

IDEAL BACK PILLOW

because of its perfect matching to the natural curve of the lower back region.

Simply place it in a comfortable position between your back and the chair.

BestKissen will also provide lateral support to the lower back region and local warmth in the contact-area.

Perfect for the car,
in the office, or at home!



WASHING

The pillow core, together with the inner cover, can be washed manually or even in the washing machine, alone, at 40°C. The removable white cover can also be washed at 40°C.

A product of **SANOTEC MEDICAL** Made in Austria

ADVANTAGES OF

BestKissen

- Perfect ergonomic shapes, adapted for the neck and for the back. Can be used whilst lying down or sitting.
- Active relaxation and prophylaxis against neck pains! No more discomfort of the neck region in the morning! The smooth and durable stretching of the neck region, could lead to a pleasant, smooth prophylaxis and therapy-help against neck pains!
- Warm- dry climate in the contact region! The "breathing-active", high-quality material absorbs the bodies own warmth in the contact region and returns it to the neck and back muscles.
- Hygienic and antiallergical! The pillow is completely washable, even in the washing machine! That makes it ideally suitable for allergic persons!
- Face folds, caused from "embedding" in unnecessary pillow material can simply not result! The face will be not "embedded" in the pillow material and remains in every lying position free of side-contact and pleasantly cool.
- Prevents snoring, caused by wrong lying position because of the stable and the slightly bent-to-forward lying position of the head. Through that, an overstretching of the head to the back, with an open mouth, will be avoided!
- Small and handy! You can take it everywhere... as back- or neck pillow, in the car, in the office or at home!

BestKissen

Created to relaxe you!

distributed through:



BestKissen



The ideal
neck and
back pillow!

Unique design
for
absolute comfort!

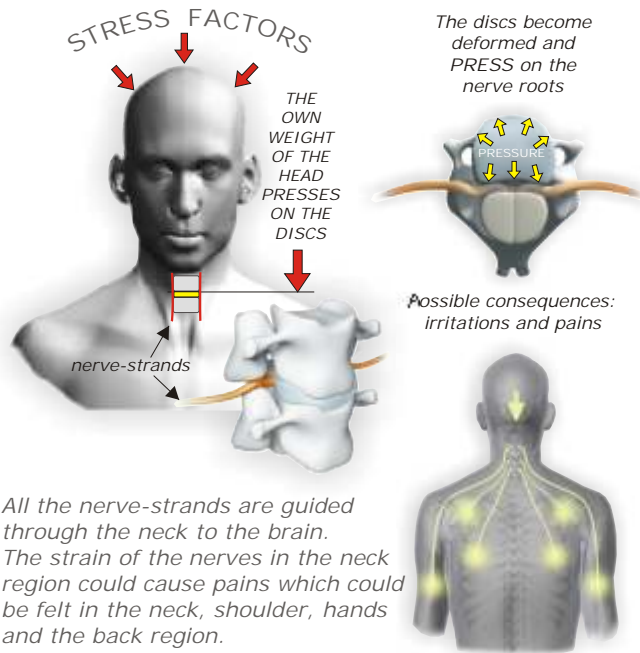
www.bestkissen.de

PROPHYLAXIS AND ACTIVE RELAXATION

Possible causes of discomfort in the neck, back, shoulders and arm region:

- monotonous and uncomfortable postures,
- insufficient movement,
- over-stressed muscles,
- the natural wear and aging of the discs!

AT THE ORIGIN of the causes:

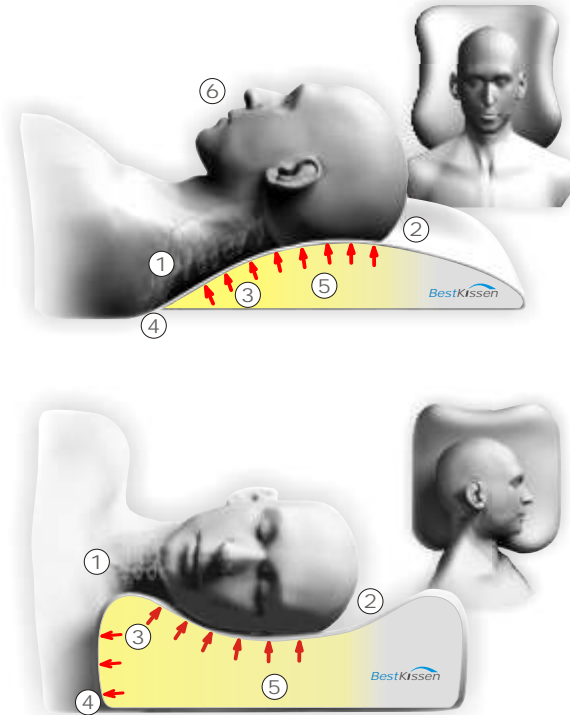


All the nerve-strands are guided through the neck to the brain. The strain of the nerves in the neck region could cause pains which could be felt in the neck, shoulder, hands and the back region.

The own weight of the head, which is pressing vertically onto the vertebral column is directly responsible for these pains. As a consequence, the discs become compressed and laterally deformed and this could lead to irritation of the surrounding nerves and cause pains!

The actual therapy against these pains, consists also of massages, under warmth influence and lengthening.

PERFECTLY LYING ON BestKissen®



- 1 optimum posture of the spinal column
- 2 no pressure on the top of the head
- 3 → soft stretching of the spinal column
- 4 perfect adaption to the body shape
- 5 → cool head and warm neck
- 6 less snoring in the back position

For a perfect posture of the head while lying on your back, the spinal column must remain in its natural position and the pillow must not be too high. The shape of the BestKissen provides a natural, smooth and gradual transition between bed, pillow and neck. While lying on your side on BestKissen, the neck muscles and the discs will be relaxed through the smooth lengthening. The high-quality material absorbs the bodies own warmth in the contact contact region, and returns it to the neck and the back muscles. That could lead to a pleasant relaxation.

FOR YOUR QUALITY OF LIFE AND WELL-BEING!

The right head-support pillow, should determine the lying position through its ergonomical form and the material should be able to hold it! BestKissen does NOT "adapt-to-the body" but already has an ideal and stable form, which ensures that the body remains in the right position. Through that, vicious positions could be corrected during the sleep, instead of being "conserved"!

The right pillow profile for the back position is not suited for the side position and vice-versa!

The two anatomically different head postures "demand" also different support profiles! These are combined in their ideal forms only on BestKissen!

By means of the soft, durable lengthening of the neck spinal column and its ideal lying profiles, ensures BestKissen for relaxation and well-being in the neck, shoulders and the arm region!



The use of BestKissen is to our knowledge absolutely risk free! If you have any doubt on that, or you suffer from chronic diseases, we recommend that you consult your doctor before, or soon after buying the pillow! Some people require a short time to become accustomed to the support provided by the BestKissen. For best results, familiarize yourself with the side and back sleeping positions of the pillow, while you are awake. You will soon find the BestKissen so comfortable that you will never want to sleep without it! The unique two-way design of the pillow allows you to select the correct lying profile by simply turning the pillow around, when you change from the side to the back position and vice-versa! You will get accustomed very soon to the always constant remaining shape and you will "search" and turn it instinctively!