



Hygge, pronounced 'hoo-ga' is a Danish concept which can't truly be translated into an English word but encompasses a feeling of well-being through the enjoyment of the simple things in life. Hygge requires consciousness and mindfulness, giving you the ability to not just be present, but also to enjoy it! Hygge is all about generating a relaxing atmosphere, which can be created through ambient lighting, a roaring fireplace, and a warming drink. This cosiness can also be achieved through the use of warm, natural textiles and celebrating intimate relationships by regularly spending time together with close friends and family. This in turn gives us a presence, harmony, comfort and a safe shelter. You don't need to overhaul your interior to make it more 'hygge' however small additions can really help encourage it.



LIGHTING

Lighting is a crucial element of Hygge. An interior which is too bright, such as a sterile hospital or the inside of an artificially lit supermarket is not considered hygge. Hygge is dimmed, rustic and slow, like the warm glow from a candle. The Danes prefer organic candles without scents, which are considered artificial.

Overhead lights are usually too bright and therefore lamps are a great way to create mood and can be purposefully placed to create beautiful pools of light. The lower the temperature of light the more desirable therefore dimmed light is the preferred setting when using lamps.

FIREPLACES

Fireplaces are similar to candles as they create a special glowing light. A flickering fire can instantly make a space feel intimate. Huddling around a fire with those closest to you is a big part of the Danish culture, creating a warm cosiness.

If you don't have the luxury of a fireplace in your home, try stacking firewood and incorporating wooden furniture pieces and decor to re-create the warm, earthy, natural feeling of a Nordic log cabin. You could also try arranging candles of different sizes and shapes into a cluster.



TOGETHERNESS

One of the most important concepts of hygge is to spend time together with close friends and loved ones in a relaxed environment. Less formal occasions are encouraged, such as getting together over a bottle of wine, cook wholesome food together and an indulgent treat such as cake.

When we invite people into our homes, we shelter one another and give each other attention. It is thought that you shouldn't hygge alone, as having company and close connections lead to happiness and a greater well-being. The experience of hygge is, therefore, best experienced with friends.





TEXTILES

Texture is a key element of hygge. Surrounding yourself with soft items with a beautiful tactile nature, such as throws, rugs, and lush bed linen. There is a sense of luxury associated with sleeping in and snuggling with plenty of layers, piling on blankets and pillows in order to fully switch off and be indulged.

The Danes use a variety of materials as a way to add character to their minimal interiors. They lean towards using warm, natural materials such as wool, linen, cotton, leather, and wood. Incorporating natural colours such as browns, greens and neutrals are calming to humans and are an easy way to make a space feel homely.



KITCHEN

Your kitchen is a key zone to create some serious hygge. Inviting friends and family into your home for a casual dinner and a nice bottle of wine provides them with warmth, shelter and a loving, relaxed environment.

Instead of a formal sit-down dinner where the host does all the work, it is considered more hygge to spend the afternoon cooking and preparing with guests and then enjoying the meal with one another as a bonus at the end. Another great idea is to spend the day picking vegetables, making jam or baking bread - a process which creates invaluable memories and treats to go with.

HYGGE OUTDOORS

Hygge is not only for the winter time. While the warmer months may not attract the use of candles and rugging up, the feeling of hygge can be experienced with friends in the great outdoors.

Sharing a BBQ on a warm summer evening or having a picnic on the beach is very hygge as it brings you together. Going on a hike with your nearest and dearest gets the tick of approval, especially if you pack a picnic, light a camp fire and snuggle into tents at the end of the day.





WHAT DOES HYGGE FEEL LIKE?

There is a slogan in Denmark that reads ‘the smaller, the more hyggeligt.’ Visually, items that are homemade and old are much more hyggeligt than brand new, large things. Objects made from natural materials such as wood, ceramics, wool and leather and that have been made with true craftsmanship are very hyggeligt. Shiny metals and glass are not considered hyggeligt, unless old.

It seems that hygge relies on the notion of nostalgia which cannot be bought in any store. Hygge is a driver for feelings of joy and happiness every single day through appreciating the simple things.

IMAGES

Front cover:

Gissing House by Harry Seidler for INBED x Triibe Moss
linen campaign, photographed by Brook Holm

Lighting page:

Atollo table lamp designed by Euroluce,
image by We Are Triibe in the Triibe Concept Studio 3

Fireplace page:

IN BED x Triibe Tobacco linen campaign,
Photographed by Terence Chin

Togetherness page:

Photographed by Ditte Isager

Textiles page:

IN BED x Triibe Moss linen partnership,
Photographed by Sam Riles

Kitchen page:

We Are Triibe tips shoot,
Photographed by Dave Wheeler

Hygge outdoors page:

IN BED Journal image,
Photographed by Frenchy

What does Hygge feel like page:

Image via County Ltd store