IKEA

KÅMA SUTRA

The ultimate guide to bedroom satisfaction.

Complete with illustrations.
TABLE OF CONTENTS

The Lotus Flower 4
The Widely Open 6
The Seated Desire 8
The Climber 10
The Glowing Boudoir 12
The Tiger Bridge 14
The Doggy Style 16
The Swedish Chair 18
The Beautiful Behind 20
The Frequent Stacker 22
The Twins Temple 24
The Bohemian Tent 26
The Busy Hands 28
The Chandelier 30
The Double Sided 32
The Narcissus Delight 34
The Secret Treasure 36
The Magic Inclination 38
The Personal Blush 40

The IKEA® Kama Sutra comes from the ancient belief that every individual should have a bedroom space that satisfies their everyday needs on both a physical and spiritual level.

After many decades acquiring bedroom expertise and studying the intricacies of quality bedroom living, IKEA is proud to share its knowledge with the world.

This illustrated book, filled with ingenious positions and detailed illustrations, is made to inspire lifelong satisfaction and help you master the art of loving your bedroom.
The bedroom position, inspired by northern forests, will certainly satisfy your inner desire to reconnect with nature, thanks to its sustainable materials and harmonious colors.

The durable hardwood **BJÖRKSÅS** Bedframe combined with the irresistibly soft linen **PUĐERVIVA** Duvet Cover and Pillowcase Set will create a room you’ll never want to escape.
THE WIDELY OPEN

This highly functional bedroom position is the ideal space to find out what organizational method pleases you, while keeping a trendy, Industrial, Scandinavian look.

And thanks to this **ELVARLI** Open Wardrobe, you'll have a tidy and attractive display that is pure pleasure to the eyes.
This bedroom position is made to be an inspiring and relaxing space where self-expression and creativity have no limits.

And with the LANDSKRONA Sofa and its comfortable leather cushions, you will be able to smoothly transition into your nightly rituals, laptop in hand.
This bedroom position will affordably elevate your bedroom style and give you all the space you need thanks to the **SVÄRTA** Loft Bed.

What you place under the bed is up to your imagination: perhaps a desk or an **EBEBOL** Sofa for when you have a friend over, or simply to unwind your mind and body.
THE GLOWING BOUDOIR

This bedroom position is the perfect balance of elegance and coziness, making it a great place to relax after a long work week.

And thanks to the elegant FILODENDRON Duvet Cover and Pillowcase Set and stunning ÖRTOFTA Chandelier, this room can give you that morning glow, all night long.
This bedroom position will bring back the relaxing mood of vacationing with contrasting exotic tones.

The FREDÖN Hammock will gently rock you into a state of meditation while the FJÄDERKLINT Curtains will create a feeling of warmth and add a fresh color to your bedroom, even when it’s cold outside and all you want is to snuggle under the blankets.
This bedroom position offers comfort for everyone, no matter if you’re standing or down on all fours, thanks to its GODFORD Bed and LURVIG Pet Cushion.

And if you’re in a playful mood, keeping the KRASTA Coffee Table near your bed is a practical choice but also a dedicated space within your bedroom for your digital tablet, books, rubber ball for your dog or other toys.
THE SWEDISH CHAIR

This bedroom position offers you a quiet Scandinavian-style retreat to unplug from your high-energy lifestyle.

And with the natural aesthetic of the KAUSTBY Chair—that can go from seating space to nightstand—and the HEMNES Bed you’ll feel recharged and ready for the day ahead.
THE BEAUTIFUL BEHIND

This bedroom position is the perfect use of space to explore your minimalistic side.

Having your stylish wardrobe at the back of the room with a fully customizable ALGOT Shelving Unit and other storage boxes, you'll be able to move freely in close quarters.
THE
FREQUENT
STACKER

This bedroom position has the flexibility you need to match your dynamic lifestyle, busy schedule and hosting needs especially when you live in a small space.

And with the UTÄKER Stackable Bed that can be quickly stacked or placed side-by-side, rearranging your space to accommodate guests isn't a problem.
This bedroom position is a creative sanctuary that will inspire you every day.

And with the symmetrical appeal of the two PAX Wardrobes, you’ll have a storage solution that is equally beautiful on the outside as it is perfectly functional on the inside.
This bedroom position has the positive atmosphere you need to let your artistic and eclectic spirit roam free.

The versatility of the **BOMULL** Fabric will allow you to get creative and build your own whimsical canopy around the wood of the **TARVA Bed Frame**.
This bedroom position brings the right amount of flexibility to support your multitasker lifestyle.

And with the BRIMNES Daybed Frame and the scratch-resistant DOCKSTA Table, your room will keep up when you're working on your next big idea or just browsing for your upcoming vacation destination.
THE CHANDELIER

This bedroom position expresses your love for quality time and intimacy.

The soft light of the LED candles from the APPELVIKEN Chandelier will make you feel absolutely radiant, and the functional nature of the PAX Wardrobe paired with the tasteful TYSSEDAL Glass Door will give you a duo that is built to last.
This bedroom position blends unique styles without sacrificing individual needs.

And with the customizable ELVARLI Open Wardrobe combined with a pair of sleek HOKKSUND Sliding Doors from the PAX Wardrobe system, you'll have a room that pleases everyone's needs.
This bedroom position is a reflection of your highly creative and eccentric self.

Each corner of the room accentuates your artistic vein: a wall dedicated to your best artwork—selfies included—combined with an **EKET** Storage Combination with open boxes to elegantly exhibit your favorite pieces. Along with the **NORDLI** 4-Drawer Dresser to keep your most private mementos close.
This vintage and modern bedroom position will have you boogieing all night long with the turquoise color of the SÖDERHAMN Chaise and gold finishes of the JAKOBSBYN Pendant Lamp and GOTHEN Cord Set.

This space is the perfect balance between style and coziness.
This bedroom position perfectly understands that, when it comes to the bedroom, some things must be kept secret. And this stable and sturdy STOCKSUND Bench will keep all of your bedroom secrets safe.

The pure cotton AINA Curtains will instill a natural and cocoon atmosphere while softly filtering the light—and indiscrete eyes.
This bedroom position will play tricks on your mind with a sloped ceiling that calls for whimsical ways of storing and organizing.

Like having a MALM Storage Bed that has built-in space to store your clothes and blankets, along with EKBY Shelves that can allow you to maximize the space of your bedroom.
This bedroom will make you blush with elegant strokes of pink, like the HILJA Curtains, and clever ways to keep your makeup organized.

Keep your brushes and palettes within arm’s reach in the MALM Chest of Drawers and sit comfortably on the LANDSKRONA Ottoman as you enhance your morning routine.