



## Sissel Spinefitter Linum



The Linum can be perfectly put around the SPINEFITTER by SISSEL®. So you can add extra weight to the SPINEFITTER, but also use it as a heat source. You can simply heat the Linum in the oven or microwave. The SPINEFITTER Linum is the perfect complement for training with the SPINEFITTER by SISSEL®! The Linum is filled with linseed and can be used for warming or cooling treatment. Its shape fits perfectly around the SPINEFITTER and can intensify exercises, but it can also be used as a stand-alone product. As a warming pillow, heat the Linum in the microwave or oven to the desired temperature. If you want to use it as a cooling product, simply place the product in the refrigerator or freezer. Please follow the instructions for use!

**CHF 49.90**

The Spinefitter by Sissel Linum is due to its elongated shape particularly suitable for use on the muscles near the spine. The heating and cooling pad can be used individually or in combination with the Sissel Spinefitter, on which it can be securely attached thanks to the side pockets and the central band.

The Spinefitter Linum is a heating/cooling pillow with natural filling for drug-free, on-demand, individualized heat or cold therapy. Heat and cold applications use the reactions of the skin, subcutaneous tissue, muscles and deep tissue layers to the respective temperature stimulus. In heat therapy, these are primarily circulation-promoting and metabolism-stimulating effects, while in cold therapy they are heat withdrawal and pain relief. Thus, the grain pillow is an ideal way to use heat and cold in a targeted therapeutic manner on various occasions.

- Heat and cold pillow with natural filling
- suitable for the muscles around the spine
- Can be used individually or with the Spinefitter
- filling: linseed
- cover: 100% cotton
- Dimensions: 84 x 12 x 2cm

**The Shark  
Fitness Company**



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