

5 Quick + Simple Ways To Achieve Hygge In Your Home This Winter

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◀ Warm Jam Donut Candle
by Hayley Marie

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HOME STYLE & DESIGN

Danish people know a thing or two about cold, depressing winters. A typical winter in Denmark consists of below freezing temperatures, constantly overcast skies and extremely short days. During December, the sun starts setting just after 3pm, and you thought your winter blues were bad!

It's little wonder then that the Danes live according to the philosophy of 'hygge', pronounced something like hue-gah, the Danish concept of cosiness, contentment and well-being. While there is no direct English translation, in essence it means creating a warm, cosy atmosphere and enjoying simple pleasures and everyday togetherness with loved ones. When you're stuck indoors for a few months of the year, you'll want to make your space as warm, inviting and enjoyable as possible!

1 Get Your Glow On

I've always loved the ambience created by the warm glow of a candle, but the Danes take lighting candles to a whole other level in their pursuit of hygge. In fact, they burn a whopping 6kg of candle wax on average per person each year! Not only do candles set the mood with their beautiful, flickering flames, but they also come in the most delicious and decadent scents that are perfect for chilly winter nights.



◀ Concrete Soy Candle
In Vanilla Caramel by Whitewick Home

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2 Flower Power

Flowers are a wonderful way to bring natural beauty into a space, and can add a little pick-me-up to your every day living. My winter favourite is the gorgeous cotton flower. So soft, beautiful and pure, these little clouds of fluffiness look amazing anywhere, whether paired with David Austin roses to create a stunning arrangement, or simply placed into a vase as a single stem. The best thing about these little beauties is that since they're already dried, they last for aaaaages. Perfect for someone like me who is terrible at maintaining flowers and potted plants. This simple pleasure will go a long way in giving your home warmth, visual interest and natural beauty.



Bud Vase. Set of 4 by Zakkia
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3 More is More

Winter is the perfect time for introducing more textures and layers into your home including big, soft cushions with knitted covers, textured throws, shaggy rugs, all the things that make your house feel warm and snug. Layer soft furnishings on top of each other, and don't be worried about going overboard...is there really such a thing as being too cosy during winter?



4 Lighten Up

Switch off your room's main ceiling lights and flick on your floor and table lamps instead to instantly create warm ambient lighting. Scattering a few well-placed lamps around the house is a quick and easy way to set the mood, whether you're having friends over for cheese and wine, or snuggling up on the couch with your special someone for a romantic night in.



◀ Zana Table Lamp by Emporium

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5 Find Your Happy Place

In the quest for hygge, the Danes have coined the term hygge-krog, which is essentially a special nook of your house where you can get cosy. Your hygge-krog could be your favourite armchair where you curl up with a good book, the daybed where you sip tea or hot cocoa, or the window seat where you watch the world go by. Find your own hygge-krog, and make sure to keep it as a place of rest, enjoyment and relaxation. While in the sanctuary of your hygge-krog, there is no responding to emails or making work calls.



Sven Cashmere Armchair in Charcoal
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