# So there are plenty of good arguments for SAMTEN<sup>®</sup>.

Conventional cushions are predominantly conceived only for one purpose. There are cushions to sit on, to place legs up high, for resting the back, special cushions for pregnancy, yoga- and meditation cushions and many more. Cushions to sit on like gymnastics balls, cotter-cushions, lordosis cushions, special cushions for children, for wellness, cars, work places or travelling. If you want to face all these requirements, you have to spend a lot of money, since none of these several cushions offers a multipurposed use. Furthermore, most of theses cushions are due to their volume and/or their weight only applicable for fixed use and definitely not suited for frequent transports.

# SAMTEN<sup>®</sup> unifies many of these purposes and is consequently the only all-round multi-purpose health cushion on the market!



#### Product attributes

- Height adjustable from 5 to 20 cm
- Flat as a frisbee
- Automatically finding of body centre by air suspension
- Suitable for longer seating
- Load up to 120 Kg maximum
- Easy to clean, only hand-wash; not fit for washing-machines!

#### Product description

- Weight: 260 g
- 2-chamber-system
- Diameter: 30 cm
- Height: 5 to 20 cm
- Bottom: sturdy PVC
- Cover: flock-PVC, (feels like velvet)

#### SAMTEN<sup>®</sup>, an assigned product!

SAMTEN<sup>®</sup> has been assigned on the Harmony World in Baden-Baden in August 2004 as the winner of the **"Product of the year**".

"only 260 grams

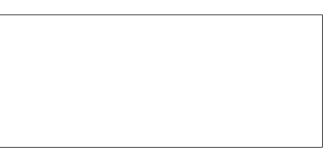
and pretty flat ... "

Statement of the jury: .... a novelty, an innovative product, which meets the requirements of the market and is of versatile use for the consumer. It is medically reasonable, produces relief at back-aches and supports a healthy spine posture".



"... so tiny, that it fits

in every bag"



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SAMTEN [sʌmtæn]: tibetian, perfect stability in your centre

#### The three ranges of use of SAMTEN®

SAMTEN® in every day's life For daily support under all circumstances of life "SAMTEN®, sit yourself healthy!"

SAMTEN® for Fitness To increase physical well-being "SAMTEN® creates new vitality!"

SAMTEN® on travelling The ideal companion due to its slight weight and volume "SAMTEN® for a relaxed arriving!"

#### USP

- Versatile in use; not only for one purpose
- Therefore more favourable in purchasing
- Lighter, tinier and therefore easier to transport than other cushions

#### SAMTEN® in every day's life

#### > As a chair pad at work places

SAMTEN<sup>®</sup> supports a correct posture on work places and thus unburdens the spine.

#### As a simple chair pad

SAMTEN<sup>®</sup> pads hard and uncomfortable chairs; proved itself on longer seating i.e. longer seminars and provides a convenient seating.

#### As a protection against cold and wetness

SAMTEN<sup>®</sup> is a perfect pad for garden furniture, park benches or meadows and offers effective protection against cold or wet surfaces.

#### SAMTEN® for Fitness

#### > As a relief of spine and back

SAMTEN<sup>®</sup> works as a gymnastics ball, but is tinier, more manageable and more applicable.

#### For chair- and base-gymnastics

SAMTEN<sup>®</sup> is an excellent tool to increase physical well-being.

#### During pregnancy

SAMTEN<sup>®</sup> tightens pelvis musculature during pregnancy, pads the bottom perfectly and prevents muscular tensions.

#### > For yoga-/meditation-exercises

SAMTEN<sup>®</sup> assists relaxed exercising and supports health balance.

#### SAMTEN® on travelling

#### For comfortable seating

SAMTEN<sup>®</sup> makes seating more convenient, no matter, if you travel by car, train, bus, plane or ship.

#### As replacement-cushion

With SAMTEN<sup>®</sup> you don't need to rough on your usual sleeping comfort while travelling.

#### Purpose of use of SAMTEN®:

#### 1. To unburden spine and back

Lay cushion on the chair and place yourself centrically without leaning on the backrest. Balance yourself, find your own middle and simply feel the spine unburdening effect.

## 2. As simple chair pad for padding hard seats or at longer seating (seminars etc.)

Place the cushion on the chair and sit down while leaning against the backrest. Due to the air-padding you are sitting on your whole buttock and not only on a few pressure points as on a normal chair.

#### 3. As rest for your back

Place cushion into the natural curve of your spine. Lay back and feel the supporting effect.

#### 4. For seat height adjustment

To adjust seats on different body heights. If necessary, adjust size with SAMTEN®; especially suited for children, too.

#### 5. For chair- and base-gymnastics

To increase your well-being and your fitness. The exercises can be done either on a chair or on the base.

#### 6. During pregnancy

To tighten up pelvis musculature, to pad up the bottom and to relief spine and back.

#### 7. To relax

For breath-, meditation- or yoga exercises; eases tensions and relieves stress to be in harmony with body, soul and spirit.

#### 8. For isolation

SAMTEN<sup>®</sup> is a perfect isolating pad for garden furniture, park benches, meadows, on the beach or wherever you prefer to use it. Presumed that the surface does not harm the PVC.

#### 9. As child-seat on the ground

The fully inflated SAMTEN<sup>®</sup> is an ideal and solid replacementseat for children, which can be stored pretty well due to its slight weight and size.

#### 10. To place legs up high

At certain diseases, after some surgeries, at circulatory disturbances or during pregnancies simply place legs up high on the fully inflated SAMTEN<sup>®</sup>.

#### 11. In your car or motor home, in Bus or plane

Laid in the back, it works as a lordosis; regulates the height of tinier persons; acts as a seat-cushion at longer journeys with its spine unburdening effect.

### 12. SAMTEN<sup>®</sup> as replacement-cushion on journeys or visitors pillow

Stuck into a pillow case SAMTEN<sup>®</sup> is the ideal replacementor visitors' pillow. If you fully inflate the bottom chamber, you'll receive a ten centimetre pillow. If you inflate less air, you'll receive a plume effect. Simply adjust height of your pillow to your usual sleeping habits.

#### 13. On the beach as cushion or seat

To enjoy the convenience of SAMTEN<sup>®</sup> on the beach, we recommend never inflating it too fully in the burning sun.

#### 14. For all outdoor-activities

SAMTEN<sup>®</sup> isolates perfectly against cold and wetness, pads up hard grounds and offers an excellent seat comfort. It is nonskidding, waterproof and very stable - the ideal pad for all outdoor-activities like camping, hiking, for all kinds of stadium visits or on bark benches.