The Ultimate Hygge Checklist
Invest in Candles
Candlelight transforms the clean, fresh style of Scandinavian interiors into a flickering escape from winter’s chill. A simple lit candle is one of the most fundamental and achievable hygge moments for the home.

Add Texture
The mind instantly travels to lusciously soft textures when you think of cosy and warming interiors and these are ideal for incorporating the hygge look. Think chunky knit cushions, faux fur throws and fluffy woollen rugs.

Remember the Simple things in life are Hyyge
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Update your Loungewear
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Hygge with Friends
Hygge is best enjoyed with friends eating wholesome food by candlelight or in front of the fire making it the perfect excuse for a gathering. Fantastic for uplifting others too, test out your baking skills and take your creations to a friend’s to indulge in a spot of hygge together.

Take Up a New Hobby or Practice an Old One
Perfect for allowing you to switch off and refocus the mind, hobbies are excellent to nurture during hygge moments. From crafts like knitting or sewing to reading a book or learning a new skill, a few solitary hours will have you feeling refreshed in no time.

Don’t Rush
Fight the urge to rush around at home. There will always be times when you need to quickly get something done before going onto the next thing, but teaching yourself to take each moment as it is can help daily stresses melt away.

Don’t Overdo
Hygge is rarely about extravagance, it isn’t about wowing your guests or buying the most expensive homeware, it’s about creating a warming and inviting environment you and your visitors don’t want to leave. Focus on this the next time you are planning a gathering or dinner party.

Enjoy the Space Around You
The key idea of hygge is to simply enjoy the space around you. Each room in the home should be a sanctuary you can sink into at any given moment, so fill each space with things that help you to really achieve this.

Remember Hygge isn’t just for Winter
Whilst always associated with cosiness, hygge can be enjoyed in any season. From heading to the local park or forest with friends, to afternoons of sun and barbecues in the garden, make time for hygge in the spring and summer too.