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Artemis Saage

**Hygge Home:
The Danish Art of Cozy Living
A Practical Guide to Creating Comfort,
Mindfulness, and Connection Through How to
Hygge Your Space for Every Season Including
Hygge Christmas**

100 Sources

25 Photos / Graphics

20 Illustrations

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Imprint

Saage Media GmbH
c/o SpinLab – The HHL Accelerator
Spinnereistraße 7
04179 Leipzig, Germany
E-Mail: contact@SaageMedia.com
Web: SaageMedia.com
Commercial Register: Local Court Leipzig, HRB 42755 (Handelsregister: Amtsgericht Leipzig, HRB 42755)
Managing Director: Rico Saage (Geschäftsführer)
VAT ID Number: DE369527893 (USt-IdNr.)

Publisher: Saage Media GmbH
Publication: 12.2024
Cover Design: Saage Media GmbH
ISBN Softcover: 978-3-384-46190-2
ISBN Ebook: 978-3-384-46191-9

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Dear readers,

I sincerely thank you for choosing this book. With your choice, you have not only given me your trust but also a part of your valuable time. I truly appreciate that.

In a time when hustle and digital overstimulation dominate our daily lives, we long for a home that offers security and inner peace. The Danish concept of Hygge provides a proven path to greater balance and well-being within our four walls. But how can we authentically integrate this special form of coziness into our lives? This practical guide shows you how to transform your home step by step into a place of harmony. From the selection of natural materials to atmospheric lighting concepts and seasonal decorations – discover the essential principles of hyggelig interior design. Learn how to bring more relaxation into your daily routine through conscious slowing down and mindful practices. The book conveys traditional Scandinavian living concepts and connects them with modern furnishing solutions for an authentic feel-good atmosphere. Give your home the ambiance you have always desired – with this hands-on guide for a life in the spirit of Hygge.

I now wish you an inspiring and insightful reading experience. If you have any suggestions, criticism, or questions, I welcome your feedback. Only through active exchange with you, the readers, can future editions and works become even better. Stay curious!

Artemis Saage

Saage Media GmbH

- support@saagemedia.com
- Spinnereistraße 7 - c/o SpinLab – The HHL Accelerator, 04179 Leipzig, Germany

Introduction

To provide you with the best possible reading experience, we would like to familiarize you with the key features of this book. The chapters are arranged in a logical sequence, allowing you to read the book from beginning to end. At the same time, each chapter and subchapter has been designed as a standalone unit, so you can also selectively read specific sections that are of particular interest to you. Each chapter is based on careful research and includes comprehensive references throughout. All sources are directly linked, allowing you to delve deeper into the subject matter if interested. Images integrated into the text also include appropriate source citations and links. A complete overview of all sources and image credits can be found in the linked appendix. To effectively convey the most important information, each chapter concludes with a concise summary. Technical terms are underlined in the text and explained in a linked glossary placed directly below.

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1. Hygge - A Way of Life

In an era where hustle and digital overstimulation dominate our daily lives, the Danish concept of 'Hygge' is gaining increasing significance. But what lies behind this term, which describes more than just coziness? How can this special way of life be integrated into our modern world? The art of living hygge is rooted in the conscious design of spaces and moments. It connects traditional values with contemporary needs, creating a balance between aesthetics and functionality. From harmonious interior design to mindful routines and the nurturing of genuine relationships—Hygge permeates all areas of life. Particularly interesting is the question of how this philosophy impacts our well-being. Scientific studies show that people in Denmark, despite long, dark winters, are among the happiest in the world. Could Hygge be a key to greater satisfaction? In this chapter, we explore the various facets of the hygge way of life and present practical ways to integrate this timeless wisdom into our modern daily routines. It becomes clear: Hygge is far more than a design trend—it is an attitude towards life that helps us find moments of security even in turbulent times.



1. 1. The Art of Cozy Living

How do we design our living spaces so that they are not only functional but also radiate an atmosphere of security and well-being? What makes a space a place where we truly feel at home? The art of cozy living according to the Hygge principle goes far beyond mere decoration—it combines thoughtful spatial design with conscious minimalism and the intentional use of natural materials. The balance between aesthetics and comfort is at the forefront, reflected in every detail: from harmonious color choices to the texture of surfaces and the deliberate integration of natural elements. This holistic approach to designing our living spaces opens new perspectives on how we create coziness while simultaneously maintaining order and tranquility.

„A central element of harmonious spatial design is the use of natural materials, particularly wood, which is not only visually appealing but also creates a warm, vibrant atmosphere.“

1. 1. 1. Harmonious Room Design

Harmonious room design, in the sense of the Scandinavian Hygge concept, combines functionality with coziness, creating spaces that are both practical and inviting [s1]. This balanced harmony is not a coincidence but the result of thoughtful design principles that have evolved over generations in Scandinavian living culture. A central element is the use of natural materials, particularly wood, which is not only visually appealing but also creates a warm, vibrant atmosphere [s2]. This can be achieved through wooden paneling on the walls, solid wood floors, or selected furniture pieces made from native woods such as pine or oak. It is important to ensure that the wood grain remains visible to emphasize the natural beauty of the material. Color design plays a crucial role in harmonious room design. A neutral base of white, gray, and soft blue tones creates a calm foundational mood [s2]. This can be complemented by subtle accents in pastel shades, while bright or overly intense colors should be avoided [s1]. A practical approach is to design about 60% of visible surfaces in a light base tone, 30% in a medium tone, and reserve only 10% for accent colors. Particular attention should be paid to the lighting concept. Large windows with minimalist curtains maximize natural light [s1]. In the dark winter months, this is complemented by strategically placed lighting elements. It is advisable to combine different light sources at varying heights: ceiling lights for general illumination, wall lamps for indirect lighting, and table lamps for cozy reading corners. The Japandi style, a modern fusion of Scandinavian and Japanese design, brings additional harmony to room design [s3]. This approach emphasizes the importance of negative space—deliberately left areas between furniture and objects. A practical tip is to plan at least 60 cm of space between larger furniture pieces to create an airy atmosphere. Plants are indispensable elements of harmonious room design. They not only improve air quality but also establish a direct connection to nature [s1]. Plants should be arranged in various sizes and heights, for example, large floor plants like the Ficus benjamina in corners, medium-sized plants like Zamioculcas on sideboards, and small succulents as accents on windowsills. Furniture follows the principle of "less is more" [s1]. Each piece of furniture should be both functional and aesthetically pleasing. Innovative storage solutions, such as ottomans with integrated storage or narrow wall-mounted shoe cabinets, help maintain order without appearing clinical [s2]. Textiles play an

important role in creating coziness. Soft materials like wool, linen, and cotton in neutral colors add texture and warmth to the room [s3]. A practical approach is to combine at least two different textures per seating area, for example, a smooth linen cushion next to a textured wool blanket. Sustainability is another important aspect of harmonious room design [s2]. When selecting furniture and accessories, attention should be paid to durable, eco-friendly materials. Vintage furniture or handcrafted pieces from local artisans can add special accents while contributing to sustainability. The personal touch should not be overlooked amidst all the reduction. Handmade items, family heirlooms, or selected artworks give the room character and tell stories [s2]. However, these should be used purposefully and sparingly to avoid disturbing the calm foundational atmosphere.

Glossary

Ficus benjamini

A popular houseplant from the mulberry family, also known as the weeping fig. This evergreen tree originates from Southeast Asia and can grow several meters tall with proper care.

Japandi

A modern interior design style that combines the design philosophies from Japan (Wabi-Sabi) and Scandinavia. Characterized by clean lines, natural materials, and a minimalist aesthetic.

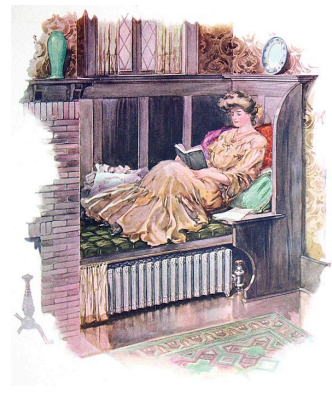
Zamioculcas

A low-maintenance houseplant from East Africa, also known as the ZZ plant. It features glossy, dark green feather-like leaves and tolerates lower light conditions.

1. 1. 2. Hygge Minimalism in Daily Life

Hygge minimalism in daily life combines Danish coziness with a conscious reduction to the essentials. Unlike puristic minimalism, it is not about complete asceticism, but rather about a balanced harmony between comfort and clarity [s4]. The historical roots of this life philosophy date back to the 18th century when people realized that true satisfaction arises not from material abundance but from appreciating simple things [s5]. This timeless insight can be perfectly integrated into our modern daily lives.

A central element of hygge minimalism is the intentional design of retreat spaces. One should initially focus on a specific area of the home, such as a cozy reading nook or a small meditation spot. This area is furnished with a few, but carefully selected elements: a comfortable armchair, a soft blanket, perhaps a plant, and a subtle light source are sufficient to create an inviting atmosphere [s5]. Color design plays a crucial role in implementing hygge minimalism. Warm, earthy tones like sand beige, warm gray, or muted terracotta create a calming base mood [s6]. These natural colors can be excellently combined



retreat [i1]

with various textures, such as handwoven rugs or chunky knitted cushions. An essential aspect of hygge minimalism is the conscious decision against excess. This concretely means regularly reviewing one's possessions and parting with items that no longer hold practical or emotional significance. A practical approach is the "one in, one out" rule: for every new item acquired, an old one is discarded. The social component of hygge minimalism should not be underestimated. Shared experiences with friends and family in a reduced but cozy environment create valuable moments of connection [s6]. A shared dinner by candlelight, with handmade pottery and homemade bread, can bring more joy than an elaborate menu with perfect table settings. In daily life, hygge minimalism also manifests in small rituals. Morning coffee from a favorite mug, consciously noticing the sunlight through the windows, or lighting a candle in the evening—these

simple actions become meaningful moments of mindfulness. The digitalization of our daily lives offers further opportunities for hygge minimalism. Through conscious Digital Detox, such as phone-free times or reducing social media consumption, spaces for genuine encounters and moments of silence are created. Hygge minimalism can also be practiced in the kitchen. A manageable stock of high-quality basic ingredients, combined with a few but high-quality kitchen utensils, allows for a relaxed and creative cooking culture. The shared preparation and enjoyment of simple dishes become a sensual experience. Hygge minimalism extends to the wardrobe as well. A well-thought-out Capsule Wardrobe made up of timeless, high-quality pieces in harmonious colors reduces morning stress when choosing outfits and creates more space for conscious styling. This life philosophy invites one to slow down daily life and focus on the essentials. It is not about perfectionism or strict rules, but about a mindful balance between reduction and comfort, allowing for individual interpretation.

Glossary

Capsule Wardrobe

A small, carefully curated basic wardrobe of about 30-40 clothing items that can be versatily combined and worn across multiple seasons.

Digital Detox

A conscious break from digital devices and online activities, typically lasting between 24 hours and several weeks, aimed at mental recovery.

1. 1. 3. Natural Materials and Textures

Natural materials and textures are fundamental elements of the Hygge lifestyle, significantly contributing to the tactile and visual comfort of a space. The conscious selection and combination of various surfaces and materials create a multi-sensory experience that subtly engages our senses and conveys a sense of security. Tactile textures play a central role in this [s7]. They invite touch and thus create a direct, physical connection between people and space. When selecting accessories, one should particularly pay attention to tactile qualities. Structured vases made of hand-thrown ceramics, which exhibit gentle irregularities, translucent tealight holders with a matte surface, or handwoven linen cushion covers are perfect examples of elements that invite touch [s7]. Combining different natural materials requires a certain finesse. A proven approach is to use three to four different main materials per room and repeat them in various variations. For example, one could combine rough linen for curtains and cushion covers with smooth ceramics for vases and tableware, while woven wool blankets and handmade baskets made from natural materials provide additional tactile contrasts. The integration of natural materials is particularly important in outdoor areas as well [s8]. A balcony or terrace can become an inviting transition area between indoors and outdoors by using wooden decking, natural stone tiles, or bamboo mats. It is advisable to choose weather-resistant materials that develop a natural patina over time, thus gaining character. The texture of surfaces also plays an important role in light management. Rough or structured surfaces break light differently than smooth ones, which leads to interesting shadow play,



Linen ^[i2]



Natural materials ^[i3]

especially in candlelight or warm artificial light. A practical tip is to strategically place different surface textures in the vicinity of light sources—such as a textured wall panel behind a floor lamp or handwoven table runners under candle holders.



Natural stone ^[i4]


When selecting textiles for upholstered furniture, it is advisable to prefer robust natural fibers that are not only pleasant to touch but also promise a long lifespan. Linen, for example, becomes softer with each wash and develops a wonderful patina. For seating, one can layer different textures—such as combining a smooth cotton cover with a textured wool blanket and cushions in various weaves. The conscious integration of natural materials ideally extends to functional areas such as the kitchen. Here, utensils made of wood, ceramics, and natural stone can not only serve practical purposes but also act as decorative elements. An open shelf with handmade wooden bowls, ceramic vessels, and cutting boards made from various types of wood thus becomes an aesthetic focal point. For designing sleeping areas, particularly soft, calming textures are suitable. Bedding made of washed linen, handwoven bedspreads, and fluffy sheepskins create a relaxing atmosphere. It is important to ensure that all materials are skin-friendly and breathable to guarantee optimal sleeping comfort. The combination of different textures should never appear overloaded. A balanced ratio between smooth and structured surfaces, as well as between matte and glossy materials, contributes to visual harmony. As a rule of thumb: the more striking the texture of an element, the more space it should be allowed in the overall arrangement.

Summary - 1. 1. The Art of Cozy Living

- The harmonious spatial design in the Hygge concept follows the 60-30-10 rule for color distribution. Japandi, a fusion of Scandinavian and Japanese design, emphasizes a minimum distance of 60 cm between furniture pieces. The historical roots of hyggelig minimalism date back to the 18th century. The 'one in, one out' rule aids in the consistent reduction of possessions. Each room should utilize three to four different primary materials, repeated in variations. Rough or textured surfaces reflect light differently than smooth ones, creating interesting shadow play, especially in candlelight. Linen develops a characteristic patina with each wash and becomes softer. The combination of textures follows the principle: the more striking the texture, the more open space in the overall arrangement. A capsule wardrobe of timeless pieces in harmonious colors reduces morning stress. Digital detox is an important component of hyggelig minimalism, creating space for genuine encounters.




1. 2. Relaxation and Mindfulness

 In an age where digital notifications, professional demands, and personal obligations compete for our attention, the question arises: How can we pause and find genuine moments of tranquility? What does it even mean to be truly relaxed? The Scandinavian tradition of Hygge offers remarkable insights and practical approaches to this. Relaxation and mindfulness are more than just buzzwords or short-term wellness trends. They form the foundation for a balanced life that encompasses both productive phases and conscious moments of rest. Scientific studies increasingly demonstrate the positive effects of regular relaxation practices on our mental and physical health. The following pages outline concrete ways to integrate moments of mindfulness and relaxation into a busy daily life—ranging from intentional slowing down to meditative practices and mindful routines that help us navigate life with greater presence and calm.

„The Three-Breath Exercise can serve as a reset button at any time and in any place: One pauses, closes their eyes, and takes three conscious, deep breaths.“

1. 2. 1. Conscious Deceleration

 In our fast-paced world, characterized by constant connectivity and performance pressure, conscious deceleration is gaining increasing importance. This practice allows us to have deeper and more meaningful experiences in our daily lives [s9]. It is not merely about slowing down, but about a fundamental change in our perception and our relationship with time.

A particularly effective form of deceleration can be found in the Scandinavian tradition of "Fika". This structured coffee break is more than just a simple interruption of the workday - it is a conscious timeout that allows us to arrive in the present moment and be present [s10]. Practically, this means setting aside fixed times for a break each day, ideally two to three times a day for 15-20 minutes each. During this time, one consciously



Fika [i5]

leaves the workplace, puts aside the smartphone, and focuses entirely on the moment. The power of conscious deceleration is particularly impressively demonstrated in nature. The concept of forest bathing, which originated in Japan, has also established itself in Danish life and underscores the healing effects of nature on our mental health [s11]. A mindful walk in the forest, where all senses are activated - the rustling of leaves, the scent of the forest floor, the play of light and shadow - can reduce stress and significantly enhance overall well-being. A fundamental practice of deceleration is the "Three Breaths Exercise" [s12]. This can be performed anytime and anywhere: one pauses, closes their eyes, and takes three conscious, deep breaths. This simple exercise can serve as a "reset button" in stressful situations and bring us back to the present moment. Slow adventures offer another opportunity for conscious deceleration [s9]. Unlike action-packed activities, this is about consciously experiencing nature. It can be a cozy hiking day, a canoe trip on a calm lake, or birdwatching at dawn. These activities allow for a deeper connection to nature and oneself. The social component plays an important role in conscious deceleration. Shared activities, whether a Fika break with colleagues or a slow adventure with friends, foster meaningful relationships and create lasting memories [s13]. It