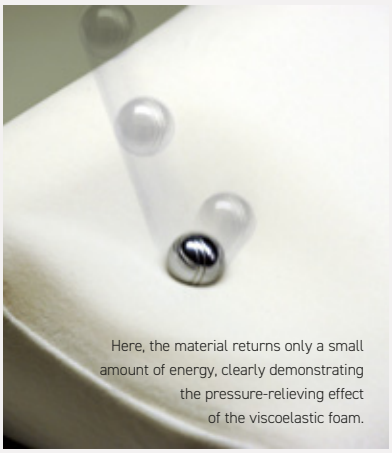
Images partially generated using AI.

Pressure-relieving Pillows

Orthopaedic neck pillows made from viscoelastic foam



These pillows are made from a pressure-relieving visco-elastic foam that absorbs pressure and redistributes it evenly within the pillow core. Models with the additional designation 'Soft' are recommended in cases of acute discomfort and pressure-sensitive muscles.



Here, the material returns only a small amount of energy, clearly demonstrating the pressure-relieving effect of the viscoelastic foam.

Recommended for:

- Acute discomfort in the neck and cervical spine muscles
- Pressure-sensitive muscles
- Provides targeted support in cases of neck and neck-shoulder discomfort

SISSEL® Soft

MADE IN SWEDEN
SISSEL® QUALITY

5 YEARS GUARANTEE
SISSEL® QUALITY

The softer neck pillow with gentle support

- Combines the benefits of the classic SISSEL orthopaedic pillow shape, proven millions of times, with the advantages of a viscoelastic foam filling
- The soft and highly adaptive material provides exceptional sleeping comfort, even for side and back sleepers with particularly sensitive necks
- The pillow adapts slowly and elastically to every shape
- No matter how the head and shoulders move during the night, the spine is always supported comfortably – softly yet stably
- Pillow core washable by hand
- Cover washable at 40 °C

Item	Description
800022	SISSEL Soft, size L, incl. pillow cover ecru
800031	SISSEL Soft, size M, incl. pillow cover ecru
800004	Extra pillow cover velours, ecru, size L
800005	Extra pillow cover velours, ecru, size M
800006	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: viscoelastic foam

ecru



SISSEL® Soft Plus

MADE IN SWEDEN
SISSEL® QUALITY

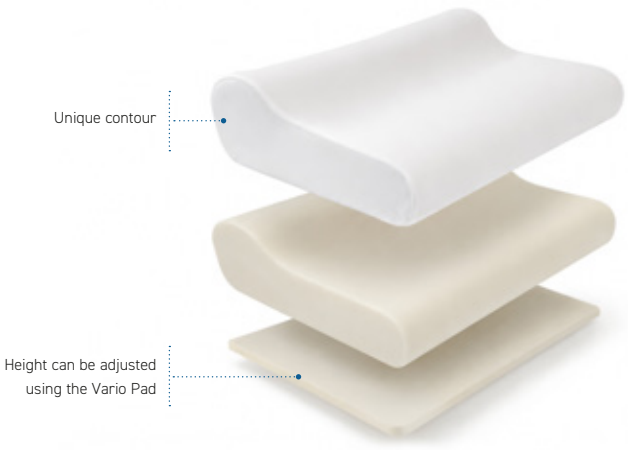
5 YEARS GUARANTEE
SISSEL® QUALITY

The softer, height-adjustable neck pillow with gentle support

- For more product information, see SISSEL Soft
- Height can be adjusted by inserting or removing the Vario Pad
- Pillow core washable by hand
- Cover washable at 40 °C



Item	Description
800032	SISSEL Soft Plus, incl. pillow cover ecru
800004	Extra pillow cover velours, ecru, size L
800006	Extra pillow cover cotton, white, one size





approx. 47 x 33 x 11/14 cm

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

ecru





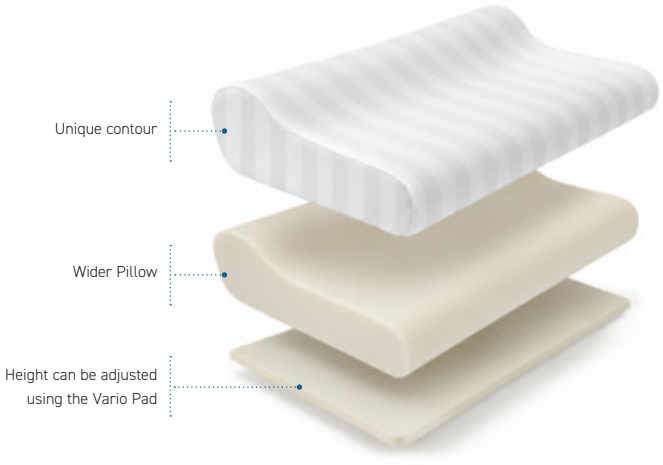
SISSEL® Soft Deluxe

The extra-wide, soft, and height-adjustable neck pillow

- 16 cm wider than the SISSEL Soft Plus
- Height can be adjusted by inserting or removing the Vario Pad
- Suitable for pressure-sensitive muscles
- Pillow core washable by hand
- Cover washable at 40 °C



Item	Description
800009	SISSEL Soft Deluxe, incl. pillow cover
800010	Extra satin pillow cover, white





approx. 63 x 33 x 10/12 cm

Cover: satin, 50% cotton/50% polyester
Filling: viscoelastic foam

white

SISSEL® Compact Pillow

Orthopaedic neck pillow in a compact format – ideal for use on a therapy table

- Suitable for sensitive neck muscles
- Soft and supportive
- Pillow core washable by hand
- Cover washable at 40 °C





Item	Description
800025	SISSEL Compact Pillow, size approx. 37 x 25 x 9 cm
800838	SISSELTraveller Cover, grey melange/off-white, one size, outer side 100% polyamide, headrest surface 100% lyocell

approx. 37 x 25 x 9 cm

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

ecru

SISSEL® Soft Bambini

The Bambini version of the proven SISSEL Soft orthopaedic pillow

Give your child a calmer and more restful night. Our SISSEL orthopaedic neck pillow is the ideal choice for deep and restorative sleep. This ergonomically and orthopaedically designed pillow provides the support your child needs.

- Suitable for children aged 4 years and above
- Soft pillow that provides gentle support
- Supports a correct neck position for side and back sleepers
- Pillow core washable by hand
- Cover washable at 40 °C





Item	Description
800018	SISSEL Soft Bambini, incl. cover



approx. 37 x 25 x 9 cm

Cover: 100% cotton
Filling: viscoelastic foam

Sleep Pillows

Gently supportive pillows made from viscoelastic foam



The ideal choice for people with pressure sensitivity: on these gently supportive pillows, the head and neck are quite literally free from pressure. They adapt perfectly and provide a soft yet stable surface with a slightly lower corrective intensity than SISSEL Orthopaedic Pillows.

SISSEL® Soft Curve

The gently supportive pillow for particularly sensitive necks

- Pleasantly soft while providing stable support
- Suitable for back sleepers
- Compared to the orthopaedic SISSEL shape, the Soft Curve sleep pillow is characterised by its flatter and more rounded form, offering a gentler yet stable support
- Supports the neck and helps relieve pressure on the vertebrae and muscles
- Adapts to the natural shape of the cervical spine
- High-quality viscoelastic foam, moulded in a single piece
- Durable and shape-retaining
- Pillow core washable by hand
- Cover washable at 40 °C



MADE IN SWEDEN
SISSEL® QUALITY

5 YEARS GUARANTEE
SISSEL® QUALITY

Item	Description
800049	SISSEL Soft Curve, size S, incl. cover velours, ecru
800052	SISSEL Soft Curve, size M, incl. cover velours, ecru
800054	SISSEL Soft Curve, size L, incl. cover velours, ecru
800057	SISSEL Soft Curve, Compact, incl. cover velours, ecru
800050	Extra pillow cover, size S, velours, ecru
800053	Extra pillow cover, size M, velours, ecru
800055	Extra pillow cover, size L, velours, ecru
800058	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: viscoelastic foam

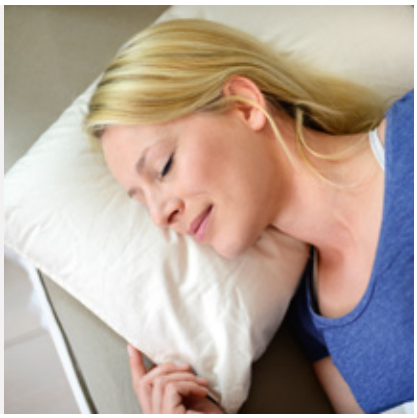
ecru



Pillows with Natural Fillings

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

MADE IN GERMANY
SISSEL® QUALITY



SISSEL® Palea

The breathable spelt husk pillow

- Adapts completely to the shape of the head and neck
- Helps maintain the natural alignment of the cervical spine
- Moisture- and heat-regulating
- Not washable





The benefits of spelt husk filling
Spelt husk is moisture-regulating and retains body heat, releasing it in a controlled and comfortable way. The pillow adapts to the shape of the head and neck, providing a pleasant yet stable form of support.

Item	Description
800040	SISSEL Palea, approx. 60 x 40 cm, without cover
800041	Cover SISSEL Palea, approx. 60 x 40 cm

approx. 60 x 40 cm | Cover: 100% cotton, Filling: 100% spelt filling | white

SISSEL® Panicore

The millet pillow – natural support for your cervical spine

- Adapts precisely to the shape of the head and neck, providing support for the cervical spine
- Temperature-regulating and moisture-wicking
- Relaxing, with a gentle massaging effect
- Low-noise and low-dust
- Not washable





The benefits of millet husk filling
Millet husk is fine, soft, and pleasant to use, as it adapts to the shape of the body. Millet pillows are recommended for those who prefer to avoid the sound of rustling typical of spelt husk.

Item	Description
800046	SISSEL Panicore, approx. 60 x 40 cm, without cover

approx. 60 x 40 cm | Cover: 100% cotton, Filling: 100% millet | white

Travel Pillows

The perfect support on the go. With SISSEL travel pillows in a range of designs, the head and neck are always optimally supported – wherever you are travelling.



SISSEL® Buchi



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SISSEL® QUALITY

The buckwheat-filled neck support

- Supports the neck during long and uncomfortable journeys by car, train, or aeroplane
- Ideal as a relaxing support when reading at home
- Adapts perfectly to the shape of the neck
- Cover washable at 40 °C



The benefits of buckwheat husk filling
Buckwheat husk is light, durable, and naturally cool – its key characteristics. The distinctly shaped hulls adapt to the body's contours, forming cushioned yet stable support for the head, neck, and shoulders.

Item	Description
800071	SISSEL Buchi, blue
800073	SISSEL Buchi, grey

approx. 28 x 32 x 8 cm

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

available in 2 colours

SISSEL® Buchi Soft

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SISSEL® QUALITY

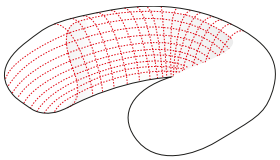
5 YEARS GUARANTEE
SISSEL® QUALITY

Travel in comfort – with the viscoelastic version of the SISSEL Buchi

- Two angles of inclination for enhanced body adaptation
- High-quality, shape-retaining viscoelastic foam
- Comfortable and supportive at the same time
- Pillow core washable by hand
- Soft velour cover (blue/grey) with zipper, washable at 40 °C
- Includes a practical carry bag







The flatter front section is designed for comfortable side sleeping

Item	Description
800074	SISSEL Buchi Soft, blue/grey
800677	SISSEL Buchi Soft, floral blue
800680	Extra cover, blue/grey
800681	Extra cover, floral blue

approx. 25 x 26 x 7 cm

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

available in 2 colours

Positioning and Leg Support Cushions

Our positioning and leg support cushions provide soothing relief for tired and swollen legs.
They offer not only excellent comfort, but also even pressure distribution.



SISSEL® Medi Support

Lie comfortably, enjoy restful sleep

- Easily secured to the legs with two comfortable hook-and-loop fasteners
- Reduces pressure on the knee joints
- Helps prevent unpleasant sweating
- Promotes a comfortable lying position, helping to reduce strain on the pelvis
- Cover washable at 40 °C



5 YEARS GUARANTEE SISSEL® QUALITY

MADE IN SWEDEN SISSEL® QUALITY

Item Number	Attributes
800498	SISSEL Medi Support
800499	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

SISSEL® Comfort

MADE IN GERMANY
SISSEL® QUALITY

- Provides reliable support while ensuring comfort and even pressure distribution
- Excellent for positioning and care of older and bedridden individuals, as well as for positioning infants
- Relieves pressure on specific parts of the body when lying on the back or side, during or after pregnancy

Available with different fillings:

- **Polystyrene cushion** – microbeads allow the cushion to adapt particularly well; tested for harmful substances; machine-washable at 60 °C; with zip for refilling
- **Polypropylene cushion** – washable at 95 °C; with zip; no loss of volume thanks to the multiple shock resistance of the slightly larger beads



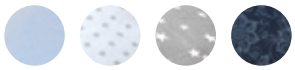


Cover incl. strap* – ideal for shaping a nest and for positioning the baby



Cotton covers 100% (washable at 40 °C)

- floral blue
- light blue
- white, grey dots, incl. strap*
- grey, white stars, incl. strap*



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



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

Item	Description
800483	SISSEL Comfort, filler material: polystyrene, without cover
800490	SISSEL Comfort, filler material: polypropylene, without cover
800486	Terry cover, white
800487	Cotton cover, light blue
800488	Cotton cover, grey/white stars*
800489	Cotton cover, white/grey dots*
800497	Cotton cover, floral blue
800494	Polyurethane cover, blue (water-repellent)

approx. 195 x 35 cm

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

available in 6 different designs.

SISSEL® Veno

MADE IN GERMANY
SISSEL® QUALITY

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	Description
800148	SISSEL Veno, incl. cover – as long as stock lasts

approx. 66.5 x 40 x 16 cm

Cover: 75% cotton / 25% polyester
Filling: flexible polyurethane foam (PUR)

ecru

SISSEL® Venosoft®

YouTube

MADE IN GERMANY
SISSEL® QUALITY

Combines the excellent properties of a leg support cushion with a viscoelastic top layer

- The integrated top layer offers pressure-relieving comfort and supports relaxing leg elevation
- Supports venous return and, thanks to its ergonomic shape, may help relieve the lower back
- Cover washable at 40 °C







with viscoelastic top layer (approx. 3 cm)

individually adjustable heel wedge

stable foam core

Item	Description
800141	SISSEL Venosoft, approx. 65 x 50 x 22 cm, incl. Velours cover, ecru
800143	SISSEL Venosoft, approx. 78 x 50 x 22 cm, incl. Velours cover, ecru
800146	Velours cover for Venosoft small, ecru
800147	Velours cover for Venosoft large, ecru

Available in 2 sizes:
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 / viscoelastic foam layer

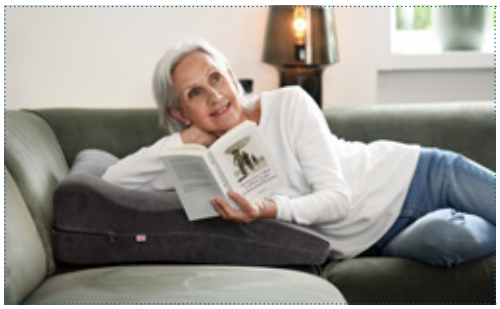
ecru

SISSEL® Venosoft Balance

The comfortable leg elevation cushion with a core of rebonded foam

- The soft integrated top layer provides excellent pressure relief and supports comfortable leg elevation
- The Venosoft Balance is a relaxation aid that supports venous return and, thanks to its ergonomic shape, may help relieve the lower back
- Comfortable special top layer for maximum lying comfort
- Adjustable foam wedge allows for versatile positioning options
- Stable foam core







Item	Description
800813	SISSEL Venosoft Balance, incl. cover, small
800814	SISSEL Venosoft Balance, incl. cover, large

Available in 2 sizes:
size small: approx. 65 x 50 x 22 cm, max. user height: 165 cm
size large: approx. 78 x 50 x 22 cm, min. user height: 165 cm

Cover: 80% cotton, 20% polyester
Filling: rebonded polyurethane foam & polyurethane foam layer

grey





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