

## So there are plenty of good arguments for SAMTEN®.

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 multi-purposed use. Furthermore, most of these cushions are due to their volume and/or their weight only applicable for fixed use and definitely not suited for frequent transports.

**SAMTEN® unifies many of these purposes and is consequently the only all-round multi-purpose health cushion on the market!**



### USP

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

### 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!

„... so tiny, that it fits in every bag“



### 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)

„only 260 grams and pretty flat ...“



### SAMTEN®, an assigned product!

SAMTEN® has been assigned on the Harmony World in Baden-Baden in August 2004 as the winner of the “Product of the year”.

**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“.



**Sit yourself healthy!**



SAMTEN [samtæn]: 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!“**



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## SAMTEN® in every day's life

- **As a chair pad at work places**  
SAMTEN® supports a correct posture on work places and thus unburdens the spine.
- **As a simple chair pad**  
SAMTEN® 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® 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® works as a gymnastics ball, but is tinier, more manageable and more applicable.
- **For chair- and base-gymnastics**  
SAMTEN® is an excellent tool to increase physical well-being.
- **During pregnancy**  
SAMTEN® tightens pelvis musculature during pregnancy, pads the bottom perfectly and prevents muscular tensions.
- **For yoga-/meditation-exercises**  
SAMTEN® assists relaxed exercising and supports health balance.

## SAMTEN® on travelling

- **For comfortable seating**  
SAMTEN® makes seating more convenient, no matter, if you travel by car, train, bus, plane or ship.
- **As replacement-cushion**  
With SAMTEN® 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 centrally 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® 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® is an ideal and solid replacement-seat 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®.
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® as replacement-cushion on journeys or visitors pillow**  
Stuck into a pillow case SAMTEN® is the ideal replacement- or 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® on the beach, we recommend never inflating it too fully in the burning sun.
14. **For all outdoor-activities**  
SAMTEN® isolates perfectly against cold and wetness, pads up hard grounds and offers an excellent seat comfort. It is non-skidding, waterproof and very stable - the ideal pad for all outdoor-activities like camping, hiking, for all kinds of stadium visits or on bark benches.