



Can Small Luxuries make us happier?

Luxury

According to Britannica, “luxury” is a word that implies a relatively large consumption of wealth for nonessential pleasures. There is, however, no absolute definition of luxury, for the conception is relative to both time and person. A luxury lifestyle usually embodies high-quality living, with premium experiences, exquisite products and 5 star services. It’s about surrounding yourself with the finest things in life that are tailored to your personal preferences. This lifestyle includes exclusive housing, top-tier travel arrangements, gourmet dining, and access to high-end fashion and leisure activities, all curated to offer a seamless and luxurious experience that enhances daily life and fulfills the desires of the most discerning individuals.

But this is not what we will be addressing in this Know the Facts publication. We will be exploring small luxuries that have an almost unquantifiable impact on our lives.

What’s your idea of small luxury?

For some of us sleeping late is luxury, buying a book instead of borrowing it from the library is luxury, spending more for a face cream because it has an incredible smell and great feel is luxury....

A small luxury is something that brings a spark of joy, beauty, or delight to your day. It is not something you need, or can’t live without but it is something that makes your day more extraordinary.





Small Luxuries to ACG community

We were curious about what luxury is for the ACG community, so we asked around and here are some of the answers:

1. A cup of coffee or tea with a friend
2. A farmers market splurge
3. A favorite desert at the end of the day
4. A good hair day
5. A good manicure
6. A road trip
7. A sunny day in the middle of winter
8. A walk alone
9. An end-of-day ritual: brushing teeth, watching favorite show
10. An organized home and workplace
11. Attending a live concert or play
12. Barbeques
13. Being in nature; beach, forest, mountain
14. Being recognized
15. Big windows with natural light
16. Buying plane tickets based on convenience rather than cost
17. Candlesticks and essential oils
18. Catching a taxi instead of the bus
19. Celebrating: Birthdays, milestones and special occasions
20. Clean sheets
21. Coming home to your pet
22. Cool water on a very hot day
23. Donating to a cause
24. Eating something you grew yourself
25. Enjoying good food, good wine and nice company
26. Feeling warm after being out in the cold
27. Fresh bread: baking it & eating it
28. Grinding and brewing coffee at home
29. Handmade soap
30. Having multiples chargers & reading glasses
31. High-quality body lotion
32. Lipstick or chap stick
33. Listening to your favorite music
34. Massage
35. Naps
36. New perfume
37. Notebooks, pens, art supplies
38. Paying for a friend's meal
39. Plans made by someone else
40. Practicing your hobby
41. Real, fresh butter and good olive oil
42. Shoes that fit properly
43. Silence
44. Silk pillowcases
45. Sitting by a fire with a hot drink on a cold day
46. Sleeping in—not waking up to the alarm
47. Smell of fresh Spearmint
48. Soft, fluffy hotel-style towels
49. Sunrise
50. Stars
51. Travelling
52. Watching a favorite movie again and again
53. Freshly picked oranges and lemons





Every Day Small Luxuries make us happier

Some of answers don't cost much, or anything at all!

Some of the answers make us realize that the things we take for granted are luxuries for others, this might make us appreciate them more.

Through the answers given you may notice that these "luxuries" appeal to our five senses with beautiful fragrance, flavors, textures, sounds, and sights.

When we experience these "luxuries" often their magic can easily fade away or worse: we start to take them for granted: clean, fluffy, freshly washed towels after our shower! We need to remind ourselves how much we love and enjoy drying up our bodies in fluffy towels so we won't take everyday luxuries for granted.

When we give ourselves treats, we feel energized, cared for, content and happy. Everyday luxuries can help us live happier, healthier lives. This lifestyle doesn't mean reckless consumerism! As seen above many luxuries cost little or nothing.

When we don't get any treats, we begin to feel burned-out, depleted, and resentful. We start to feel deprived, which isn't a good frame of mind for good habits. In other words enjoying a modest "luxury" can boost our feelings of comfort, pleasure and make us feel happy and content.

Because of the helpful role that small luxuries can play, it's a good idea to find a way to give ourselves these treats and not expect other people to provide or supply them. So if you enjoy having flowers in the house, or lit candles buy yourself a bouquet and turn on the nicest candle you can afford. As Jorge Luis Borges puts it: "So you plant your garden and decorate your own soul, Instead of waiting for someone to bring you flowers"






Words for the Wise

A small luxury is something that brings a spark of beauty, hope, inspiration, delight or joy to your day.

It is not something you need, or can't live without but it is something that makes your day the tiniest bit more extraordinary.

So fill your life with naps, flowers, books, teas, fluffy towels and anything your soul fancies and enjoy the small luxuries of your life!



Question: Is there a small luxury that makes your day more enjoyable?
Share your thoughts and reflections at  ACGWellness

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Sources & further reading: <https://gretchenrubin.com/articles/everyday;-luxuries/#:~:text=Portable%20or%20wearable%20fan,people%20reported%20ice%2Drelated%20luxuries!>
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