

## Your Guide to Master Hygge (hoo-ga) Holiday Moments 5 Rules :

A Danish word describing a feeling or moment of coziness and warmth, often inspired by good foods and good friends.



1. **SPEND QUALITY TIME WITH FRIENDS & FAMILY** - We all know that having a good time with people we love makes us happy. Laughing, joking and drinking - this is hygge
2. **HEAT THINGS UP**, a flickering "hyggeligt" (translate: cozy) fire can instantly make any space feel intimate, arrange candles of different sizes and shapes
3. **REACH FOR SOMETHING SOFT**, surrounding yourself with soft items like knitted fleece throw blankets, fluffy pillows, shag rugs, comfy furniture and warm, soft socks
4. **KEEP THE HOT DRINKS COMING** - made using fine, real chocolate, cream and milk, then decentered into big mugs and consumed in your cozy living room with friends. Mmmm delicious
5. **DON'T FORGET YOUR DELICIOUS PASTRY** - The smell of a freshly baked pastries wafting through the house is about as hygge is it gets.