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(Travel)

These Hygge Hotels Are Perfect For A Relaxing, Mental Health Escape



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Say it with us, “comfortable conviviality.”

Hygge (pronounced HOO-gah) is a Danish word — turned lifestyle concept and worldwide obsession — used to describe a feeling of coziness and comfort. It’s basically the best possible mix of snuggly and stylish. Imagine curling up on the couch with a cup of cocoa as the warmth and scent of the cracking fire fills the room. Outside, fresh flakes gently fall and begin to cover the ground — because, yes, it’s still cold. Oh yeah, and you’re wearing the softest cashmere sweatsuit ever. That’s the idea. When it comes to hygge hotels, that translates to places people actually want to hunker down and spend time enjoying simple pleasures. “It’s not only about the interior, but also the people and the atmosphere that create the personal traits and the element of hygge,” explains Peter Høgh Pedersen, managing director at Villa Copenhagen.

The whole vibe is just so perfectly suited for this time of year. If you’re in the mood for a final pre-spring escape, that puts an emphasis on all things cozy, these hygge hotels around the globe guarantee a wonderfully warm and relaxing getaway. Oh, and just because they’re best suited for chillier temps, doesn’t mean you can’t enjoy them in the warmer months as well. Comfort should be enjoyed all year round, right?

Villa Copenhagen: Copenhagen, Denmark



Conscious luxury is a signature of Villa Copenhagen, a hygge haven in the capital of the country where it all started. The convivial yet relaxed environment means guests feel just as comfortable chatting up a fellow traveler at the bar as sinking into a red velvet couch for a solo moment to think. The rooftop pool and sauna combo provide a dreamy setting for self-care. Housemade cinnamon buns and famous hot chocolate with whipped cream sweeten the deal.