

# IKEA®

Wake up!  
It's time to sleep



New lower price

BRIMNES  
Bed frame with storage and headboard,  
white/Lundy, 190x200 cm, 891.574.55

Dhs **1,345**

Previous price: Dhs 1,545

 **Al-Futtaim**

The prices in this catalogue can only get  
lower until 31 July 2025, never higher.



A top-down view of a family sleeping in a bed. A man is on the right, a woman is on the left, and a child is in the middle. They are surrounded by various colorful pillows and blankets. A large blue cloud-like shape is overlaid on the bottom half of the image, containing the title and text.

# Follow your dreams, stay in bed

In our fast-paced world, sleep often gets pushed aside. But this handboock is your guide to reclaiming your nights and unlocking the power of rest. We believe sleep isn't just about catching some shut-eye; it's the key to nurturing your well-being and fueling your passion. Inside, you'll discover the science behind sleep, how to create a sleep sanctuary for ultimate relaxation, and the perfect sleep essentials to transform your nights. By prioritizing rest, you'll wake up feeling refreshed, revitalized, and ready to chase your dreams. After all, a well-rested you is a powerfully productive you. So, close the curtains, unwind, and let this handboock be your companion on the journey to a better you.



New

SLÄNHÖSTMAL

Duvet cover and pillowcase,  
orange/pink/striped,  
150x200/50x80 cm  
005.752.91

Dhs99

Soft and breathable, the cotton/viscose blend keeps you cool and comfortable. The fabric is durable, pill-resistant, and stays crisp, with an easy press-stud closure at the bottom.



## Hej!

Welcome to our sleep handbook. Packed with useful tips, new ideas, and products to improve your rest. From cozy bedding to relaxing ambiance, find all you need for a peaceful night's sleep. Enjoy your reading!

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Making the most of space a vibrant home for a growing family
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From cooking to hosting, see how a one-bedroom became a stylish and adaptable haven
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A city-view studio becomes a serene space for music, plants, and a cat



## Offer of the month

September 2024 to August 2025

Up to

# 50% off\*



**Scan me!**

**Check out exciting new products on the first of each month.**

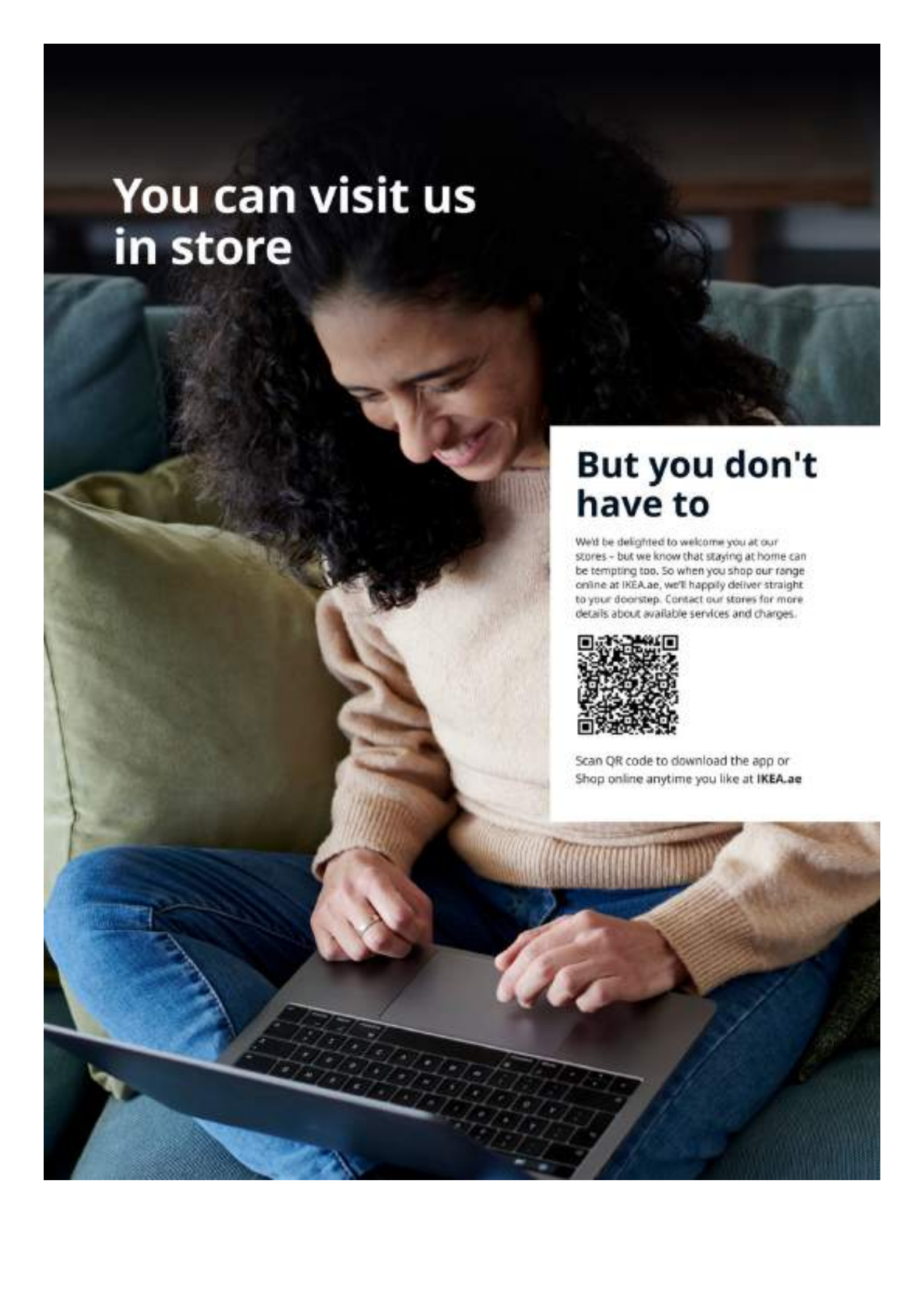
\*Terms & Conditions apply

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A woman with dark, curly hair is sitting on a green couch, smiling and looking down at a laptop. She is wearing a light-colored sweater and blue jeans. The background is slightly blurred, showing a home interior.

# You can visit us in store

## But you don't have to

We'd be delighted to welcome you at our stores – but we know that staying at home can be tempting too. So when you shop our range online at [IKEA.ae](https://www.ikea.ae), we'll happily deliver straight to your doorstep. Contact our stores for more details about available services and charges.



Scan QR code to download the app or  
Shop online anytime you like at [IKEA.ae](https://www.ikea.ae)



New

GULLIVER  
Cot, green, 60x120 cm.  
205.335.03

Dhs 595

FLISAT  
Wall storage, 70x15x10 cm.  
002.907.79

Dhs 79

### **Making a home perfect for a busy family means thoughtful design and practical solutions.**

When Rasmus and Linnea approached us, they wanted a home ideal for family time and entertaining friends. We transformed their home into an open-plan space, seamlessly connecting the living, dining and kitchen areas, making it easy for everyone to be together. To add to the fun, we incorporated playful and colorful elements, creating exciting spaces for their two kids to run, play and explore. The result is a lively and inviting home for everyone.





## A home full of life and love

**New lower price**

**KLIPSK**  
Bed tray, white.  
002.588.82

**Dhs 25**

Previous price: Dhs 29



Step into a home where every corner reflects the lively spirit of a young family. Their love for creativity, travel, and spending time with friends shines through in the design. Artwork from their adventures and smart, practical spaces for gatherings make this home both functional and full of personality. It's a perfect blend of fun and practicality, showing that a home can be as vibrant as the family who lives in it. Let's take a tour and get inspired!

## Bedrooms designed for comfort and personal style

The bedrooms in this home are designed for comfort and personal style. Soft fabrics and splashes of color create a calming atmosphere, complemented by furniture chosen with each family member in mind.

The master bedroom is designed to be a tranquil retreat for the parents. To promote a sense of fun and relaxation, we incorporated pops of color into the color palette, while plush textiles like vibrant pillows and blankets add a touch of cozy luxury.







**New**

**SANELA**  
Cushion Cover 40x58  
light yellow, 805.911.26  
**Dhs 19.95**  
Coming in October 2024

Made of **80%** cotton  
20% viscose



**New**

**NÖDMAST**  
LED portable lamp,  
battery operated, 26 cm,  
505.759.05  
**Dhs 79**



**New**

**PILTANDVINGE**  
Duvet cover and 2 pillowcases,  
light pink, 240x220x60/50 cm,  
705.791.39  
**Dhs 99**

**New lower price**

**MALM**  
Bed frame, high, white/Lindbäcken,  
160x200 cm, 894.949.70

**Dhs 845**

Previous price: Dhs 945

**You can put it together yourself... but you don't have to**

It's easy to construct our bedroom furniture, but we'll happily do it for you. Scan how we can deliver, assemble, or finance your next purchase. We'll recommend the best mattress, pillow, and duvet for your needs.



## The versatile PAX wardrobe

In the master bedroom, the PAX wardrobe system is a star player, providing customizable storage that meets the couple's needs. It includes compartments for different clothes and accessories, keeping everything tidy and easy to find. The wooden doors add a touch of elegance, perfectly matching the room's color scheme.

**PAX / STORKLINTA**  
Wardrobe combination,  
white/oak effect,  
150x60x236 cm  
495.625.55

**Dhs 2,995**

**SKUBB**  
Box, set of 6,  
white, 30x10x10 cm, 304.285.49

**Dhs 25**

**MALM**  
Chest of 4 drawers, white,  
80x100 cm, 304.035.71

**Dhs 449**





**HÖVET**  
Mirror, black,  
78x196 cm, 705,159,15  
**Dhs 445**



**DYVLINGE**  
Swivel armchair,  
Kellinge green,  
605,541,13  
**Dhs 595**



**New lower price**

**LINDBYN**  
Mirror, black, 80 cm,  
504,586,14

**Dhs 145**

Previous price: Dhs 245

### Sleek and functional: The MALM vanity table.

The MALM vanity table with a mirror gives Linnea a dedicated spot for her daily routine. Its spacious drawers offer ample storage for cosmetics, jewelry, and beauty essentials, keeping everything organized and clutter-free. jewelry, and beauty essentials, ensuring everything stays organized and clutter-free.



When Gillis Lundgren was hired in 1953, he became the fourth(!) employee ever at IKEA. At first, he illustrated catalogue covers and photographed products while Ingvar Kamprad wrote texts, but soon he also started designing furniture. His MILA swivel armchair was presented as the 'anti-stress armchair' in the 1967 catalogue. A big success that has now been given new life with the name **DYVLINGE** in the Nyttilverkad collection.

Designer: Gillis Lundgren



## Living large in an open space

Creativity extends beyond the living room! The sleek MITTZON display shelf with castors offers a unique solution. This mobile unit can be used to create a "room within a room," perfect for dividing the space for playtime with Liam or movie nights with friends. The shelves can be decorated with plants, bringing nature's calming effect and enhancing well-being. This flexible solution allows the family to personalize the space to suit their needs, whether it's socializing, quiet time, or sparking artistic inspiration.







**BILLY / HÖGADAL**  
Bookcase with doors, white,  
90x39x202 cm, 195.784.64  
**Dhs 675**

## Creative storage with the ever famous BILLY Bookcase.

This family's artistic spirit and growing needs called for clever storage solutions. Enter the BILLY bookcases! This modular system allows them to display treasured artwork, books, and travel mementos, while also providing ample storage for everyday essentials. The addition of a desk seamlessly integrates with the BILLY unit, offering a dedicated workspace for creative pursuits or helping Liam with his schoolwork.



**New lower price**

**LÄNESPELARE**  
Ring light with  
phone holder,  
105.143.58

**Dhs 149**

Previous price: Dhs 179

LED lasts up to  
**25000** Hours



**FLISAT**  
Toy storage with  
wheels, 805.747.52  
**Dhs 149**



**SMÄLLEN**  
Swivel chair, black,  
005.034.35

**Dhs 99**

## Bathroom bliss: A refreshing retreat

A bathroom should be more than just a functional space; it's a personal sanctuary. For this family, we aimed to create a refreshing and vibrant oasis that promotes relaxation and rejuvenation.

A blend of yellow, and white infuses the bathroom with a sense of natural tranquility. The dominant white color creates a clean and spacious atmosphere, while subtle accents of green bring in a calming and organic feel. Whether it's through potted plants, VÄGSJÖN towels, or decorative elements, these nature-inspired touches elevate the overall ambiance.





## Maximize bathroom space with the HAVBÄCK Series

To optimize the limited bathroom space, we utilized the HAVBÄCK series to create a coordinated and functional storage solution. The cabinets offer ample space for towels, toiletries, and other essentials, while the counter tops provide a place to display decorative items. This combination ensures a clutter-free and visually appealing bathroom.



**MUSKAN**  
Shelving unit, white,  
37x140 cm, 504.243.27  
**Dhs 225**



**New**  
**VISSLAÄN**  
Drawer organizers,  
set of 3, grey, 305.621.17  
**Dhs 29**



**New lower price**

**VÄGSJÖN**  
Washcloth, bright green,  
30x30 cm, 4-pack  
505.711.39  
**Dhs 9.95**  
Previous price: Dhs 12



This stable, anti-slip step stool in white brings your children up a notch so they can join in and learn. It's approved for grown-ups too, so you can safely reach for things on the top shelf.

**New lower price**

**BOLMEN**  
Step stool, white  
602.651.63

**Dhs 16.95**

Previous price: Dhs 19

## Can a kitchen be a chef's dream?

Creating a kitchen that's both stylish and functional was key for this family. We knew we needed a space that could handle the demands of a busy family while still looking great. The VOXTORP grey kitchen fronts were the perfect starting point. Their sleek lines and modern aesthetic instantly elevated the space. We loved how they brought a touch of sophistication without being overly formal. To maximize storage and efficiency, we utilized the often-overlooked space between the cabinets and the ceiling. This clever solution provided extra room for storing less frequently used items, keeping the main kitchen area clutter-free.



**METOD/VOXTORP kitchen Dhs 8,565**

For appliances add Dhs 9,080

Integrated lighting add Dhs 350

For more details, please refer to IKEA Kitchen planner or call us for support.





## Measuring, planning and installation

Our kitchen planning specialists will help you design your dream kitchen in-store or at home. They measure, plan, pick, deliver, and install, ensuring the best use of space to suit your lifestyle.

**If you prefer doing your own planning.** Scan the QR code and start using our kitchen planning tools online at our website.

## Transforming the heart of the home with VARIERA

We also implemented a zone-based approach, using VARIERA dividers and UPPDATERA cutlery trays to create designated areas for different types of kitchenware. This simple yet effective strategy made it easier for the family to find what they needed and maintain a tidy kitchen.

This space is more than just a place to prepare meals; it's a gathering spot for everyone. From the youngest family member to the eldest, this area should be adaptable to various needs and activities. The DOCKSTA round table, for example, can be used for everything from family dinners to board game nights or crafting sessions. It's a versatile piece that truly brings people together.





## A dreamy and practical space for a young girl

Creating a magical space for a young girl is all about blending dreams with practicality. A comfortable bed adorned with soft textiles and playful accents becomes the centerpiece of a cozy atmosphere. Storage solutions that are both aesthetically pleasing and functional are essential. The TROFAST combination of drawers and open bins, offers the perfect solution for keeping toys, clothes, and accessories organized while adding a playful touch to the room.







**New**

**RELATERA**  
Desk combination kit (table, white desk, grey-green),  
117x60 cm, 995.557.50

**Dhs 870**

**ÖRNSJÖ**  
Children's desk chair,  
white/ivory/light green,  
70x54x29

**Dhs 249**

## Inspiring creativity and learning with a dedicated workspace

To encourage creativity and learning, a dedicated workspace is essential.

A RELATERA desk, paired with a comfortable chair and a study lamp, creates a functional and inspiring study area. The desk's design allows for ample space for homework, arts and crafts, or imaginative play. With the addition of RELATERA accessories, such as pencil holders and organizers, this space becomes a hub for learning and creativity.



**UPPSTA**  
Bead maze, multicolour,  
50x19x56

**Dhs 89**

## A world of wonder

Creating a space for a young boy is all about sparking imagination and fostering a love of learning. Liam's room is designed to be a haven for play and exploration. The versatile GRÖNFINK cot, with its soothing green hue, creates a calming and playful atmosphere. As Liam grows, the cot can be transformed into a toddler bed, ensuring the space evolves with him. To keep his toys and belongings organized, we incorporated the TROFAST storage system. The combination of drawers and open bins provides ample space for everything from stuffed animals to building blocks.



**New**

**GRÖNFINK**  
3-piece bed linen set for cot,  
green/yellow, 60x120 cm,  
405.72.994

**Dhs 79**



**FLISAT**  
Children's table,  
83x58 cm, 502.984.18

**Dhs 325**

# Everything has its space

Find the right spot for everything. Simple solutions to keep your home organized and clutter-free

**ODDNY**  
Cushion cover, off-white/  
dot patternblack,  
50x50 cm, 405.238.27  
**Dhs 19.95**



**New**  
**MITTPLAN**  
Desk, white, 80x60 cm,  
105.494.28  
**Dhs 295**



**UPPDATERA**  
Box, anthracite,  
34x17 cm, 805.040.49  
**Dhs 11**



**BISSA**  
Shoe cabinet with  
3 compartments, white,  
49x38x135 cm, 105.302.58  
**Dhs 199**



On the side of the base there's a hook for hanging for example headphones and bags. The back of the desk has a textile bag in a loop for organising cords and sockets.

**BLÅSVERK**  
Table lamp, yellow,  
36 cm, 505.479.79  
**Dhs 69**





**New lower price**

**VESSLA**  
Storage crate with casters,  
white, 39x39 cm, 300.648.09  
Lid sold separate

**Dhs 25**

Previous price: Dhs 29



**BOAXEL**  
Wardrobe combination,  
white, 125x101x201 cm  
499.329.76

**Dhs 600**



**SAXBORG**

Storage box with mirror lid,  
plastic cork, 24x17 cm  
803.918.02

**Dhs 85**



**KALLHÄLL**  
Gateleg table with storage,  
white/light grey, 133/89/145x95 cm  
095.112.23

**Dhs 595**

The storage hub under the table keeps  
the things you need for different activities  
around the table hidden, yet close at hand  
when you need them.



**New**

**HATTÄSEN**  
Bedside table/shelf unit, pink,  
105.841.91

**Dhs 99**

Your things are kept in place when you move  
the table since the 2 shelves have high edges.  
Easy to move aside when you clean since  
the table has a handle on the short side.

# New Lower Price

We've reduced the everyday prices of some of our favourite products making them even more affordable.

Scan the QR code to shop now!



## New lower price

**KLEPPSTAD**  
Wardrobe with 3 doors, white,  
117x176 cm. 004.417.58

**Dhs 499**

Previous price: Dhs 599



## New lower price

**LILJETRÄD**  
Mirror, black, 30x115 cm  
405.510.47

**Dhs 45**

Previous price: Dhs 75

IKEA has a total ban on using lead or mercury in our mirrors and instead it is non-toxic silver or aluminium that reflects your mirror image.

## New lower price

**TARVA**  
Bed frame, white stained/  
Lurby, 160x200 cm. 595.539.42

**Dhs 695**

Previous price: Dhs 795



## New lower price

**KOPPANG**  
Chest of 5 drawers, white,  
90x114 cm. 503.228.47

**Dhs 649**

Previous price: Dhs 749



## New lower price

**HEMNES**  
Day-bed frame with 3 drawers,  
white, 80x200 cm. 903.493.26

**Dhs 1,295**

Previous price: Dhs 1,495

A sofa, a single bed, a double bed and storage in one piece of furniture! Perfect if you are tight of space.



## New lower price

**ÖSTANÖ**  
Chair, red-brown Benktarm/  
red-brown. 705.265.32

**Dhs 69**

Previous price: Dhs 75





# Our lowest price

Great design doesn't mean breaking the bank. We believe great home furnishings should be affordable for the many. So when we design a product, we create the price tag first. This means we pay special attention to the materials we choose and keep waste to a minimum.

It's that simple.



**NEIDEN**  
Bed frame, pine/Lindöden,  
90x200 cm. 494.960.01

**Dhs 275**



**KNARREVIK**  
Bedside table, black,  
42x34 cm. 205.699.77

**Dhs 49**

**SPRUTTIG**  
Hanger, black,  
203.170.79



**Dhs 9/10pack**



**PELLEPLUTT**  
Foam mattress for cot,  
60x120x5 cm 003.364.13

**Dhs 75**

**SOLHETTA**  
LED bulb E27 470 lumen,  
globe opal white. 705.641.47

**Dhs 4.95/2pack**



**CYMBALBLOMMA**  
Duvet cover and 2 pillowcases,  
white/blue, 240x220/50x80 cm.  
505.460.46

**Dhs 49**







**KLEPPSTAD**  
Wardrobe with 2 doors, white,  
79x176 cm, 804.372,34

**Dhs 295**



**KULLEN**  
Chest of 6 drawers,  
white, 140x72 cm, 903.092,45

**Dhs 395**



**SLATTUM**  
upholstered bed frame, Vissle  
dark grey, 160x200 cm  
405.712,48

**Dhs 595**



**AGOTNES**  
Foam mattress, firm/light  
blue, 160x200 cm, 104.808,48

**Dhs 400**



**KULLEN**  
Chest of 2 drawers, white,  
35x49 cm, 803.092,41

**Dhs 95**

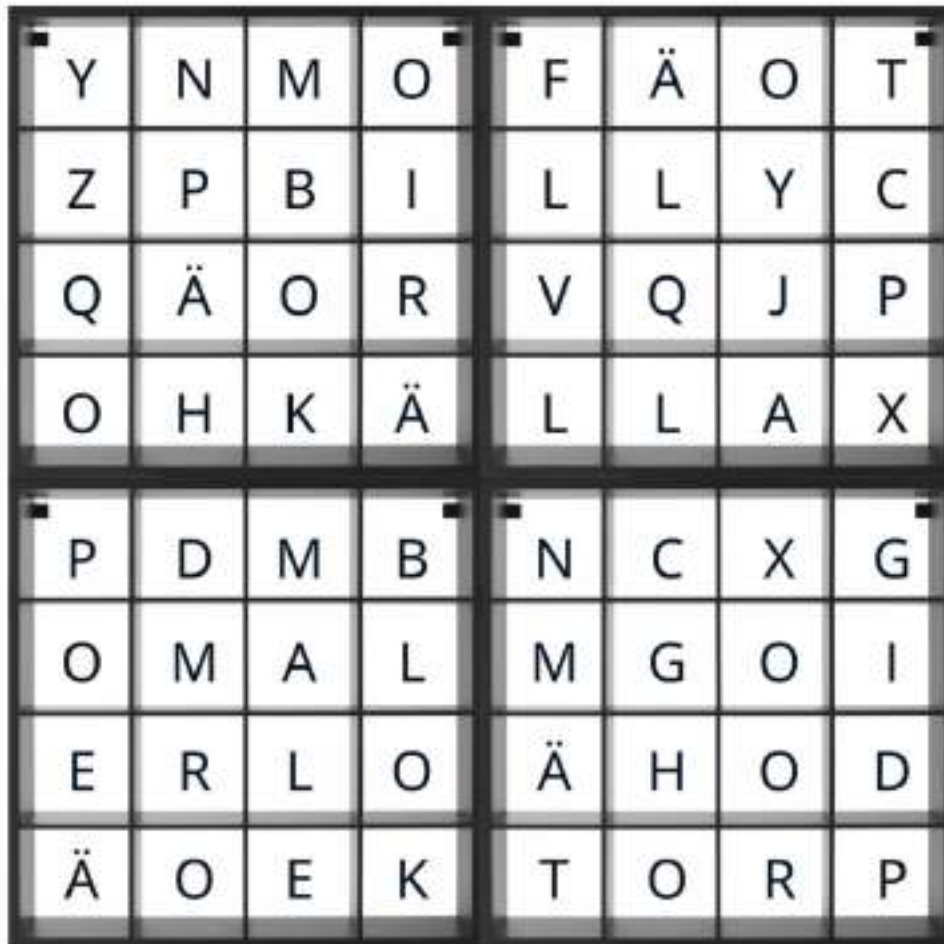
**Complete price**

**Dhs 1,780**

# IKEA icon hunt!

Can you spot the IKEA classics? Test your knowledge with our challenging word search puzzle. Find the iconic pieces hidden within the grid. Ready to take on the challenge?

How many can you find?



ANSWER KEY: POLAR, KALLAX, MALM, EXPED



Nailed it! You're a KALLAX expert. This versatile shelf is perfect for any space. Shop now and organize in style.

**KALLAX**  
Shelving unit, white,  
77x77 cm, 202.758.14

**Dhs 145**



# The wardrobe essential for any style

New lower price

**BRIMNES**

Wardrobe with 2 doors, white, 78x190 cm  
404.004.78

**Dhs 549**

Previous price: Dhs 649





**New**

**MURREVA**

Duvet cover and 2 pillowcases, multicolour/  
floral pattern, 240x220/50x80 cm :A05.793.10

**Dhs 149**

### **Chill zone or gamer? We said yes to both**

First things first, we wanted a space that feels calming and inviting. We chose soft colors and playful patterns for a perfect blend of relaxation and personality. Flowy curtains and a bed piled with comfy cushions complete the cozy haven, providing Maysoon with the ideal spot to unwind after a long day of studying or gaming.





## Gamer to glam: One room does it all!

Picture this: a room that switches from a gaming paradise to a cozy study area, and then into a glam spot for getting ready for a night out – all in an instant! It's not magic, just a smart setup for a teenager with lots of interests. Full of personality and clever tricks, this space works for a gamer, a student, and a fitness fan all at the same time. It shows you can have everything you love and keep it tidy with some creative thinking.



### Maximizing space: The ultimate dual purpose work station.

Space is precious, so we got creative! We used two LAGKAPTEN tabletops in an L-shape to create a super functional corner workstation. This lets Maysoon switch between epic gaming sessions and getting ready for a night out with friends in a flash. It's like having two dedicated areas in one!

With these organisers, her favourite shade of red is never far from reach. Just by knowing what she has, and where to find it, she can avoid buying more than she needs.







**SOTENÄS**  
Armchair, Hakebo yellow,  
605.550.87

**Dhs 795**

## Ultimate organization for a hobby enthusiast.

Staying organized is key when you have a million hobbies. We brought in a PLATSA storage combo, which is basically a dream come true! Open shelves showcase Maysoon's prized gaming gear, while closed units hide away study materials. We added a pop of fun with bright yellow handles. Maysoon also uses MOJAN shelves for her perfume collection, and let's not forget a comfy spot for her furry friend who occasionally visits!



**TJENA**  
Magazine file, white  
2 pack, 103.954.16

**Dhs 14.95**



**ALEX**  
Drawer unit, white,  
36x70 cm, 004.735.46

**Dhs 395**

Drawer stops prevent the drawer from being pulled out too far.



**SNUTTIG**  
Soft toy, white polar bear,  
29 cm, 205.785.33

**Dhs 29**



**New**

**PILTANOVINGE**

Duvet cover and 2 pillowcases,  
light green, 240x220/50x80 cm  
705.791.15

**Dhs99**

## BRIMNES Bed: The storage superstar

The BRIMNES bed is the MVP of this room! Maysoon needed serious storage, and this bed delivers. Built-in drawers and shelves keep everything tucked away neatly, from bedding to gaming gear. Plus, the neutral color lets her personalize the space with colorful pillows and throws.



**New**

**MURREVA**

Cushion cover, multicolour,  
50x50 cm, 805.828.05

**Dhs19.95**

Store everything in 4 big drawers! Slide them out easily without moving the rug.



**New lower price**

**VINDREAST**

Table lamp, white,  
26 cm, 605.092.03

**Dhs79**

Previous price: Dhs 89





**New lower price**

**BRIMNES**  
Wardrobe with 3 doors, white  
117x79 cm, 404.079.22

**Dhs 749**

Previous price: Dhs 899



**BRIMNES**  
Chest of 3 drawers,  
white/frosted glass,  
75x95 cm, 003.920.41

**Dhs 429**

### Start your day with ease

The last thing she needs is to waste precious minutes rummaging through a cluttered closet. The BRIMNES wardrobe provides ample space for her clothes, but folded items needed some extra love. That's where the SKUBB storage bags come in! SKUBB add shelves for folded clothes. Plus, SKUBB can be used outside the wardrobe for quick storage. With SKUBB in her BRIMNES, Maysoon can start her day with grab-and-go ease.

### Workout on Wheels

The bright yellow NISSAFORS trolley! This clever little thing stores all her workout gear. And the best part? It's on wheels! She can easily roll it around the room for fitness sessions wherever the mood strikes.



**BONDTOLVAN**  
Alarm clock,  
analog/pale pink,  
8x9 cm, 905.110.14

**Dhs 35**



**New**

**NISSAFORS**  
Trolley, yellow,  
50.5x30x83  
205.808.47

**Dhs 75**

So there you have it! Maysoon's room is proof that you can have a stylish and functional space that reflects your passions, all while keeping things organized. Now, are you inspired to create your own multitasking space?

# How to create an inspiring workspace at home

Discover affordable ways to customise your workspace and add creativity. You'll enjoy feeling motivated, energised and inspired when you're working from home.



**TJENA**  
Magazine file/ 2 pack  
white, 103.954.16  
**Dhs 14.95**



**LÄNSELARE**  
Accessories stand  
605.113.62  
**Dhs 99**

The stand is easy to adjust as needed since the fingers and the hand are moveable. You can paint the untreated wood in any colour you like to make the stand more personal.



**New lower price**

**BEKVÄM**  
Step stool, beech,  
50 cm. 601.788.87  
**Dhs 79**  
Previous price: Dhs 95



**MULTZON**  
Desk sit/stand, electric, white,  
160x80 cm. 295.208.58  
**Dhs 1,945**



**DEJSA**  
Table lamp, beige/  
opal white glass, 28 cm  
604.049.80  
**Dhs 179**



**STÄNKREGN**  
LED ring lamp, dimmable/  
turquoise. 005.421.54  
**Dhs 49**



# Vertical storage matters

Utilize every inch of your space with smart vertical storage. It's an easy way to keep things organized and make your home feel more open.

**SVARTPOPPEL**  
Cushion cover, light pink, 50x50 cm  
205.429.97

**Dhs 39**



**SKUBB**  
Storage with 6 compartments, white, 35x45x125 cm, 002.458.80

**Dhs 29**



**New lower price**

**BUMERANG**  
Hanger, white/ 8 pack  
702.385.41

**Dhs 19.95**

Previous price: Dhs 25



**MULIG**  
Clothes rack, white, 601.794.34

**Dhs 39**

**New lower price**

**BRUNKRISSLA**  
Duvet cover and 2 pillowcases, pink, 240x220/50x80 cm  
705.582.68

**Dhs 129**

Previous price: Dhs 149



**HOTELLERUM**  
Rug, high pile, blue/green yellow, 80x200 cm, 705.776.54

**Dhs 299**



# New Lower Price

We've reduced the  
everyday prices of  
some of our favourite  
products making them  
even more affordable.

Scan the QR code to  
shop now!



**New lower price**

**IDALINNEA**  
Cushion cover, yellow-brown,  
50x50 cm, 405.709.89

**Dhs 19.95**

Previous price: Dhs 29



**New lower price**

**KIVIK**  
4-seater sofa with chaise longue,  
Tibbleby beige/grey,  
994.405.85

**Dhs 2,695**

Previous price: Dhs 3,195



**New lower price**

**DNSEVIG**  
Rug, low pile, multicolour,  
160x235 cm, 604.970.78

**Dhs 249**

Previous price: Dhs 299

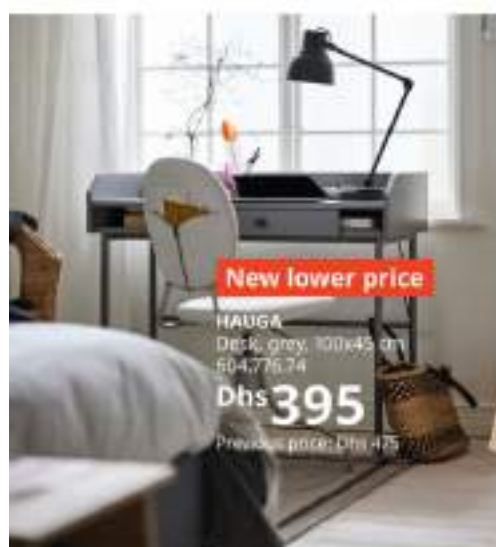


**New lower price**

**LISABO**  
Chair, ash/Talmyra  
white/black, 305.537.06

**Dhs 225**

Previous price: Dhs 345



**New lower price**

**HAUGA**  
Desk, grey, 100x45 cm,  
604.776.74

**Dhs 395**

Previous price: Dhs 425



**New lower price**

**KVARNVIK**  
Storage box with lid, beige,  
30x35x20 cm, 204.594.70

**Dhs 39**

Previous price: Dhs 49



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It's that simple.

KRAMIG  
Soft toy, white/black  
605.563.79

Dhs 15.95



HUVUDSPELARE  
Gaming chair, black  
905.076.03

Dhs 199



YUPPIENALLE  
Holder for mobile phone,  
grey. 205.038.87

Dhs 3.95



A phone holder and key ring in one, easy and practical to bring on the go since it can be folded when you're not using it.

ADDE  
Chair, white.  
102.191.79

Dhs 35



VARIERA  
Waste bin, white, 10 l  
801.822.37

Dhs 14.95



GLOSTAD  
2-seat sofa, Knisa dark grey  
504.890.12

Dhs 395



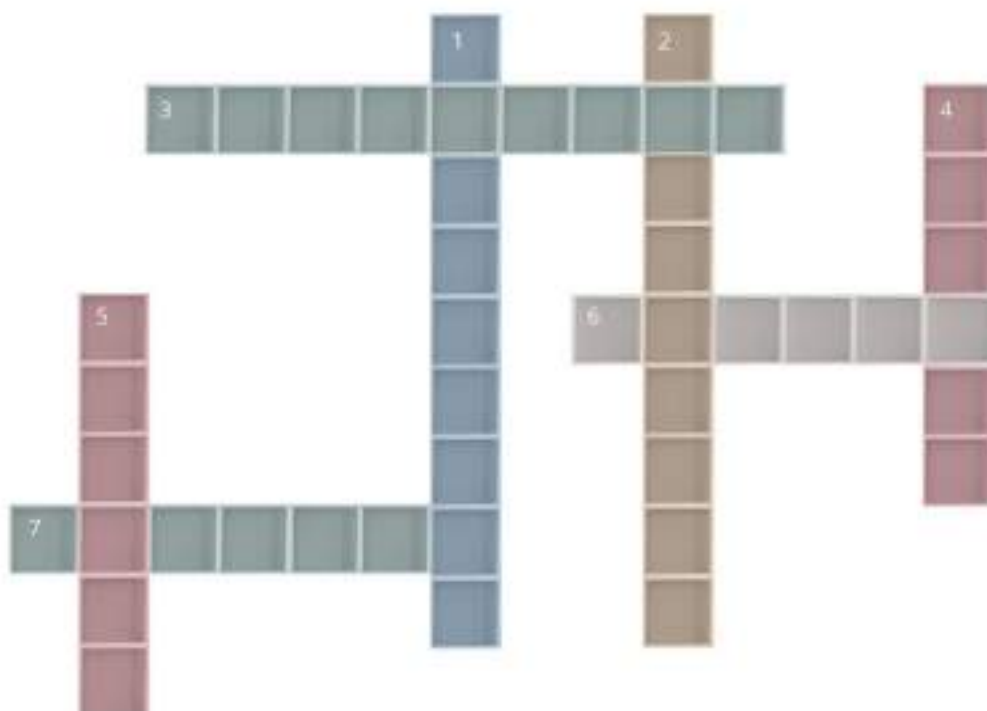
FNIS  
Waste bin, white, 10 l  
402.954.99

Dhs 3.95



# Green wor(l)ds

Just like the crossword puzzle below, sometimes it's the little things that can make a big difference.  
Hint: The answers are all related to supporting a sustainable lifestyle.



## DOWN

1. Give waste a new life
2. Food surplus that can be used the next day
4. Covers for your windows
5. A natural material, more durable than wood

## ACROSS

3. A mobile source of power
6. A common material, found in sofas
7. A tap attachment that helps save water

ANSWERS  
1. RECYCLING 2. LEFTOVERS 3. BATTERIES 4. BLINDS 5. BAMBOO 6. COTTON 7. AERATOR



**Dress your wall with EKET!**  
Create a classic storage solution with just a few cabinets or combine as many as you like in a fun and unexpected way to fit your needs and make your space more personal.

**EKET**  
Cabinet, white, 35x25x35 cm  
Assorted colors

**Dhs 55/ea**



# A brighter life at home with LED

## SOLHETTA

LED bulb E27 470 lumen, globe  
opal white /2 pack. 705.641.47

Dhs **4.95**





New lower price

ROGERY  
Armrest tray, bamboo  
40x17x77

Dhs 39

Previous price: Dhs 49





**HÖSVANS**  
Hanger, bamboo/  
5 pack, 005.558.01  
**Dhs 14.95**



**GRÖNSAKER**  
Serving bowl, bamboo,  
28 cm, 204.857.27  
**Dhs 85**

## From meals to me-time

Living the expat life in a one-bedroom? Yara and Omar, a young, energetic couple, know the challenge well. They crave a space that's both stylish and adaptable - perfect for hosting friends, indulging in Omar's healthy cooking experiments, and curling up with a good book (Yara's favorite pastime). Let's see how we transformed their apartment into a blooming oasis!



**New lower price**

**ESKILSTUNA**  
3-seat sofa with chaise longue  
795,201.92

**Dhs 4,495**

Previous price: Dhs 4,995

Want a cozy chaise lounge? Just kick back and push out the seating with your feet!

## Living large in a compact space

Yara and Omar spilled the beans (or should we say popcorn?) – their dream apartment needed a movie-watching haven! We knew the sofa had to be the ultimate sidekick for cozy nights in.

ESKILSTUNA sofa, the king of small-space surprises. This quirky little number isn't just about looks (although, those plush cushions are pretty dreamy). It's got a built-in chaise lounge that pops out with a foot tap – like magic! Perfect for transforming movie nights into first-class cuddle sessions. We can already picture Yara and Omar kicking back with popcorn bowls bigger than their heads, living their best life.







BEST/BERGSVIKEN  
Storage combination  
**Dhs 3,345**

## Mix & match magic

Cramped living area? Not for Yara and Omar! A mix of EKET and BESTÅ units provided the perfect combination of style and functionality. The EKET units, with their open shelves and colorful options, are perfect for displaying treasured finds and conversation starters. Meanwhile, the BESTÅ units offer closed compartments to hide away clutter and keep things organized.



TOLKNING  
Bench with storage, handmade  
rattan, 120 cm, 805.126.57

**Dhs 599**

Maximizing space doesn't mean sacrificing comfort! The TOLKNING bench, strategically placed against the wall, provides extra seating for gatherings and a convenient storage solution, keeping the home clutter-free and personal.



The pouffe does it all!  
Kick up your feet, grab  
an extra seat, or use it as  
a table with a tray. Plus,  
it hides a secret storage  
space, making it more  
than just a pretty piece.

TOLKNING  
Pouffe with storage,  
handmade rattan  
805.126.56

**Dhs 395**



BESTÅ  
Storage combination with  
drawers, 180x42x74 cm  
**Dhs 1,485**

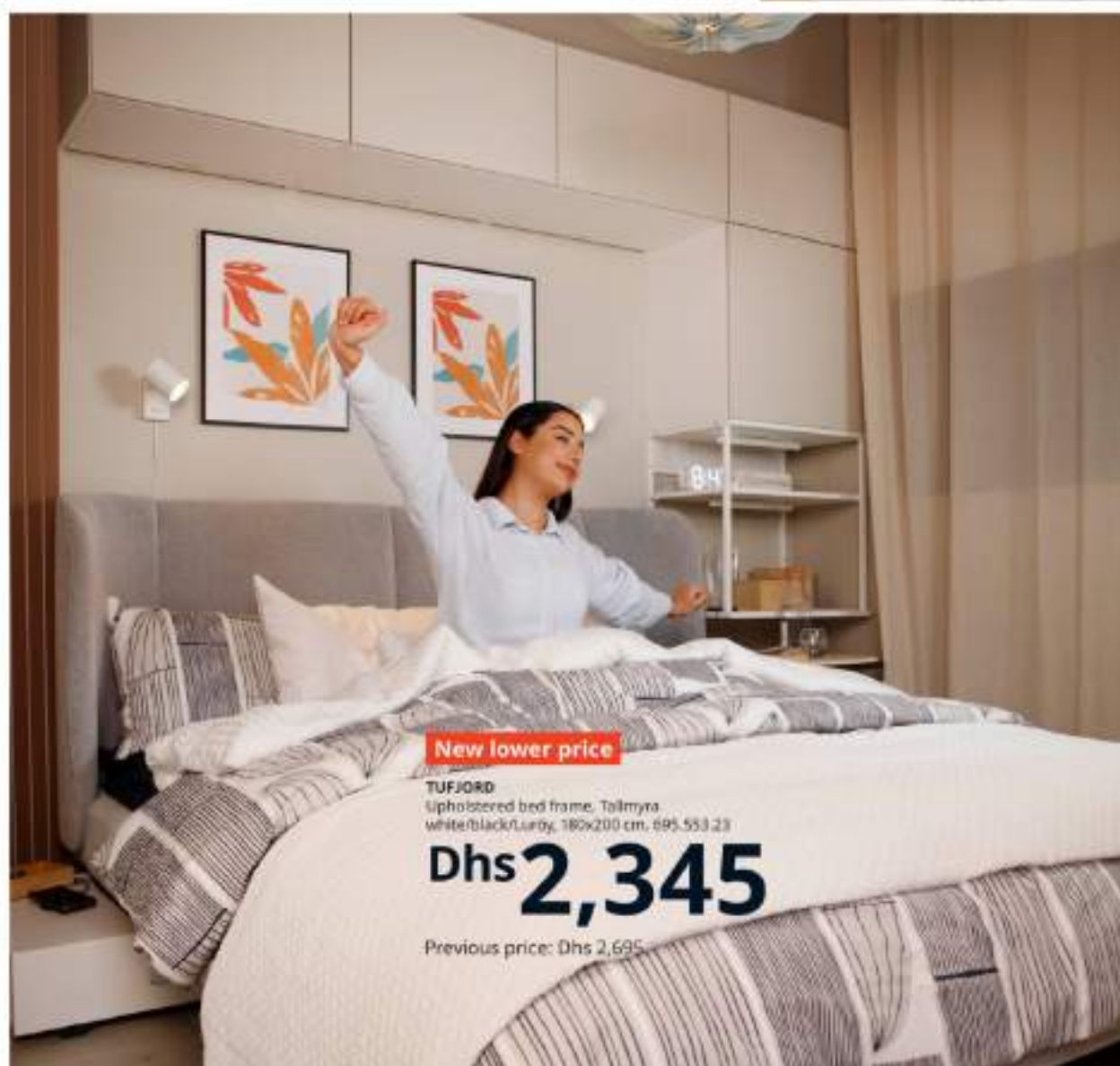
## Bedroom is their quiet escape

The living room's for socializing, but Yara and Omar's bedroom is their quiet escape. We wanted it to feel really cozy, so we picked the TUFJORD bed—it's like a big, comfy hug with its soft curves, great for lazy mornings and reading before bed. And that soft, textured upholstery makes it even more inviting. While their living room's bustling, their bedroom's a peaceful hideaway just for them.



**MATTJASMIN**  
Duvet cover and 2 pillowcases,  
white, 240x220/50x80 cm  
303.371,66

**Dhs 249**



**New lower price**

**TUFJORD**  
upholstered bed frame, Tallmyra  
white/black/lurid, 180x200 cm, 695.553,23

**Dhs 2,345**

Previous price: Dhs 2,695





## Travel ready bedroom

Given Yara's frequent travel, we made sure their bedroom also doubled as a storage haven. The PLATSA wall-mounted units were a perfect fit, maximizing space for their seasonal wardrobe and keeping everything organized. And with the PAX wardrobe, everything has its place- no more clutter means better sleep at night. It's easy to mount and offers plenty of room for clothes and shoes, making their bedroom a true haven of organization and relaxation.



## Return policy

If you've got it all home but it's not quite what you'd hoped for, our 90-day return policy has you covered.



Scan QR code  
to know more



Visit [IKEA.ae](https://www.ikea.ae) or contact your store for more details about our services and charges.

It's two tables in one! Slide it in front of the sofa for TV dinners, then flip it into a stylish coffee table when friends drop by.





**VIHALS**  
Chest of 6 drawers, white and oak/  
unlock-function, 140x47x75 cm  
804.901.12

**Dhs 949**

Keeps everything in check—from makeup  
and all your tiny treasures!



**New**

**KUGGIS**

Box with lid, white/bamboo,  
13x18x8 cm, 695.612.82

**Dhs 15**



**TONVIS**  
Table lamp, smoked-glass/  
white, 52 cm, 604.599.67

**Dhs 229**

## How to use every inch

When Yara and Omar requested more storage, our solution was the VIHALS chest of drawers, perfectly suited for their Dubai residence. It efficiently stores their clothes and functions as Yara's makeup area with the LINDBYN mirror. Additional shelves with boxes neatly store their collection of books and other belongings, keeping the bedroom organized and clutter-free. This setup allows them to enjoy restful nights of sleep after busy days filled with online fitness sessions, and socializing with friends over home-cooked meals.





## Customisable storage for more free time

Raise your hand if you've wasted time hunting for socks or shoes. Time's too precious for that! That's why we've got wardrobes, drawers, boxes, and more to cut the clutter. With plenty of customizable storage for every room, you'll have more time for what you love.



Browse our full storage selection at [IKEA.ae](https://www.ikea.ae) and your local store. Your future, organized self will thank you!





### Who says small bathrooms can't be luxurious?

Small bathrooms can feel cramped, but for Yara, who loves a relaxing bath, clever design is the key. The ÅNGSJÖN washstand with drawers helps to keep towels and toiletries organized, and the FAXÄLVEN mirror cabinet with built-in lighting not only saves space but also creates a peaceful atmosphere with its soft, ambient glow. Now, Yara's bathroom is her own little luxury spa.





## You can install it yourself...

...but you don't have to  
You've decided on your dream bathroom – but who dreams of putting it together too? We can help with whatever you need to make it real, from delivery and installation to financing.



Scan QR code to know more



Visit [IKEA.ae](https://www.ikea.ae) or contact your store for more details about our services and charges.



**New lower price**

**FREDRIKSJÖN**  
Hand towel, dark grey,  
40x70 cm, 504.967.10

**Dhs 29**

Previous price: Dhs 35

**SLIBB**  
Flexible laundry basket,  
green, 24 l, 205.677.23

**Dhs 19**



Mesh that breathes. Say goodbye to mildew!



**ÅNGSJÖN**  
Wall cabinet with  
door, high-gloss white,  
40x15x95 cm, 005.850.78

**Dhs 495**

## A space for cooking & connection

For a kitchen that's both functional and inspiring, we knew we had to get creative. Using VOXTORP grey and beige kitchen fronts, we achieved a sleek and warm design combo - perfect for culinary creations. The best part? The smart storage solutions! Every inch is optimized, making it a breeze to grab utensils, chopping boards, or ingredients and completed with the integrated lighting. With everything in its place, Omar, the fitness enthusiast and healthy recipe whiz, can dive into his favorite activity—cooking up nutritious and tasty dishes.



**METOD/VOXTORP kitchen Dhs 13,795**

For appliances add **Dhs 4,635**

Integrated lighting add **Dhs 860**

For more details, please refer to IKEA Kitchen planner or call us for support.





**New lower price**

**EKEDALEN**

Extendable table, brown  
120/180x80 cm, 303.498.09

**Dhs 595**

Previous price: Dhs 645

**LUSTERO**

Chair, Warp beige/brown  
905.344.61

**Dhs 445/ea**

## Dining with flexibility

Now, onto the dining area! Since the kitchen is Omar's domain, we needed a space that could seamlessly transition between his work zone and a place for Yara and Omar to share meals or host friends. Enter the EKEDALEN extendable table – a true chameleon! On a regular day, it provides a cozy spot for Yara and Omar to enjoy their meals. But when Omar needs to discuss his meal plans or recipes with clients, the table effortlessly expands to accommodate everyone.

**NISSAFORS**

Trolley, black, 50.5x30x83 cm,  
203.997.77

**Dhs 75**



## Keep creativity flowing

Omar loves keeping detailed notes and collecting cookbooks and meeting with clients in his dining table. That's where the NISSAFORS trolley comes in. This handy mobile unit keeps all his recipe inspiration and work accessories close at hand. Need a new idea while sipping coffee? No problem! The NISSAFORS trolley goes where Omar goes, keeping his creativity flowing throughout the apartment.

# Industrial style that's raw yet homely

If you like tough materials,  
robust shapes and plenty of  
character, then an industrial  
interior will be perfect for you.

SMYCKA  
Artificial flower, indoor/outdoor/  
Dogwood pink, 56 cm. 504.760.57  
**Dhs 9.95** /ea



BONDIS  
Wall clock, black,  
38 cm. 105.430.92  
**Dhs 79**



SKOGSTA  
Chair, acacia,  
705.448.66  
**Dhs 295**



GURLI  
Cushion cover, golden-yellow,  
50x50 cm. 203.958.21  
**Dhs 9.95**

**New lower price** **Dhs 1,670**

JÄTTESTA  
Side table, black, 95x30 cm  
905.219.15  
**Dhs 395**

Previous price: Dhs 495



BESTA  
Storage combination with doors  
180x42x74 cm. 494.217.49







**New**

**SKOGSDUVA**  
Soft toy 63 cm  
305.796.70

**Dhs 79**

Coming in October 2024

**New lower price**

**HILLA**  
Curtains, 1 pair, white,  
185x300 cm, 404.308.14

**Dhs 69**

Previous price: Dhs 89



**MALM**  
Chest of 6 drawers, black-brown,  
160x78 cm, 604.035.39

**Dhs 599**

**LAUTERS**  
Floor lamp, brown  
ash/white, 804.059.40

**Dhs 279**

Use the  
free-standing  
**MOSSJÖN** cabinet  
in a bathroom to  
create order with  
style while hiding  
and displaying  
your things.



**MOSSJÖN**  
Glass-door cabinet  
with 2 doors, anthracite,  
60x34x146 cm, 305.643.33

**Dhs 745**

**New lower price**

**IKEA 365+**  
Jar with tap, bamboo/clear  
glass, 4 l, 005.391.04

**Dhs 75**

Previous price: Dhs 89



# New Lower Price

We've reduced the  
everyday prices of  
some of our favourite  
products making them  
even more affordable.

Scan the QR code to  
shop now!



## New lower price

**STORSMÅL**  
Glass, clear glass, 37 cl  
6 pack, 403.450.18

**Dhs 25**

Previous price: Dhs 45



## New lower price

**EKEDALEN / EKEDALEN**

Table and 6 chairs, dark brown  
dark brown/Orrsta light grey, 694.827.46

**Dhs 1,645**

Previous price: Dhs 2,115



## New lower price

**GLIMMA**  
Undecorated bealight  
100 pack, 500.979.95

**Dhs 14.95**

Previous price: Dhs 17



GLIMMA lights up dark  
mornings, make a one-on-one  
dinner more romantic or make  
a room feel warmer and more  
inviting.

## New lower price

**VATTENVÄN**  
Cushion cover, blue/striped  
50x50 cm, 005.432.95

**Dhs 49**

Previous price: Dhs 63



## New lower price

**EKENÅSET**  
Armchair, Kilanda light beige  
905.331.74

**Dhs 795**

Previous price: Dhs 995



## New lower price

**BONDLIAN**  
Box for tissues, bamboo  
26x14 cm, 403.443.12

**Dhs 29**

Previous price: Dhs 59





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It's that simple.



**FJÄLLMIL**  
Pendant lamp shade, white,  
33 cm. 105.345.27

**Dhs 5/ea**



**VAPPEBY**  
Portable bluetooth speaker,  
waterproof red. 705.750.61

**Dhs 49**



VAPPEBY portable speaker is waterproof and packs a lot of sound for its size.

Pair two to enjoy stereo sound!

**BÄSTIS**  
Lint roller, grey,  
7.5 m. 904.255.26

**Dhs 2.95**



**JORDKASTANJ**  
Cushion 40x40  
grey. 805.879.21

**Dhs 4.95**

Coming in October 2024



**LACK**  
TV bench, black, 90x26x45 cm  
902.432.97

**Dhs 79**



**GÄVLE**  
Easy chair, Diseröd  
red. 305.888.38

**Dhs 95**

Coming in October 2024









**New lower price**

**EKTORP**  
Armchair, Hakebo  
dark grey. 095.521.05

**Dhs 795**

Previous price: Dhs 995

**New lower price**

**EKTORP**  
2-seat sofa, Hakebo  
dark grey. 095.090.13

**Dhs 1,195**

Previous price: Dhs 1,795



**New lower price**

**EKTORP**  
3-seat sofa, Hakebo  
dark grey. 395.089.98

**Dhs 1,495**

Previous price: Dhs 1,995



**Complete New Lower Price**

**Dhs 3,485**

Previous price: Dhs 4,785

# Unleash your inner Picasso!

Bored with the grown-up world? Dive back into the crayon chaos! Our coloring page is your ticket to a stress-free zone. Channel your inner Picasso (or maybe just your inner kid) and bring this page to life. We won't judge if you lick the pen. Promise.

Grab our MĀLA felt-tip pens and let the coloring adventure begin!



MĀLA  
Felt-tip pen, mixed colours  
24 pack, 105.659.27

Dhs **25**



# Surprise guest? This sofa turns into a bed



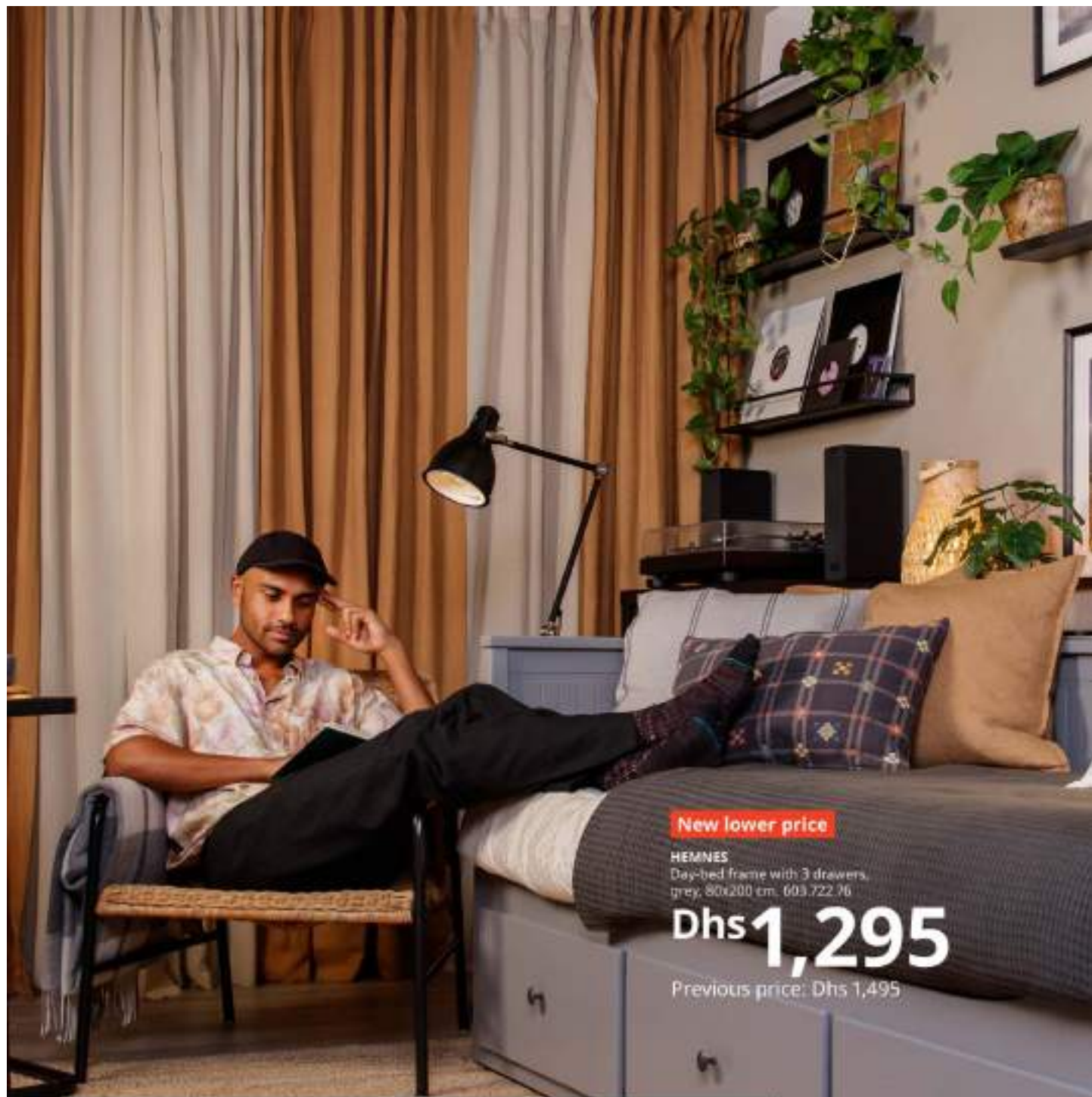
New lower price

ALVDALEN

3-seat sofa-bed, Knisa dark grey. 804.625.96

Dhs **1,295**

Previous price: Dhs 1,495



**New lower price**

**HEMNES**

Day-bed frame with 3 drawers,  
grey, 80x200 cm, 603.722.76

**Dhs 1,295**

Previous price: Dhs 1,495

## Living the expat life often means trading square footage for city lights

That was the challenge for Beverny, who works from home and has a deep love for music, plants, and his furry companion. We wanted to create a studio apartment that felt stylish, comfortable, and maximized every inch for his specific needs.





## Living large in a tiny world

Ever dreamt of living in the heart of the city with a view that could steal your breath, all while nurturing a mini jungle and indulging your inner DJ? Meet Beverny, a 31-year-old dweller who's mastered the art of maximizing a studio apartment. This isn't just about squeezing things in, it's about creating a calm and cozy haven that caters to his love for music, greenery, and his feline companion. Buckle up for a tour of a space that proves living large doesn't require a large footprint!

### Calm & Connected:

We started with the color palette. Grey, rust, and beige create a sense of tranquility – perfect for unwinding after a long day or enjoying a quiet moment with a book (the handy shelf behind the HEMNES bed is ideal for that!). Beverly's love for plants inspired the mini urban greenhouse near the window. We used wall brackets to suspend greenery, ensuring they receive plenty of sunlight without needing constant rearranging.



### Daybed for two, space for you

Big drawers, big possibilities. Store your duvets, pillows, linens, and more everything you need right at your finger-tips!

**VARELD**  
Bedspread, dark grey,  
230x250 cm : 603.464.47  
**Dhs 249**





**New lower price**

**BERGPALM**

Duvet cover and 2 pillowcases,  
yellow/white/striped, 240x220/  
50x80 cm, 805.650.90

**Dhs 129**

Previous price: Dhs 149



Made of  
**100%** cotton



**RÅSKOG**  
Trolley, white,  
35x45x78 cm  
203.829.32

**Dhs 99**

### Roll away the clutter!

The HEMNES bed is more than just a stylish place to sleep. Beverly can easily transform it into a double bed when friends stay over, simply by pulling out the bed base.

We added a shelf behind it to maximize storage for essentials like folding chairs and boxes. The RÅSKOG trolley fits perfectly underneath, offering additional space for anything from office supplies to workout gear. This shelf also functions as a display area for decorative items, phone chargers, or table lamps, allowing Beverly to personalize the space further.



**ULRIKSBERG**  
Armchair, rattan/anthracite  
904.343.10

**Dhs 445**

## Space saving & purrfect play:

Storage solutions can be playful too! Beverly's cat is a cherished member of the household. We used MOSSLANDA shelves to create a climbing paradise for him, complete with framed photos that add a personal touch. The UTSÄDD box doubles as a lookout point and a cozy rest area after an adventurous climb.



NUFFRA  
Wall clock, black,  
25 cm, 405,408,36

Dhs 25

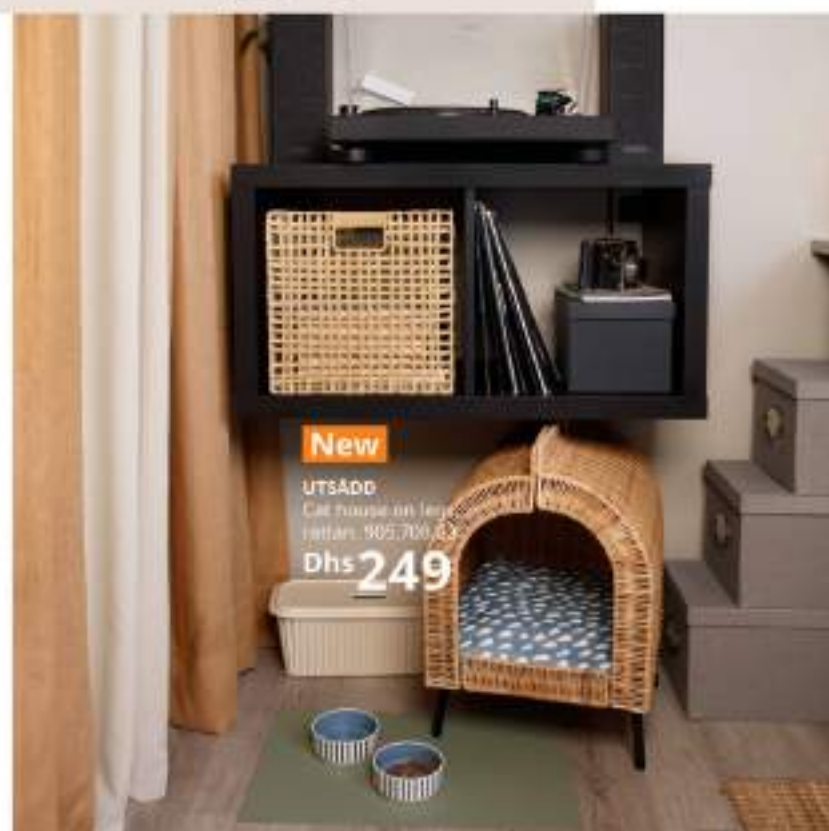
MOSSLANDA  
Picture ledge, black,  
55 cm, 202,317,67

Dhs 29/ae

New

UTSÄDD  
Scratching mat,  
natural, 25x63 cm  
505,959,46

Dhs 29



New

UTSÄDD  
Cat house on legs,  
rattan, 905,700,43

Dhs 249



New

UTSÄDD  
Cat house, grey-blue,  
33x38x33 cm, 109,708,82

Dhs 19

Place the cat house into the KALLAX shelving unit for a safe and comfortable sleeping space for your cat - and it comes with a view.





These small boxes bring order to your chaos helping you to sort socks, lingerie, and accessories. Use one or a few in each drawer depending on your needs.

Working closely with Beverny allowed us to understand his lifestyle and preferences. Every element in this apartment reflects his passions and makes the most of the available space. Beverny's urban oasis proves that a small apartment doesn't have to feel cramped. With clever design, it can be a haven of comfort, style, and functionality – a space that truly reflects who you are.

# The perfect picks for home comfort

Make life at home easier with these essential picks. A kitchenette for simple cooking, a dining chair that's perfect for any meal, and a quilt and pillow for a comfy night's sleep. Plus, a high shelving unit to keep everything from towels to shampoo neatly organized. Practical updates for a better home.



**New**

**ÖNNERUP**  
Kitchenette, off-white.  
130x54x219 cm. 005.002.85

**Dhs 3,495**

**New**

**RODGERSIA**  
Duvet cover and 2  
pillowcases, green/white.  
240x220/50x80 cm.  
505.794.18

**Dhs 149**



**New lower price**

**MALINDA**  
Chair cushion, light beige.  
40/35x38x7 cm. 102.092.02

**Dhs 25**

Previous price: Dhs 29

**New**

**HAUGA**  
Chair, grey.  
305.767.17

**Dhs 125**

Coming in October 2024



**TÖNSÄTTA**  
Vase, blue, 21 cm.  
004.421.97

**Dhs 39**

**FRÖSJÖN**  
Shelving unit, black.  
40x156 cm. 305.749.02

**Dhs 149**





# Essentials for every corner

Need a hand around the house? We've got you covered. From keeping your clothes and shoes tidy to sparking your kid's imagination with a play kitchen. Grab a trusty backpack for your adventures and add a warm glow with tea light holders. Simple essentials to make your life easier.



**STARTTID**  
Backpack, grey,  
27x38x38 cm/12 l  
294.848.84  
**Dhs 49**

Comfy to carry and made of water-repellent material that withstands everyday wear and tear.



**PINNIG**  
Coat rack with shoe storage, black,  
193x57x90 cm, 205.291.80  
**Dhs 449**

**New**

**SILTRUT**  
Kitchen for children  
68x40x100 grey  
805.444.94

**Dhs 345**

Coming in October 2024



**PÄRLBAND**  
Tealight holder, gold-colour,  
10 cm, 503.485.45

**Dhs 25**



Use the **PÄRLBAND** tealight holder with a lit tealight or alone, as a beautiful object in its own right.



**HEMNES**  
Chest of 3 drawers,  
yellow stain, 108x96 cm,  
605.857.96

**Dhs 799**

# New Lower Price

We've reduced the everyday prices of some of our favourite products making them even more affordable.

Scan the QR code to shop now!



**New lower price**

**FLYTTA**  
Kitchen trolley, stainless steel,  
98x57 cm, 000.584.87

**Dhs 695**

Previous price: Dhs 795

**New lower price**

**GRUNKA**  
4-piece kitchen utensil set,  
stainless steel, 300.853.34

**Dhs 29**

Previous price: Dhs 35



Large interior and plenty of options. It's self-cleaning and can cook several dishes at once. The touch control makes the oven easy to use.

**New lower price**

**KULINARISK**  
Forced air oven with pyrolytic  
funct., IKEA 700 stainless steel  
904.430.55

**Dhs 2,995**

Previous price: Dhs 3,395



**New lower price**

**RIMFORSA**  
Work bench, stainless steel/bamboo,  
120x63.5x92 cm, 903.997.84

**Dhs 1,995**

Previous price: Dhs 2,395



**New lower price**

**BERGTUNGA**  
Chopping board, set of 2,  
dark blue/red, 805.569.05

**Dhs 14.95**

Previous price: Dhs 19



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It's that simple.



**KALAS**  
Spoon, mixed colours  
704.556.95

**Dhs 3.95 /4 pack**

**ANTILOP**  
Highchair with tray, white/  
silver-colour 290.672.93

**Dhs 69**



**ÖSTANÖ**  
Chair, black Remmarn/  
dark grey 205.453.59

**Dhs 69**

**TILLREDA**  
Microwave oven,  
black 405.464.85

**Dhs 195**



Works well on all types of hobs,  
including induction hob.



**ANNONS**  
Pot with lid, glass/stainless  
steel, 2,8 l/ 802.687.74

**Dhs 29**

**TILLREDA**  
Portable induction hob,  
1 zone white, 204.935.05

**Dhs 145**



**UTTER**  
Children's table,  
in/outdoor/white  
603.577.37

**Dhs 49**

**SNIGLAR**  
Changing table, beech/  
white, 72x53 cm  
200.452.07

**Dhs 149**

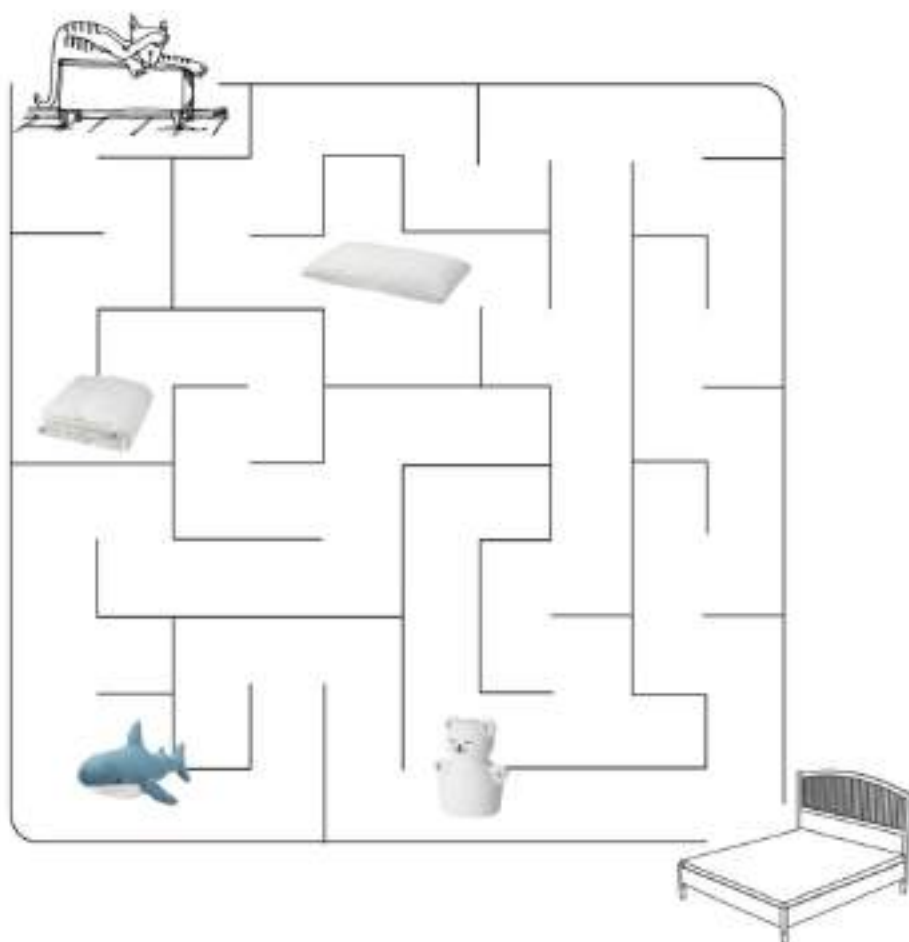


**SNIGLAR**  
Cot, beech, 60x122 cm  
302.485.37

**Dhs 275**

# Drawing the line at sleep

Our furry friend is exhausted! Help him navigate the maze to collect all his bedtime essentials before he crashes. Can you guide him safely to his cozy bed?



Love the look? TYSSEDAL is simple, stylish, and built to last. Check out the whole collection for a bedroom you'll adore.

**TYSSEDAL**  
Bed frame, white/Lurby,  
160x200 cm. 390.579.72

**Dhs 1,845**



# Why choose just one?

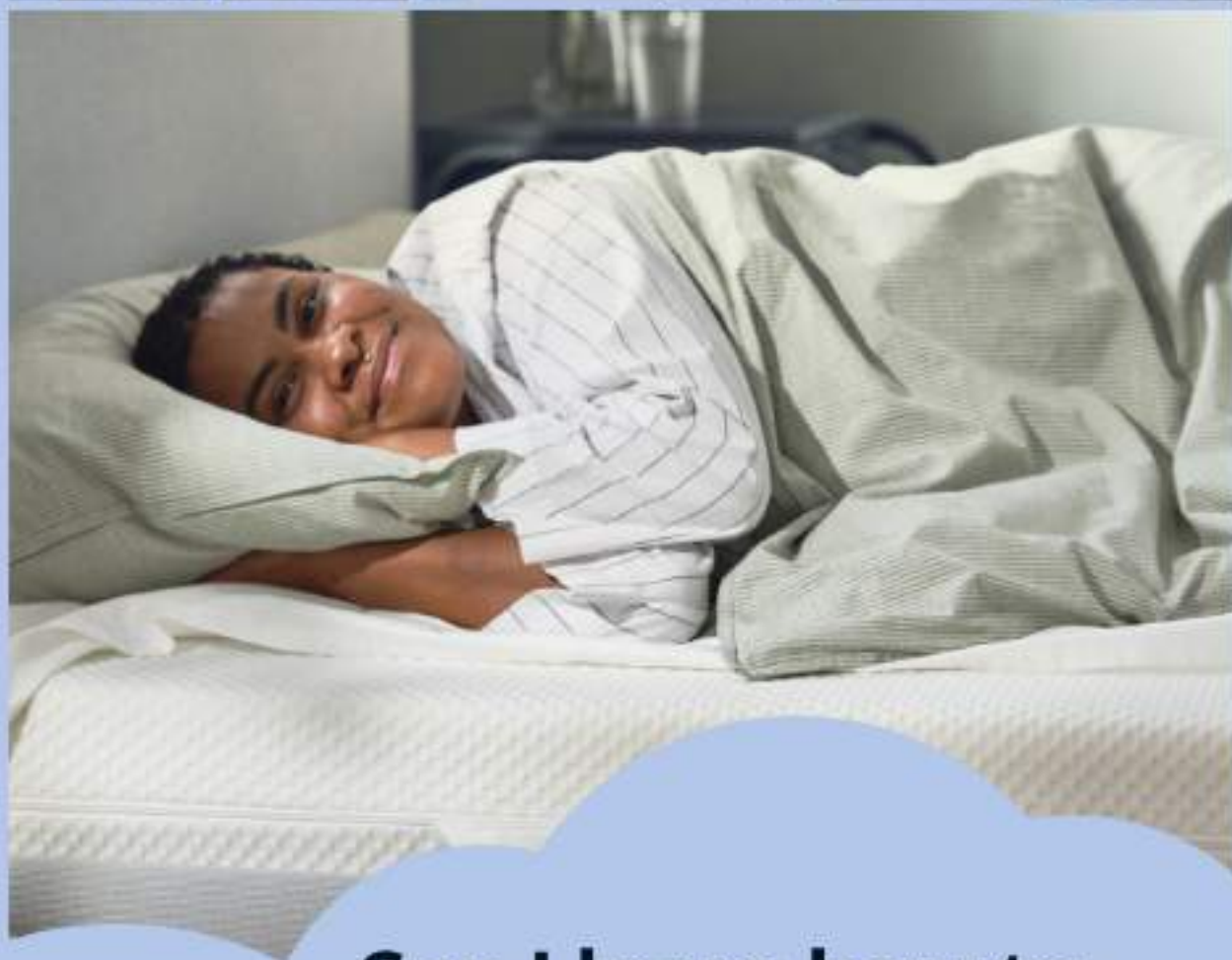
New

LAGERPOPEL

Cushion cover, 50x50 cm, Assorted colours

Dhs **14.95** /ea





## Can I learn how to sleep like a log?

The short answer is, yes you can! Sleep is no longer the mystery that it used to be and you have almost unlimited possibilities to create a sleeping environment that fits you.



# Why we sleep and what happens during sleep

Ever spent all night tossing and turning, wishing you could just drift off into a deep sleep? Don't worry, we've all been there! But here's the good news: sleep doesn't have to be a confusing puzzle anymore. You can actually create a sleep haven that's perfect for you.

Now, you might be thinking, "Why is sleep even so important?" Well, it's not just about catching up on your favourite show (although if well-rested you might finally understand that crazy plot twist!). While you're snoozing, your body is actually working hard, fixing itself up and getting ready for a new day. Pretty amazing, right?

But how do we build this perfect sleep haven? It all comes down to six key things: finding your perfect cuddle spot, keeping the temperature just right, breathing in fresh air, ensuring a quiet environment, quieting the room, and decluttering your space. These factors will guide you into a peaceful slumber.

In the next pages, we'll tackle these six sleep essentials, giving you easy tips and tricks to turn your bedroom into a haven of relaxation. Sweet dreams!



## 6 elements you never knew you needed for a quality sleep!

Comfort, light, temperature, sound, air quality, and decluttering. They all work hand in hand to lay the foundation for a blissful night's sleep or a well-deserved rest.



Comfort



Temperature



Air  
quality



Sound



Light



Home furnishing  
& declutter





# The comfort you deserve

The first one, comfort, is the most important factor. A comfortable bed, a pillow that suits your sleeping position and the right duvet are vital for good sleep. Whether you should have a firm or a soft mattress comes down to your sleeping position. Choosing a pillow is also very personal. Your pillow should suit your taste but also your sleeping position and go well with your mattress.



**New lower price**

VALEVAG  
Pocket spring mattress,  
firm/light blue, 90x200 cm  
104 507 09

**Dhs 800/ea**

Previous price: Dhs 1,000



## Need mattress advice?

Try our comfort guide, simply answer questions about your sleeping habits and preferences, and we'll recommend the best mattress, pillow, and duvet for your needs.





## What mattress the most?

What mattress is best for me? Great question! Sleeping better starts with learning how to choose a mattress, exploring your options and then finding an affordable mattress that's perfect for you.

Before diving into the right sleep positions, let's first consider the type of mattress you should buy: spring mattress, foam mattress or Bonnell spring mattresses.



### Healthy mattress, Happy sleep

Taking good care of your mattress helps it take care of you. A wash-able cover and regular airing makes the most of it throughout its life (we recommend 8-10 years), and keeps it feeling fresh every single night.





**New lower price**

**VALEVÄG**  
Pocket sprung mattress,  
firm/light blue, 90x200 cm  
104,507.09

**Dhs 800**  
Previous price: Dhs 1,000

Firm mattress will help your back and body stay aligned throughout the night and will provide more sturdiness and support than other mattress types.

**Firm mattress**



**New lower price**

**AFJÄLL**  
Foam mattress, medium  
firm/white, 90x200 cm  
405,651.46

**Dhs 300**  
Previous price: Dhs 350

Medium firm mattresses provide similar body alignment and sturdiness but are slightly softer than traditional firm mattresses and more easily adapt to your body contours.

**Medium firm mattress**



Plush mattresses are soft and cloud-like, providing lots of cushioning and comfort for those who don't require firm and sturdy back support.

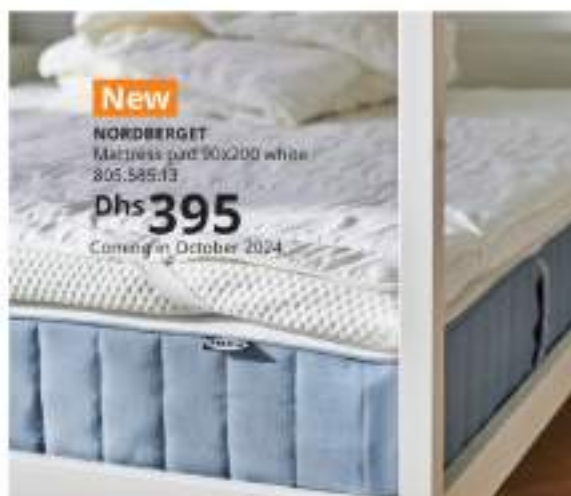
**BÄTNÄSTROM**  
Pocket sprung mattress,  
firm/natural, 160x200 cm  
933,754.04

**Dhs 3,100**

**Extra firm mattress**

## Soft touch or supportive sleep?

Finding the best mattress firmness for you - whether super firm or super plush or somewhere in between - is essential so your mattress comfortably supports the specific curves of your body and the way you sleep.



**New**

**NORDBERGET**  
Mattress pad 90x200 white  
805,585.13

**Dhs 395**  
Coming in October 2024



**GLADSTAD**  
Upholstered bed, 2 storage boxes,  
Kabusa light grey, 160x200 cm  
294,067.97

**Dhs 1,495**



# How to choose a mattress for your little dreamer

## 1. Foam or spring?

We offer a variety of different mattresses. Deciding if you want a foam or a spring mattress for your child will help you to narrow down your choice considerably.

## 2. Your budget

We have mattresses to fit every budget — from basic mattresses to mattresses made with high quality materials. But you can be sure that every one of them is designed for your child's safety and healthy sleep is first priority. We never compromise on children's safety.

## 3. Identify individual needs

**Size:** Are you buying a mattress for an extendable bed or a junior bed? As the extendable bed "grows" with the child in three steps, the mattress comes in three pieces, one long and two short. Just add a part when you extend the bed.

**Time:** How many years do you think your child will use the mattress? If you want to use the same mattress from the early years well into childhood, a thicker and more durable mattress will provide better support as your child grows.

## 4. Choose your mattress

On the following pages you will find some of our children's mattresses available, along with detailed facts for each.



**JÄTTETRÖTT**  
Pocket sprung mattress for cot,  
white, 60x120x11 cm  
403.210.04

**Dhs 400**



**ROSENVIAL**  
Mattress protector,  
160x200 cm  
305.301.59

**Dhs 399**



**GRUSNÄRV**  
Waterproof mattress  
protector, 90x200 cm  
305.221.35

**Dhs 15**

Waterproof mattress protector prevents  
liquids from passing through



**REXBEGONIA**  
Cooling pad, 80x80 cm  
305.234.08

**Dhs 39**



**ÄKREHAMN**  
Foam mattress, firm/  
white, 160x200 cm  
604.816.47

**Dhs 2,200**

**New**

**RODGERIA**  
Quilt cover 80x12 (45x20) cm,  
pink/white, 2409.220/150490 cm  
305.752.41

**Dhs 149**

Made of  
**80%** cotton  
20% viscose

**Complete  
your space,  
feel great!**



Sleep tight knowing this easy-care  
protector prevents moisture from  
penetrating your pillow

**New lower price**

**RAMNEFJÄLL**  
Pillow protector,  
50x80 cm, 795.313.12

**Dhs 29**

Previous price: Dhs 39

**SINNERLIG**  
Pendant lamp,  
bamboo/handmade,  
50 cm, 703.116.97

**Dhs 299**



**RAMNEFJÄLL**  
Upholstered bed frame,  
90x200 cm, 795.522.53

**Dhs 665**



# The Zzzzzzzzz talk

## How to beat stress for a restful night's sleep

Is your brain 'switched on' at night trying to work through the worries of the day? Stress can cause your body to release cortisol and adrenaline, hormones that speed up your thoughts and heart rate. The result is often trouble drifting off, and lighter, more fragmented sleep. Find out how stress affects your body at night, and discover ways to relax before bedtime.



### Face your feelings

Negative emotions can be overwhelming before bedtime. Emotion defuse is a technique that involves learning to describe your emotions as they arise, in a matter-of-fact, non-judgemental way. For example, 'I feel anxious and have a tight knot in my stomach.' Practise for 10 minutes a day or whenever you need it.

### Try mindful breathing

Find a peaceful, comfortable place to sit, close your eyes and focus on your breathing, such as the movement of your rib cage. Observe how thoughts can pop into your mind, but also how you can choose to focus on your breath instead. Do this for 10 minutes while taking deep, calming breaths.

# New Lower Price

We've reduced the  
everyday prices of  
some of our favourite  
products making them  
even more affordable.

Scan the QR code to  
shop now!



## New lower price

**VILDKORN**  
Pillow, high, 50x80 cm  
304.605.71

**Dhs 35**

Previous price: Dhs 49



## New lower price

**KOPPANG**  
Chest of 3 drawers,  
black-brown, 90x83 cm  
804.811.18

**Dhs 399**

Previous price: Dhs 449

## New lower price

**BERGPALM**  
Duvet cover and  
pillowcase, light pink/  
stripe, 150x200/90x80 cm  
905.006.73

**Dhs 79**

Previous price: Dhs 99



## New lower price

**UPPVIND**  
Table lamp, brass-plated/  
white, 47 cm. 704.882.81

**Dhs 199**

Previous price: Dhs 229



## New lower price

**TRENSUM**  
Mirror, stainless steel  
245.244.85

**Dhs 19.95**

Previous price: Dhs 25



## New lower price

**FYRESDAL**  
Day-bed frame,  
black, 80x200 cm  
204.243.62

**Dhs 545**

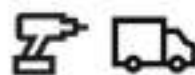
Previous price: Dhs 645



# Why shouldn't getting everything home be simple too?

**You choose it,  
we'll deliver &  
assemble it.**

With your furniture purchase of AED1500,  
you get free delivery and assembly service.



Visit [IKEA.ae](https://www.IKEA.ae) or contact your  
store for more details about our  
services and charges



Scan to find  
out more



**New**

ISRAUNIKEL  
Ergonomic pillow,  
multi-position 41x71cm  
105.767.37

Dhs **149**



## Perfect sleep temperature

Do you get chilly at night? Do you feel hot when sleeping? The next factor to consider is your room temperature. It is beneficial to ask yourself these questions as it helps identify the distractions that interferes with your sleep. Remember to set the air con or fan at a proper temperature and keep yourself comfortable by choosing the right duvet or blanket for you! Many of us sleep better in colder surroundings whilst the optimal room temperature is between 18 to 20 degrees.





## Find your pillow partner

Like babies and blankets, adults are attached to pillows. For good reason. Restorative sleep starts with a comfy mattress and a supportive pillow for that 5 kg head of yours (give or take).

**New**

**KEJSAROLVON**  
Pillow protector,  
beige/blue, 50x80 cm  
605.804.59

**Dhs 39**



Lovely cooling blue or nicely warming beige? This pillow protector offers two completely different experiences, depending on which side faces up. Choose based on the season and enjoy a good night's rest.

### The low-down on sleeping positions

Most of us have a favourite way of sleeping, but which positions help us get good-quality sleep? It's pretty hard to control which positions we adopt when we're asleep, but there are ways to make sure we stay comfortable in whichever position comes naturally. Here we explore the four main sleeping positions and how to get the best night's sleep from each one.



**KLUBBSPORRE**  
Ergonomic pillow,  
side/back sleeper, 41x70 cm  
904.501.44

**Dhs 179**

### On your back

This is considered the best sleeping position for your overall health because it gives the body optimal support while maintaining the natural alignment of your head, neck and spine.



### On your side

Sleeping on your side with your legs straight is thought to be the second-best position for your health because it keeps the spine elongated. Just make sure your head is well supported by a pillow.



### A little bit of everything

With less filling, a low pillow is the ideal choice for stomach sleepers. A thin, low pillow relieves the pressure on your neck and ensures that your spine is comfortably aligned while you snooze.





**RAMSLÖKSMÅL**  
Ergonomic pillow,  
multi position, 41x52 cm  
505.542.85

**Dhs 279**

## Ergonomic pillows

When your neck and head rest on a good pillow, you sleep so much better. But we all sleep differently: some on our backs, others on our side — and some move around all night long. That's why our ergonomic pillows come in various shapes and sizes, so everybody can sleep soundly and wake up feeling completely refreshed.



Don't let the looks fool you. This ergonomic pillow looks like a standard pillow, but inside there's a microfibre filling and a memory foam core that give good support and a feeling of sleeping on clouds.

**KVARNVEN**  
Ergonomic pillow,  
stomach sleeper, 39x69 cm  
005.182.17

**Dhs 199**

This ergonomic pillow is made of memory foam topped with a gel layer that gives you a cool, soothing sleep surface. This means you sleep comfortably without waking up feeling hot and clammy.

## It's what inside that counts

How do you improve something that's existed for centuries? Rest your head on it. We won't judge what it takes for you to get comfy, we just want you to have a supportive and fluffy bed pillow that can help.

### Down & feather pillows

You can't rest your head on a cloud, but our feather pillows come pretty close to the feeling (so we imagine ... how could we actually know?). We have both high and low pillows, and they're all machine washable at temperatures that kill dust mites.



### Polyester pillows

A comfy pillow that suits the way you sleep means you start every day relaxed and smiling. Our hollow fiber, microfibre and polyester pillows offer something for everyone, whether you sleep on your back, stomach or side. They're all machine-washable pillows.



### Memory foam & foam pillows

Fancy a great night's sleep with a pillow that really suits you? Our memory foam pillows mould themselves to the shape of your head and neck, giving you good support that helps you relax. These polyester pillows also come with machine-washable covers, so you can easily keep them clean and fresh.





## Warm or cool? Find the right duvet type for you

Your choice of duvet will depend on your own internal thermostat. For those of you who are usually warmer, the best option is a light down duvet with less filling, whereas those who feel the cold more will want to snuggle up under a heavier duvet with plenty of filling. Can't decide which to choose? Don't worry, we have a range of multipurpose duvets too. Our all-seasons duvets are the perfect option as they combine a cool and warm duvet in one product. Just add or remove layers to regulate the temperature. It's that simple!



### Cool duvet

If you get hot and tend to wake up in a sweat even when the duvet's only covering your feet, you need a thinner, cooler duvet with less filling.



### Warm duvet

If you're one of those people who feels the cold and keeps the covers pulled right up to their ears, you need a warm duvet. This is a thick duvet with more filling, but it's still light.



### Extra warm duvet

If you prefer a thicker duvet with plenty of filling, you need an extra-warm duvet.

## Create a breathing space just for you

Scan the  
QR code to  
learn how



**New lower price**

**SMÅSPORRE**  
Duvet, warm, 150x200 cm  
90x579.72

**Dhs 129**

Previous price: Dhs 165



#### FJÄLLARNIKA

Duvet, warm,  
150x200 cm  
204.590.35

**Dhs 249**

## Sleep light, Sleep right!

Feather and down are natural materials. They "breathe" well and are very good at absorbing moisture. The feathers offer excellent comfort, breathability and consistency to the duvet, while the down is softer, fluffier and lighter. They create a warm and dry sleep environment so you can relax all night long.



#### FJÄLLBRÄCKA

Duvet, light warm,  
150x200 cm  
384.202.97

**Dhs 299**



#### BERGVEN

Pillow, low, 50x80 cm  
205.715.98

**Dhs 299**



This pillow has a soft outer filling of 90% fluffy down and a firm 90% feather core. Double piping keeps the pillow nice and full. The high loft is comfiest for side or back sleepers.





**SUNDVIK**  
Cot, white, 60x120 cm  
002.485.67

**Dhs 795**

## Buy now pay later

You can buy now and pay later\* with our wide range of flexible payment options with First Abu Dhabi Bank, Emirates NBD, Tabby or Tamara with zero interest.



Visit [IKEA.ae](https://www.ikea.ae) or contact your store for more details about our services and charges.

\*Terms and conditions apply

This duvet provides your baby with a dry and cool sleeping climate with an even temperature all night.



**LENAST**  
Duvet for cot, white/gray,  
110x125 cm, 703.790.58

**Dhs 129**

**LEN**  
Pillow for cot,  
white, 35x55 cm  
000.285.08

**Dhs 12**

## Playtime to dreamtime!

Kids get a better recharge with happy and healthy habits that make the falling-asleep part easier. A long cuddle, a warm bath, a good book or some music – all ages have their favourite ways of unwinding.



**New**

**GRÖNFINK**  
Duvet cover 1 pillowcase  
for cot, 110x125/35x55 cm  
605.723.79

**Dhs 59**

A woman with blonde hair, wearing a black long-sleeved shirt and mustard-colored pants, is rolling up a white mattress. The mattress is wrapped in clear plastic and secured with two black straps. She is standing in a room with white curtains in the background. The mattress is being rolled up towards a bed frame with a light-colored wooden slatted base. A large green circle is overlaid on the left side of the image, containing text.

## Rolled up and ready to go

Say goodbye to wedging your new mattress through doorways and hello to maneuverable, roll-up mattresses. They save space, cost less to transport and you can get them home more easily, letting us all cut our carbon footprint. Sleep better knowing it's good for your purse and for the environment.





## How to choose more sustainable materials

The ambition is that, by 2030, all materials in IKEA products will be renewable or recycled. Even today, it's easier than ever to find affordable, high quality home furnishings that are more sustainable. In fact, 60% of the IKEA product range already uses renewable materials.

**Naturally better materials** Many people prefer to use natural materials at home, especially in textile products that are close to your skin.

For good reason, cotton is a popular choice in the bedroom and bathroom. Since 2015, all cotton in IKEA products comes from more sustainable sources. This means that the production requires less pesticide and fertiliser. Much work continues into the development of even more efficient cultivation practices and better water management.

The IKEA philosophy is that less waste translates to lower prices. And perhaps an even more sustainable practice is to get creative with waste itself. Water hyacinth, coconut husk and seagrass are usually treated as weeds or waste. Yet these renewable materials and others can become useful, distinctive products.

In short, you can choose many natural fibres with confidence. You can enjoy all the comfort, personality and resilience that enhances your life at home – safe in the knowledge that nature is well looked after, too.

### People + Planet

Continue your journey and find more sustainable products and ideas on [IKEA.ae/sustainableliving](https://www.ikea.ae/sustainableliving)



# New Lower Price

We've reduced the  
everyday prices of  
some of our favourite  
products making them  
even more affordable.

Scan the QR code to  
shop now!



**New lower price**

**BRUTUS**  
Duvet cover and pillowcase,  
150x200/50x80 cm, 405.548.14

**Dhs 79**

Previous price: Dhs 99



**New lower price**

**DVALA**  
Fitted sheet, light grey,  
90x200 cm, 504.824.59

**Dhs 29**

Previous price: Dhs 39



**New lower price**

**VÄGSJÖN**  
Bath sheet, white,  
100x150 cm, 203.509.88

**Dhs 39**

Previous price: Dhs 49



**New lower price**

**SKOGSÖLVON**  
Pillow, low, 50x80 cm,  
205.184.69

**Dhs 79**

Previous price: Dhs 129

**New lower price**

**TÖFTBO**  
Bath mat, striped/blue,  
40x60 cm, 705.410.66

**Dhs 19.95**

Previous price: Dhs 35



# Float off to sleep

New lower price

**SMÅSPORRE**

Duvet, light warm, 150x200 cm  
704.570.05

**Dhs 79**

Previous price: Dhs 119





## Light up your dreams...

Light exposure from sources like streetlights or screens can disrupt sleep. While it's best to sleep in as dark a room as possible, the lighting you use in the hours leading up to bedtime can nurture more restful nights. Let's learn how to create optimal darkness in the bedroom.





**New lower price**

**FRIDANS**  
Block-out roller blind,  
white, 180x195 cm  
603.968.63

**Dhs 149**  
Previous price: Dhs 169

## Not too hot, not too cold

Curtains and blinds can help your home stay at a comfortable temperature. Thicker curtains keep out chilly draughts and the sun's hot rays. Having different layers in your windows will also help insulate your home against winter cold and summer heat. And cellular blinds have a honeycomb structure that traps air inside them. Air is a natural insulator and completely free, too!



**New lower price**

**VILBORG**  
Room darkening curtains,  
1 pair, beige, 145x300 cm  
602.975.55

**Dhs 229**  
Previous price: Dhs 269



**TRINDSNÖ**  
Floor lamp, white  
metal/birch veneer  
605.533.12

**Dhs 299**

**ÄRSTID**  
Table lamp,  
brass/white  
603.213.76

**Dhs 89**

## Layer your curtains for light control

For an easy way to control the levels of light in a room, layer your curtains. Try hanging two sets of curtains in fabric of different weights. A sheer, lightweight curtain will keep the room bright but create a soft, diffused light. Pair them with curtains in a heavier weight fabric to bring light levels down or block it out when needed.



**New**

**VECKLARFLY**  
Venetian blind,  
white, 100x155 cm  
605.832.01

**Dhs 189**

# Block out the light and sleep better

Good bedroom curtains are defined by a few simple things – how well they darken the room, screen for privacy, filter sunlight and soften acoustics. Still, this is an art that can be performed in countless creative and decorative ways. Here are a few ideas to get you started.



**New**

**SANELA**  
Curtains 1 pair  
140x300cm, beige-  
yellow. 605.898.84

**Dhs 299**

Coming in October 2024

## Room darkening curtains

Room darkening curtains prevent most light from entering and provide privacy all day and night by blocking the view into the room from outside. They are also sound absorbing and prevent cold and drafts.



## Black-out curtains

Block-out curtains block light from shining through and completely darken your room. Therefore, your sleep won't be disturbed by moonlight and street lights, and you will not be woken by the sun when sleeping in late.

Made of  
**40** Recycled  
PET bottles

**BENGTA**  
Block-out curtain, 1 length,  
light green, 210x300 cm,  
205.429.95

**Dhs 69**



**ROSENROBINIA**  
Sheer curtain, 1 piece,  
white, 300x300 cm,  
405.644.35

**Dhs 149**

## Light filtering

A perfect solution when you want privacy or want to block glares on TV and computer screens. The outside light still comes through and creates a cosy atmosphere in the room.

**Did you know?**  
Warm lighting  
are relaxing and  
promote sleep



**New lower price**

**VINDKAST**  
Table lamp,  
white, 26 cm  
005.392.03

**Dhs 79**

Previous price: Dhs 89



# What light is best for sleep?

When it's time to actually close your eyes for the night, many experts recommend that you sleep in as dark a room as possible. Too much exposure to light before or during sleep – whether coming in from an outdoor streetlight or the sun, your mobile phone or the overhead light you forgot to turn off – can crush your sweet dreams. A pitch dark room may not always be possible, but our blackout curtains and blinds can help in creating snooze-inducing darkness.

Even if you're fortunate enough to be able to fall asleep just about anywhere, too much light can be negatively impacting your sleep. Both natural and artificial light can influence your circadian rhythm—your body's 24-hour cycle of activity and rest. If you're receiving too much light in the hours before and during sleep, your body can stay in an alert state instead of winding down for the day. Because different types of light can also inhibit your body's natural production of the sleep-related hormone melatonin, you may find yourself still counting sheep long after your head hits the pillow after a too-bright night.



# Solutions for a complete rest



**BLÄVINGAD**  
LED wall lamp,  
turtle/green  
905.386.90  
**Dhs59**



**New**  
**REMTÅNG**  
Table lamp,  
grey-green, 37 cm  
305.654.12  
**Dhs79**



Not just a  
mirror! This  
one has a  
lamp around  
the edge

**KAITUM**  
Mirror with integrated lighting,  
battery-operated, 20 cm,  
70508401  
**Dhs159**



**New**  
**RÖDFLIK**  
Floor/reading lamp,  
grey-green, 805.635.76  
**Dhs149**

**MALM**  
Chest of 2 drawers,  
white, 40x55 cm  
902.145.49  
**Dhs179**

**BONDOLVAN**  
Alarm clock,  
digital/green, 20x8 cm  
304.854.44  
**Dhs49**



**TÖVÅDER**  
LED night light,  
bear battery-operated  
905.169.14  
**Dhs69**





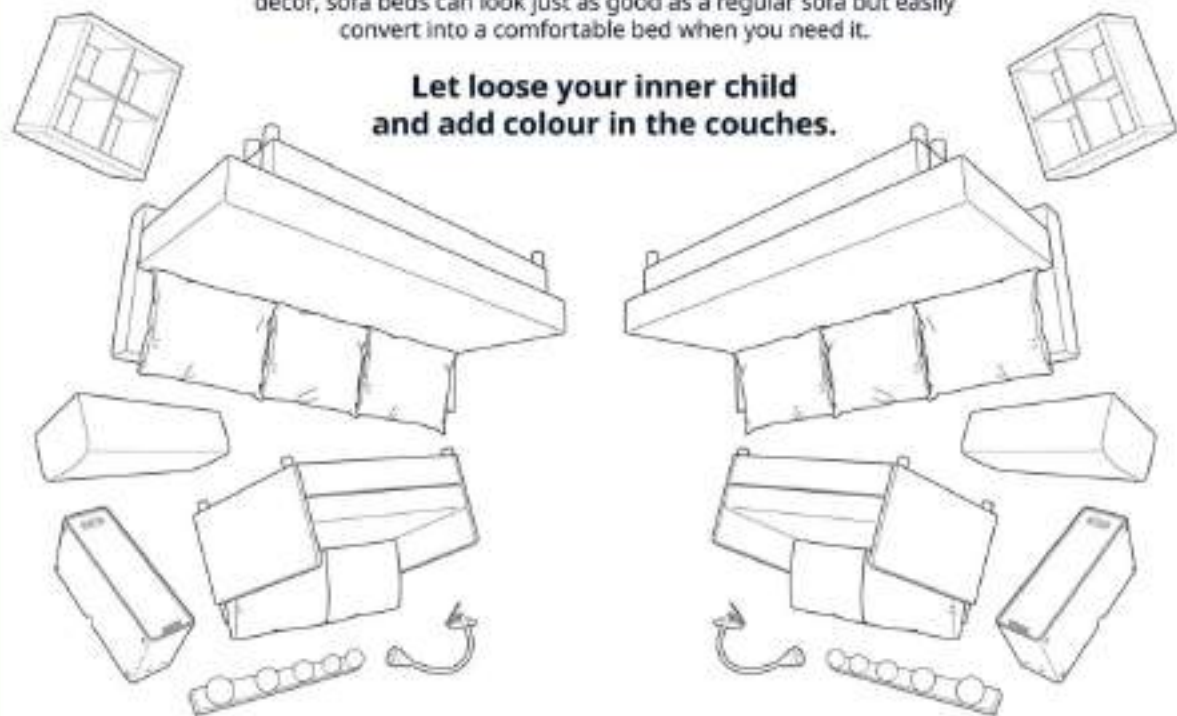
## Sofa, so good

### A snug and stylish space saver

If you live in a studio or small apartment, multi-functional furniture can save you money and precious floor space.

In a wide range of different fabrics, leathers and colours to suit any décor, sofa beds can look just as good as a regular sofa but easily convert into a comfortable bed when you need it.

### Let loose your inner child and add colour in the couches.



# New Lower Price

We've reduced the everyday prices of some of our favourite products making them even more affordable.

Scan the QR code to shop now!



**New lower price**

**FRIHETEN**  
Three-seat sofa-bed,  
Skiftebo dark grey  
503.411.48

**Dhs 1,595**

Previous price: Dhs 1,795



**New lower price**

**SVARTHÖ**  
Cushion cover,  
multicolour, 50x50 cm.  
005.420.93

**Dhs 49**

Previous price: Dhs 69



**New lower price**

**TORARED**  
Pendant lamp shade  
sedge/handmade, 38 cm  
204.303.82

**Dhs 69**

Previous price: Dhs 89



**New lower price**

**STÖRTSKÖN**  
Scented tealight, Berries/  
red, 3.5 hr/30 pack  
205.021.66

**Dhs 11.95**

Previous price: Dhs 15



**New lower price**

**VARBY**  
Corner shelf unit,  
white, 53x155 cm.  
305.035.80

**Dhs 195**

Previous price: Dhs 295

**New lower price**

**STORSINT**  
Glass, clear glass, 24 cl.  
004.693.04

**Dhs 11.95**

Previous price: Dhs 15



**New lower price**

**TULLSTORP**  
TV bench, grey, 114x35x53 cm.  
004.984.29

**Dhs 195**

Previous price: Dhs 295



# Comfy for you and your budget



**KLEPPSTAD**

Bed frame, white/Vissle beige, 160x200 cm. 104.926.72

**Dhs 695**

KLEPPSTAD bed frame has a modern look with the cosy touch of a washable fabric headboard. It can help create a soft and inviting space that will have you counting down the minutes until bedtime.

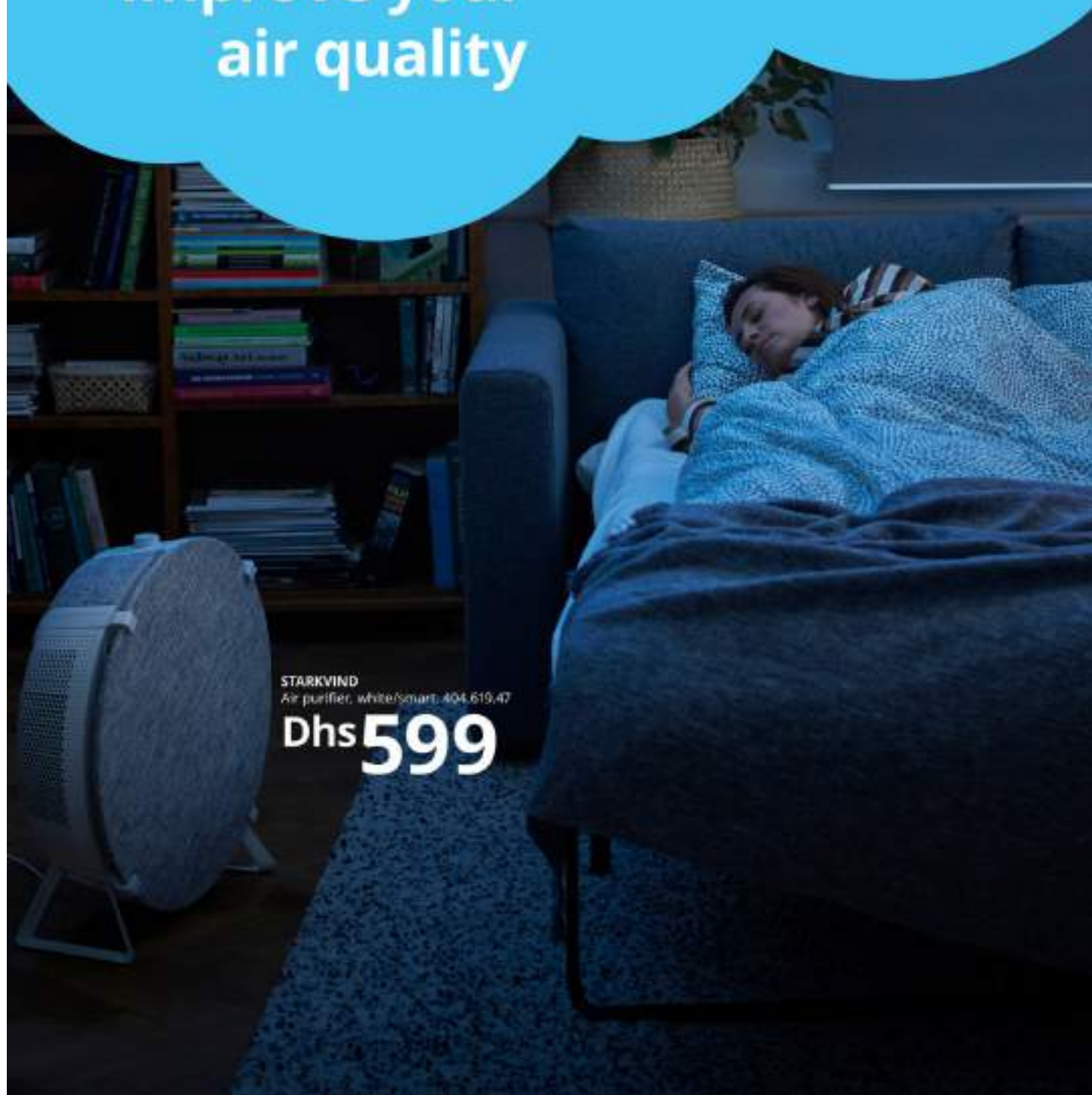


## Improve your air quality

When creating a bedroom where you can feel regenerated every morning, breathing clean air is vital. Add refreshing greenery, a comfortable bed and soft textiles to that, and your bedroom might become your happy place.

STARKVIND  
Air purifier, white/smart: 404.619.47

**Dhs 599**





# How clean is the air in your home?

Clean air is a precondition for a healthy life. But frying an egg without an exhaust hood, lighting your fireplace or even cleaning your home with strong chemicals might contribute to making your indoor air just as bad as the air on the busy street outside your window. With FÖRNUFTIG, IKEA wants to offer an affordable solution for clean air.

## Breathe easier with cleaner air

STARKVIND air purifiers filter away up to 99.5% of dust particles and other airborne allergens and can clean the air in rooms up to 20 metres<sup>2</sup> in size. For larger areas, two air purifiers can work together to improve the indoor air quality of your home.



### Connected for no-fuss maintenance

Replacing the filters is a breeze. Just remove the front or top plate, depending on your air purifier model. And if you add your STARKVIND air purifier to the TRÅDFRI gateway, you'll get reminders in the app when it's time to change them.



FÖRNUFTIG  
Air purifier,  
white, 38x45 cm,  
104.619.63

Dhs **299**



UPPÅTVIND  
Air purifier, 504.952.24

Dhs **149**

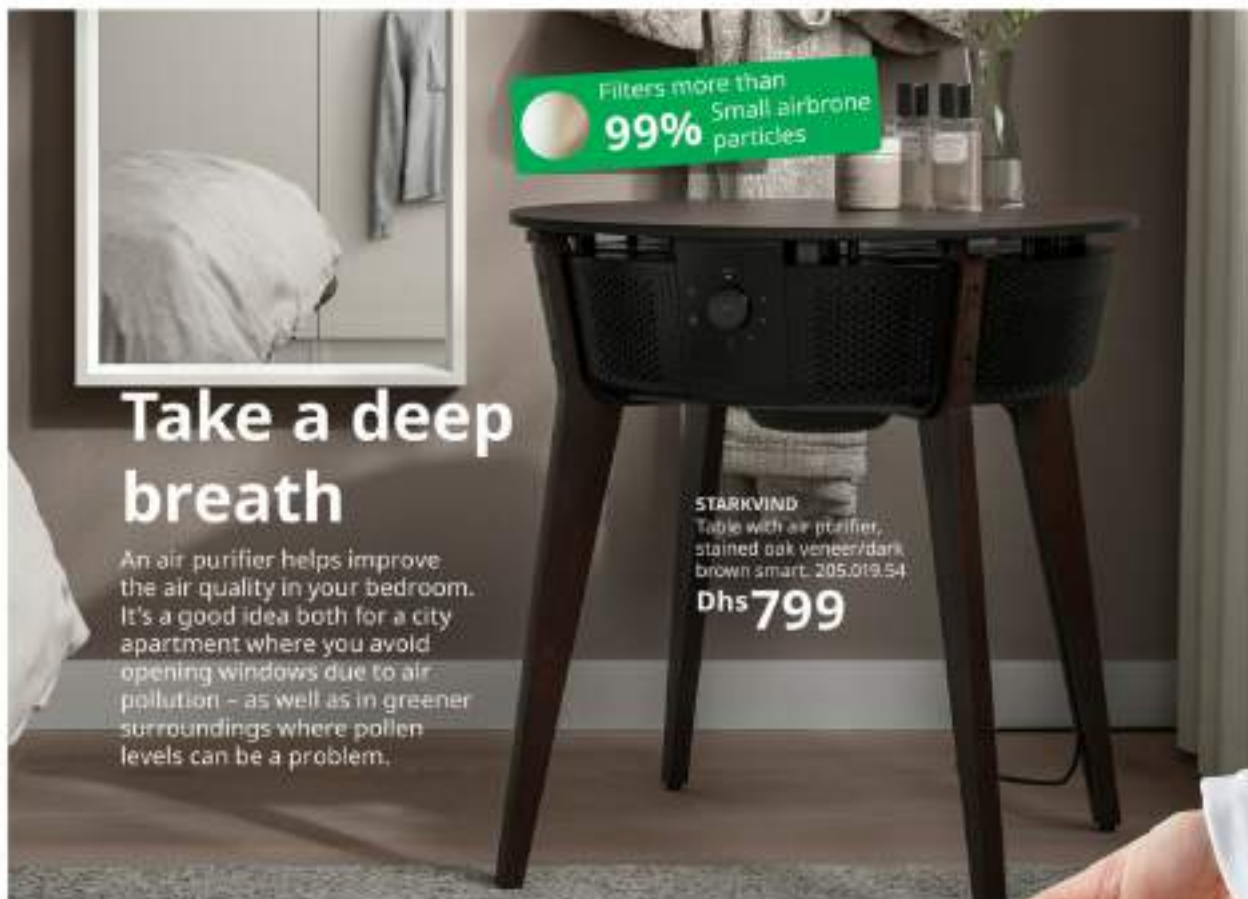
VINDSTYRKA  
Air quality sensor, smart,  
004.962.31

Dhs **199**



## Change is in the air

A small and flexible air purifier that makes a big difference. It cleans the indoor air from harmful particles and pollen, and you can easily move it to always breathe cleaner air at home.



**Filters more than 99% Small airborne particles**

## Take a deep breath

An air purifier helps improve the air quality in your bedroom. It's a good idea both for a city apartment where you avoid opening windows due to air pollution – as well as in greener surroundings where pollen levels can be a problem.

**STARKVIND**  
Table with air purifier, stained oak veneer/dark brown smart. 205.019.54  
**Dhs 799**



**KULINARISK**  
Wall mounted extractor hood, stainless steel/glass, 90 cm. 304.432.04  
**Dhs 2,995**



Each side of the clock performs different functions. Just flip it for time/date, alarm, temperature or timer

**KLOCKIS**  
Clock/thermometer/ alarm/timer, white, 7x7 cm. 802.770.04  
**Dhs 19.95**



"Opening your windows to ventilate at times when outdoor air pollution is lower, using exhaust hoods when cooking, and keeping your home free from dust and mould can help improve your indoor air quality."

Alexandra Galef, Sustainability Development Leader at IKEA of Sweden



## Breathe in clean (and green) air


Having air-filtering plants in your bedroom is an excellent way of improving the air quality and removing unwanted air pollutants. Having one plant per 10 square metres is what's recommended, and aloe vera plants and peace lilies are particularly good air-cleaners. Plus, they look lovely!



SPATHIPHYLLUM  
Potted plant,  
Peace lily, 12 cm,  
405.07177

Dhs **25**

The peace lily is a powerhouse for purifying indoor air, removing toxins like benzene, formaldehyde, and ammonia. It also increases humidity and reduces mold spores, creating a cleaner, healthier living space.



SANSEVIERIA TRIFASCIATA  
Potted plant, Mother-in-law's tongue, 14 cm,  
40567175

Dhs **65**

## Bring balance to your bedroom's air

If the air in your room is too dry or too wet, try to redress the balance. The easiest way to achieve the ideal humidity levels is by keeping a window open, allowing fresh air to circulate as much as possible. If or when this isn't possible, use a humidifier to increase the humidity in your room, or a dehumidifier to decrease it.





# Where should I place my air purifier in my bedroom?

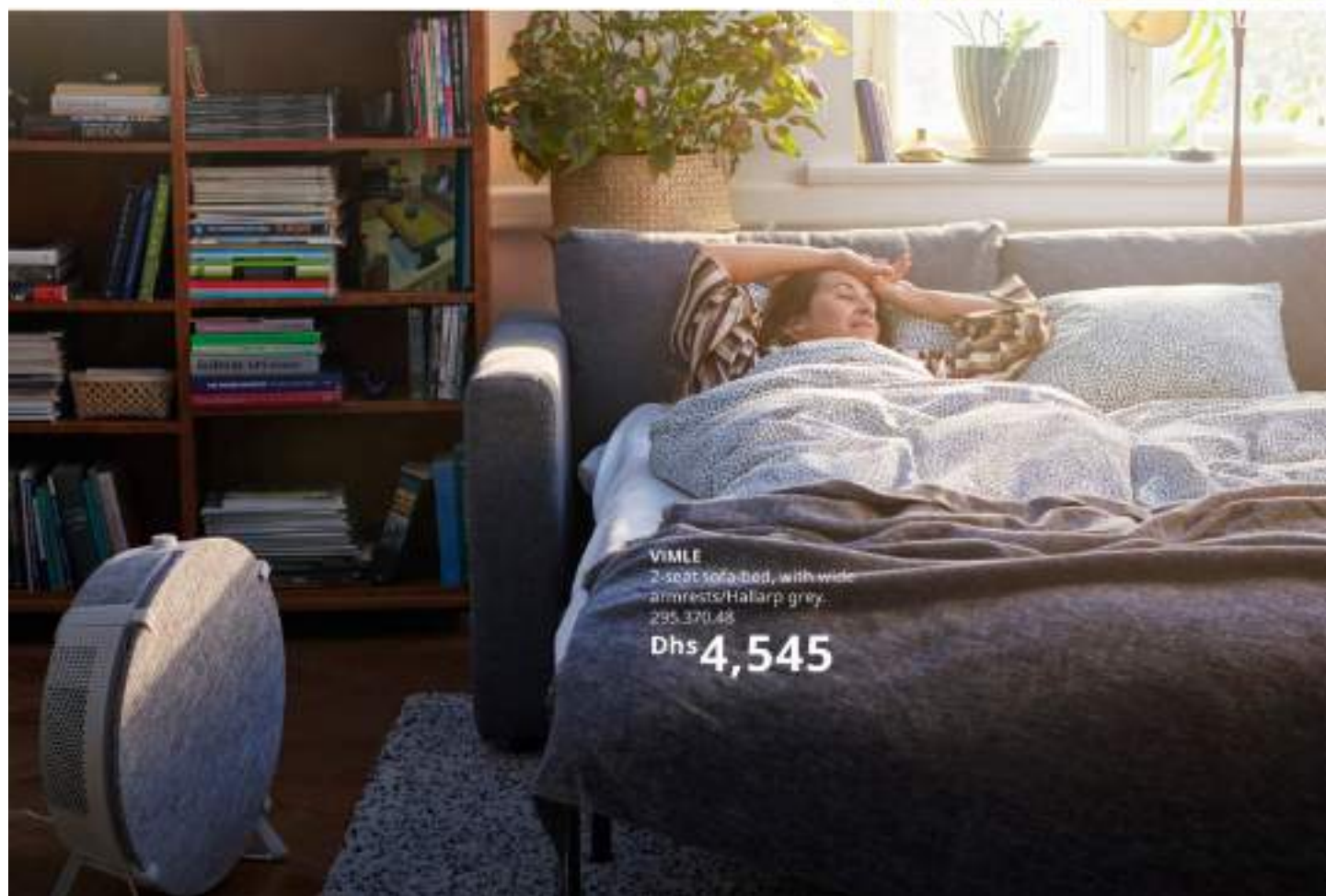
With a small air purifier for bedroom use, it can be helpful to place the purifier closest to the potential allergen source. For example, if you're most concerned about pollen or pollution from traffic creeping inside but want to leave your window open a little bit, position the air purifier near the window so it can filter the air more readily. Just be mindful it isn't placed anywhere it could potentially get wet if it begins to rain.

Also consider your sleep sound preferences. Do you need things as quiet as possible when sleeping, or are soothing sounds a welcome addition to your bedtime routine that helps lull you to sleep? If you lean toward calming sounds for sleep, consider placing your bedroom air purifier on your nightstand or other location near your bed. While all of our air purifiers for bedroom are quiet during operation, you may enjoy the gentle sound that is reminiscent of a fan.

How long to run an air purifier in your bedroom is entirely up to you. If you are very sensitive to air pollutants, you may choose to run it continuously so it doesn't have to play 'catch up' at bedtime. If you prefer to conserve energy and only run it while you sleep, read the product details to determine how much time is needed for it to purify your size bedroom. You can then make it part of your bedtime routine to switch it on while winding down so the air is fully refreshed by the time you're ready to close your eyes.



**HOPPVALS**  
Cellular blind, white,  
80x155 cm, 902-906.27  
**Dhs119**



**VIMLE**  
2-seat sofa-bed, with wide  
armrests/Hallarp grey,  
295-370.48

**Dhs4,545**



# The Zzzzzzzzzzz talk

## Better habits lead to better sleep

You might have noticed that exercise is good for your sleep. And it is. Among many other good things, exercise builds up a brain chemical that is called adenosine. This good-hearted substance not only makes us more tired, it also promotes a deeper sleep. Exercise is also known to release feel good hormones, or endorphins, that make us more content and happier. Just remember not to exercise just before you're about to go to bed. You'll probably be all worked up and might have a hard time falling asleep.

### What about coffee and smoking?

The caffeine in coffee is well-known to make sleep more difficult. Even a single cup of coffee in the afternoon might be enough to make it virtually impossible to fall asleep. Alcohol, on the other hand, relaxes your body and slows down your nervous system. Good, right? No. Because your body may have to spend the entire night dealing with the negative effects of alcohol. So instead of getting a fair chance to rest, it has to work. Since alcohol also relaxes your throat muscles, it makes you more prone to snoring.

It is also known that smokers have a harder time falling asleep and staying asleep. The nicotine in tobacco affects your body in many ways. Like alcohol, it also tends to prevent your body from total relaxation.



### Don't go to bed with your mobile phone

Other habits can affect our sleep negatively. Like coffee, alcohol, tobacco – or using your mobile phone or laptop in bed.

The thing with mobile phones and laptops is the light that they radiate. This blue light tricks our body to think it's time to wake up which makes falling asleep harder. The artificial light (or any kind of light) stops the release of melatonin which is the natural hormone designed to make us tired.

# New Lower Price

We've reduced the everyday prices of some of our favourite products making them even more affordable.

Scan the QR code to shop now!



New lower price

JANINGE  
Chair, white, 002.460.78

**Dhs 55/ea**

Previous price: Dhs 145



New lower price

JUSTINA  
Chair pad, light green,  
42/35x40x4 cm, 105.635.46

**Dhs 19.95**

Previous price: Dhs 25



New lower price

DRACAENA  
Plant, Lucky bamboo/  
spiral, 45 cm, 705.071.66

**Dhs 6.95/ea**

Previous price: Dhs 9

New lower price

RAJTAN  
Spice jar, glass/aluminium-  
colour, 15 cl/4 pack,  
400.647.02

**Dhs 8.95**

Previous price: Dhs 11

Table with drop-leaves,  
seats 2-4; makes it possible  
to adjust the table size  
according to need

New lower price

NORDEN  
Gated table, white,  
258x75x120 cm,  
105.635.46

**Dhs 745**

Previous price: Dhs 995






**Slim space?  
Slim budget?  
Slim trolley.**



**VESKEN**  
Trolley, white, 54x18x71 cm  
004.712.22

**Dhs 25**



WiFi speaker with 180-degree sound and a lamp base in one makes sound blend into the home

**SYMPHONISK**  
Speaker lamp with Wi-Fi,  
textile shade, white.  
194.881.33

**Dhs 799**



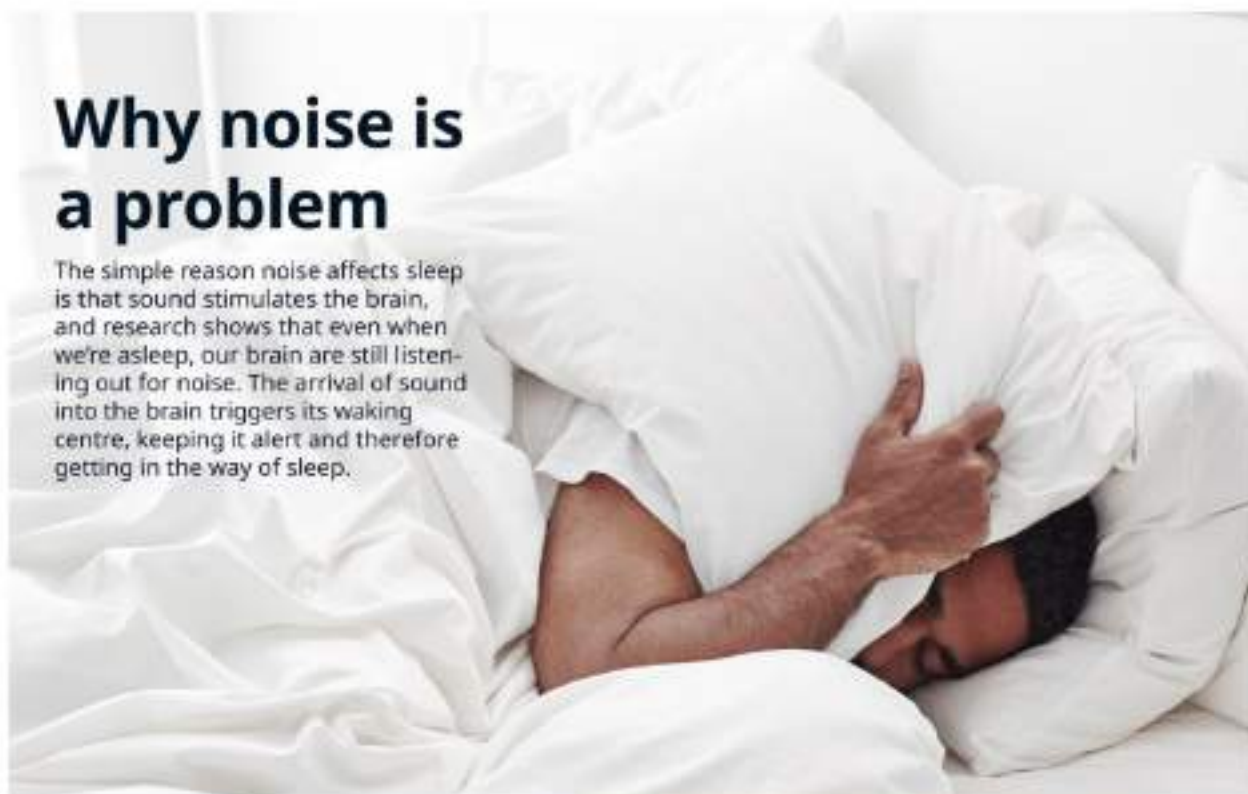
## Block out sounds

Noise has an impact on sleep because it stimulates the brain. According to research, even while we are sleeping, our minds are fully aware of noise. The quieter the room, the better your sleep quality. Simple remedies such as sound absorbers, can help minimise noise, especially if you are a light sleeper!



## Why noise is a problem

The simple reason noise affects sleep is that sound stimulates the brain, and research shows that even when we're asleep, our brain are still listening out for noise. The arrival of sound into the brain triggers its waking centre, keeping it alert and therefore getting in the way of sleep.



### Turn on, tune out

Drowning out unwanted sounds is one approach many people find useful. White noise machines are small devices that emit a constant background noise – usually you're able to choose from options like the sound of a fan, or gentle rain. You can also adjust the volume to suit your requirements, and cancel out anything from your partner's snoring to the neighbour's dog barking.



SYMFONISK  
Picture frame with  
WiFi speaker, black/smart  
204.873.76

Dhs999

WiFi speaker and a picture frame in one makes the sound blend into the home

SYMFONISK  
WiFi bookshelf speaker,  
white smart/generation 2  
705.065.91

Dhs545

SYMFONISK  
WiFi bookshelf speaker,  
black smart/generation 2  
605.065.77

Dhs545

Ideal for mounting on the wall in the bedroom as a bedside table, in the living room as a side table, or in the hallway as a convenient shelf

## Muffle unwanted noise

Furnish your bedroom with plenty of textiles to provide soundproofing, and consider replacing wooden floors with carpets. Kitting your bedroom out with soft furnishings like rugs, fabric-covered armchairs and padded ottomans is a great way to help absorb noise.



## Go window-shopping

If you don't have double-glazed windows, choose curtains in a heavy fabric to help block out sounds from the outside world. You can introduce another layer of soundproofing by doubling up on your window coverings, with blinds and curtains working together to help keep noise out.





## Cover your walls

Thin walls are a common problem, but one that can be easily solved without ruining the décor. Muffle the noise travelling into your bedroom by hanging up a rug or throw on your wall. This adds a decorative touch to your room while creating an extra sound-proof barrier between you and unwelcome noise.



Cushions can all help increase the silence in your bedroom, as well as bring some design style to your space.



**New**

**SANELA**

cushion cover 50x50 bright pink  
505.909.20

**Dhs 19.95/ea**

Coming in October 2024

## Soothed by the sound of silence

If it's the sound of your partner's bare feet hitting the floor in the morning that wakes you, having a soft area rug underfoot when they step out of bed may solve your snoozing woes!

**VOLLERSLEV**

Rug, high pile, grey-green  
133x195 cm, 405.617.44

**Dhs 499**

## The soundtrack of sleep

What tunes help you drift off? Ambient? Dreamy piano? Podcast or audiobook? No matter your sleepy playlist, our SYMFONISK collaboration with Sonos makes it sound superb. From picture frames to table lamps with built-in Sonos Wi-Fi speakers, find the perfect way to play your dream jams.



**SYMFONISK**  
Speaker lamp w Wi-Fi,  
glass shade, black  
294.829.44

**Dhs 849**

With this sound remote, you can control all SYMFONISK and Sonos speakers from the kitchen, bedroom or wherever you are at home.

# What color noise is best for sleep?

White noise for sleeping is perhaps the most popular choice of all noise colors, but it needn't be the only color on your bedtime soundtrack. Explore different variations of white noise to see how each influences your sleep quality and quantity, with some to try including...

**White noise:** The tried-and-true classic, white noise for sleeping is popular for a good reason! White noise creates a steady, consistent and even sound that makes it easy to fall asleep and stay asleep. Just like white light contains all the colors of the color spectrum, white noise contains all the frequencies of the audio spectrum, present in perfectly equal amounts.

**Pink noise:** Similar to white noise, all audible frequencies are also present in pink noise, though they aren't presented in equal measure. Pink noise contains more low sound waves than high, with what many consider a deeper, more relaxing sound than white noise. If you find white noise to sound more like static than a gentle air conditioner hum, try pink and see what you think!

**Green noise:** Green noise is the happy medium of sound for many sleepers, rich in mid-range sound frequencies. The highs and lows are there, but aren't as pronounced as the middle of the spectrum.

**Brown noise:** Sleepers best lulled to dreamland by a deep, consistent rumbling sound may find brown noise for sleep quite soothing. Brown noise is sometimes referred to as red noise, and has more bass than pink or white noise. If you currently listen to rain sounds to fall asleep and prefer the sound of heavy rain to a gentle drizzle, give brown noise a try for similar energy.





# Sleepytime scrambles

Can you unscramble the 5 bedtime solutions below?  
Hint: They're things you'd find in the bedroom



1 PILLOWS, 2 SHEETS, 3 DUVETS, 4 BLINDS



# New Lower Price

We've reduced the everyday prices of some of our favourite products making them even more affordable.

Scan the QR code to shop now!



New lower price

**MUREN**  
Recliner, Remmarn dark grey  
104.385.57

**Dhs 995**

Previous price: Dhs 1,295

New lower price

**SNIDAD**  
Basket, rattan, 54x39 cm.  
303.949.44

**Dhs 129**

Previous price: Dhs 149



Adjustable so that you can choose three positions, the removable armrest covers have pockets where you can keep small things.

New lower price

**EBBATILDA**  
Cushion cover, light grey, 50x50 cm  
305.118.85

**Dhs 7.95**

Previous price: Dhs 15



New lower price

**EKPURPURAL**  
Duvet cover and pillowcase, white blue/cloud, 150x200/50x80 cm.  
705.470.06

**Dhs 59**

Previous price: Dhs 65



New lower price

**TIDTABELL**  
Rug, flatwoven, beige, 170x240 cm, 305.552.82

**Dhs 549**

Previous price: Dhs 605





# Nap Time? Bed Time? Anytime!

## BRIMNES

Day-bed frame with 2 drawers, white,  
80x200 cm, 002.287.05

# Dhs 995





## Less mess, better sleep

Want to sleep better every night? Put everything in its right place and keep the clutter out of sight. Getting organized is essential for great sleep, because when your room's a mess, your sleep will be, too. From underbed storage, bins and baskets to dressers, wardrobes and nightstands, find affordable bedroom storage solutions for your space and style.

**New lower price**

**BUMERANG**  
Hanger, natural/10 pack  
302.585.471

**Dhs 19.95**

Previous price: Dhs 25



The grooves on both sides of the hanger prevent clothes with hanging straps from sliding off.

**MALM**  
Chest of 3 drawers,  
white, 80x78 cm  
204.095.62

**Dhs 349/ea**





## Is clutter keeping you awake?

The less visible clothing and clutter you have, the more likely you are to sleep well and feel good when you wake up. Take advantage of the hidden storage space beneath your bed to neatly store extra pillows or off-season clothes, keeping them out of sight but accessible.

Organizing bedroom clutter isn't about sleeping in a completely empty room. It's about being intentional with the items that occupy your visual space, allowing you to fall asleep without the last thing you see being a mountain of clothes that need washing.



PAX/GULLBERG  
Wardrobe 250x80x216 cm  
white. 895,637.65

**Dhs 5,135**

### Dream big, spend small on storage

Ever dream of waking up and knowing exactly where all your clothes for the day are? Make it your reality with an affordable dresser or wardrobe. Plus, utilize the hidden storage space beneath your bed to neatly store extra pillows or off-season clothes. Shop budget-friendly bedroom furniture and storage solutions to create a clutter-free sanctuary for better sleep.



HEMNES  
Chest of 8 drawers,  
white stain. 100x96 cm  
102,392.80

**Dhs 1,199**



KOMPLEMENT  
Box, light gray,  
15x27x12 cm, 2 pack  
104,040.15

**Dhs 49**



**BESTA**  
Storage combination  
**Dhs 2,725**

### Let's keep it tidy!

Keeping things neat is easy when there's a place for everything. With smart storage solutions like cabinets above the bed, boxes, and room dividers, organising becomes a fun and effortless task – especially when you decide where everything belongs.



**TRUMMIS**  
Basket, handmade rattan.  
18x25x14 cm, 205.008.17  
**Dhs 39**



A good size for slightly larger things like clothes and media accessories

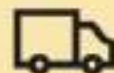
**DRÖNA**  
Box, blue.  
33x38x33 cm  
005.808.10  
**Dhs 15**

Made of **90%** Recycled polyester

**KALLAX**  
Shelving unit,  
white, 147x147 cm  
100.758.01  
**Dhs 495**  
Boxes and doors sold separately

### Delivery to your doorstep

Before you fill it up, you have to get it home. Our delivery service is happy to help.



Scan QR code to know more



Visit [IKEA.ae](https://www.ikea.ae) or contact your store for more details about our services and charges.



## The under-bed classic

Using the space under your bed for storage is the oldest trick in the book. The only question is how to make the most of it. A pro tip is to use lightweight storage cases and not pack them too heavily. That way they're easy to move around.



## Boxes to care for your clothes

Wardrobes with lots of hanger space and drawers go a long way, but loose boxes can add even more flexibility – going in and out for super quick rearranging, colour comparison, and handy laundry admin.



## Easy-access pull-out wardrobe

Clothes storage made especially for children gives them a full overview of what's inside and makes getting dressed in the morning much easier. The same goes for putting clean laundry in and keeping clutter out.

**MURVEL**  
Shoe organiser, grey,  
14x14x24 cm, 204.348.32

**Dhs 5.95**



**KOMPLEMENT**  
Multi-use hanger,  
white, 603.872.11

**Dhs 19.95**



**PLATSA**  
Open shelving unit,  
white, 60x40x60 cm,  
404.525.75

**Dhs 195**



**SOMLA**  
Box with lid, transparent,  
57x39x28 cm/451.694.407.61

**Dhs 39/ea**

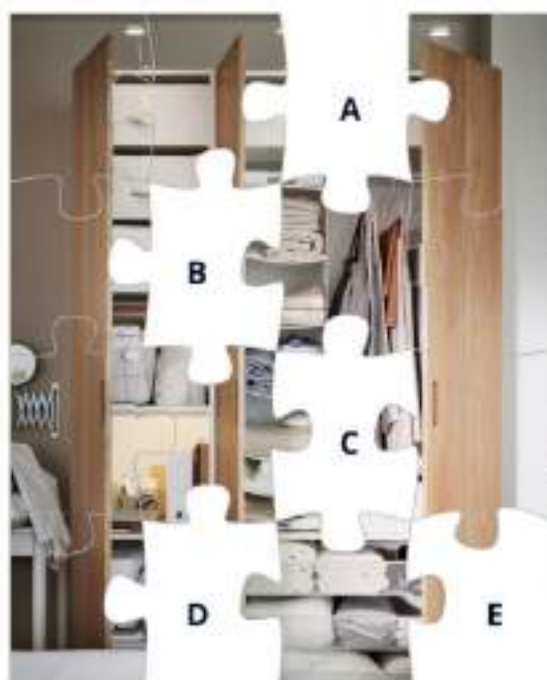


# Peace, by piece

Decluttering your wardrobe is like solving a puzzle. Each piece, from your favorite shirts to those comfy sweaters, deserves its place.

Imagine your wardrobe as a puzzle board—marked with spots waiting for the perfect fit.

**Can you find the correct pieces (marked ABCDE) to finish your puzzle and create a clutter-free sanctuary? Mark your answers inside the circles next to the pieces.**



Use the images as your guide to complete the puzzle

## Customise your own wardrobe storage solution

Easily adapt your storage requirements in the bedroom with our PAX wardrobe system. Choose from a wide range of door designs, sliding and hinged closures, interior organisers, drawers, accessories and lighting for a storage hero of your very own. **Scan QR to customize now!**



# New Lower Price

We've reduced the  
everyday prices of  
some of our favourite  
products making them  
even more affordable.

Scan the QR code to  
shop now!



## New lower price

### BAGIS

Children's coat-hanger,  
mixed colours/m, 8 pack  
004.665.98

**Dhs 7.95**

Previous price: Dhs 9

## New lower price

### HAUGA

Bedside table,  
grey, 40x36 cm  
404.889.61

**Dhs 199**

Previous price: Dhs 229

## New lower price

### KOSINGEN

Box, beige,  
33x38x33 cm  
405.069.22

**Dhs 7.95**

Previous price: Dhs 9

## New lower price

### UPPDATERA

Storage box, 34x32 cm  
405.464.71

**Dhs 15**

Previous price: Dhs 19

## New lower price

### HAUGA

TV bench, grey,  
138x36x54 cm  
404.150.45

**Dhs 445**

Previous price: Dhs 545

## New lower price

### SKADIS

Pegboard, black,  
36x56 cm, 805.343.72

**Dhs 39**

Previous price: Dhs 49

## New lower price

### FYLLEN

Laundry basket, white,  
79 L, 805.220.49

**Dhs 29**

Previous price: Dhs 39



# Out of season? Out of sight!

Reliable PÄRKLA storage case does exactly what a wardrobe organiser is meant to: keeps your bedding, clothes, and other textiles safe and dust-free when you don't need them. It's not a flashy job, so we added a pop of colour for fun.



PÄRKLA  
Storage case, 55x49x19 cm.  
503.953.82

**Dhs 7.95**

# How to take the perfect power nap

The power of a daytime nap can't be stressed enough, so no need to feel lazy for indulging in a quick kip. Experts keep telling us that 10 minutes are all it takes to recharge. And after the extra Z's, you're ready for just about anything – even a surprise make-over.



**New lower price**

SOVIK  
3-seat sofa,  
Tibbleby beige/grey  
494.405,97

**Dhs1,695**

Previous price: Dhs 1,995



## Put your feet up, it's nap time

Creating a cozy nap corner makes all the difference. A comfortable spot to stretch out, rest your feet, and relax is essential for rejuvenating naps. The STRANDMON wing chair and footstool offer versatile comfort and style, perfect for any relaxation moment. Ideal when you need to unwind and find your balance.



**SINNERLIG**  
Wall lamp, wired-in  
installation,  
bamboo/handmade  
705.512.15  
**Dhs 149**



**STRANDMON**  
Wing chair, Kellinge beige  
104.928.73  
**Dhs 795**

**STRANDMON**  
Footstool, Kellinge beige  
554.928.11  
**Dhs 295**



**POÄNG**  
Armchair, back,  
venice/venice eggshell  
198.305.68  
**Dhs 695**

## A wrap for all occasions

A soft throw is a must-have when it's time to snuggle up, wherever and whenever. Choose the HOLMVI soft throw with fringes to stay cozy on chilly evenings, whether you're cuddling on the sofa or needing an extra layer of warmth while dining al fresco. Perfect for adding comfort to your nap or relaxation time



**HOLMVI**  
Throw, light grey-green,  
120x160 cm, 005.136.13  
**Dhs 39**



## A bed that helps recharge

Ever notice how a good nap starts with a comfy bed? It's all about the right mattress for perfect support, and those soft bed linens and cozy spreads that make you feel snug. This mix helps you drift off easily and wake up refreshed. Want the best naps? Just create a bedroom with bedding that lets you relax and recharge.



**New**

**STRANDLUMMER**

Duvet cover and 2 pillowcases  
multicolour/floral pattern,  
340x220/50x80 cm  
905.797.91

**Dhs 149**



**SLAKT**

Pouffer mattress, foldable  
103.629.63

**Dhs 395**



**SVARTPOPPEL**

Cushion cover,  
off-white, 50x50 cm  
605.430.04

**Dhs 39**



## Set the mood

Dimmable lights are a great way to get yourself ready for sleep. Even better are lights that you can dim and turn on and off from a distance using a remote control. As your eyelids begin to droop, simply press a button from the comfort of your bed and drift off into the land of nod.

**New**

**ASKMULLER**  
Table lamp 24 dimmable  
light pink/red. 505.762.31

**Dhs 99**

Coming in October 2024



**New**

**ROOFLIK**  
Floor/reading lamp  
light beige. 805.619.40

**Dhs 149**



**UTSÄDD**  
Pet bed, light grey, L  
405.705.88

**Dhs 199**

## Being a dog is exhausting...

Naps aren't just for humans! Our UTSÄDD pet bed provides the perfect spot for your furry friend to recharge. Made with comfy materials, it'll become their go-to for afternoon naps and blissful sleep. After all, a well-rested pet is a happy pet (and a happier you!)

Rest your feet on, extra seating for guests  
and smart storage to help you stay  
organised



**KJUGE**  
Pouffe with storage,  
Klisa medium blue  
205.655.21

**Dhs 49**



**THORGUN**  
Throw, light blue,  
120x160 cm, 405.13.4.61

**Dhs 14.95**

# Mix and match to make it your own



**New lower price**

**VÄXBO**  
Collage frame for 8 photos,  
white, 13x18 cm, 402.566.21

**Dhs 35**

Previous price: Dhs 39



**IKEA 365+**  
Mug, white, 36 cl  
802.783.67

**Dhs 14.95**

**New lower price**

**ÄDDEBY**  
Armrest tray,  
bamboo, 40x41x5.77

**Dhs 39**

Previous price: Dhs 48



**GURLI**  
Cushion cover,  
pink, 50x50 cm  
205.541.17

**Dhs 9.95**



# The Zzzzzzzzzzz talk

## Do you know about sleep hygiene?



While hygiene is often a word associated with cleanliness, sleep hygiene refers to the habits and practices you employ to best set the stage for a good night's rest. Good sleep hygiene involves following a bedtime routine or regimen and creating a sleep setting that helps prepare the body and mind for restful sleep.

### Why poor sleep hygiene harms sleep?

While almost all of us are guilty of staying up too late watching shows from time to time, making it a habit can wreak havoc on your sleep. But TV isn't the only element of poor sleep hygiene to consider. Other common culprits include drinking caffeine too near bedtime, falling asleep with the lights on, sleeping in a room that's too warm or cool, scrolling endlessly on your phone and more. Scrolling on your phone can arguably be the riskiest option of all as it opens up the door to receiving information that negatively impacts your sleep.

### Tips for good sleep hygiene

**Aim to go to bed around the same time every night.** Choose a bedtime that makes sense for your schedule.

**Design a relaxing bedtime routine.** This might include reading, taking a warm bath, meditating, deciding on your clothes for the day ahead, working on a puzzle, going outside for fresh air or quickly tidying up the bedroom.

**Reclaim your sleep with a snooze-inducing oasis of calm.** In addition to how you prepare for sleep, sleep hygiene extends to the conditions in which you decide to tuck in for the night. That includes finding the ideal sleep temperature and choosing curtains and lighting that help in achieving the best light for sleep.



New lower price

SKOGSRÄKEN  
Pillow, low, 50x80 cm  
904.605.49

Dhs 39

Previous price: Dhs 49

# New Lower Price

We've reduced the everyday prices of some of our favourite products making them even more affordable.

Scan the QR code to shop now!



**New lower price**

**RAMSTA**  
Day-bed frame with slatted bed base, white, 90x200 cm  
291.795.54

**Dhs 399**

Previous price: Dhs 475

**New lower price**

**KÄRLEKSGRÄS**  
Cushion, light pink, 40x40 cm, 504.954.33

**Dhs 9.95**

Previous price: Dhs 15



**New lower price**

**KOPPANG**  
Chest of 3 drawers, white, 90x83 cm, 103.859.50

**Dhs 399**

Previous price: Dhs 449



**New lower price**

**SAXHYTTAN**  
Table lamp, beige/black, 2 lamp, 705.049.88

**Dhs 59**

Previous price: Dhs 79



**New lower price**

**GRÄLVIKEN**  
3-seat sofa-bed, grey, 703.405.67

**Dhs 1,995**

Previous price: Dhs 2,495

Comfortable to sit on – and nice to sleep on.  
It also has practical storage for bedlinens.



# Built for the long snooze

New lower price

## VESTERÖY

Pocket sprung mattress, extra firm/light blue, 90x200 cm, 204,700.71

**Dhs 600**

Previous price: Dhs 700

The VESTERÖY pocket spring mattress offers comfortable support with a 10-year guarantee. That means, you can look forward to thousands of reliably sweet dreams, and that's not including naps.

# A better night's rest starts on your plate

At IKEA, we believe in creating a home that promotes wellbeing. A good night's sleep is essential for a happy and healthy you, and what you eat plays a important role! Äta gott, sova gott – eat well, sleep well, as the Swedes say. Just like choosing the right mattress and pillows, your bedtime snack can make a big difference.

METOD/VOXTORP kitchen Dhs 9,150

For appliances add Dhs 3,295

Integrated lighting add Dhs 450

For more details, please refer to IKEA Kitchen planner or call us for support.

MÖRBYLÅNGA  
Table, oak veneer brown  
stained, 140x85 cm  
503.862.45

Dhs **1,995**







**Did you know?**  
IKEA salmon comes from ASC-certified farms with strict standards, reducing environmental impact and providing a better dish for you

### Oven-Baked Salmon with Asparagus & Lemon Sauce (4 servings, 30 minutes)

#### Ingredients:

- Frozen salmon fillet (500g)
- Frozen mashed potato (600g)
- Lemon Dill Cream Sauce (250g)
- Fresh asparagus (240g)
- Olive oil, lemon, paprika, thyme, salt & pepper

#### Instructions:

- Defrost salmon. Season with salt, pepper, paprika, lemon juice & thyme. Bake according to package instructions.
- Meanwhile, cut asparagus and cook mashed potato (follow package instructions).
- Boil asparagus (2 minutes).
- Plate mashed potato, salmon, asparagus, top with heated sauce.



### Fuel yourself with quality foods

Different foods have different nutrient, such as carbohydrates, protein, fats, vitamins and minerals. Our bodies need them all to function well, which means that eating a varied diet with more fiber and vegetables benefits our health in general. A base of foods with high nutritional quality, primarily from the plant kingdom (e.g. vegetables, legumes, fruit), is widely recognized as a healthy, balanced diet.



**New lower price**

**LÄCKERGOM**  
Lemon & dill sauce 250 g

**Dhs 12**

Previous price: Dhs 15

## Food storage & organising

Food storage containers not only retain the flavor and aroma of what you store but also help you organize your kitchen so that you can always find what you need. The containers' transparency allow you to see their content. It also helps you save leftover food for the next day. You can thus save time and money while reducing your food waste.



**IKEA 365+**  
Food container, square/  
plastic, 750 ml / 3 pack  
604.521.74

**Dhs19.95**



**KORKEN**  
Jar with lid,  
clear glass, 1 l  
204.892.16

**Dhs10.95**

## Enjoy yesterday's flavours today. And tomorrow.

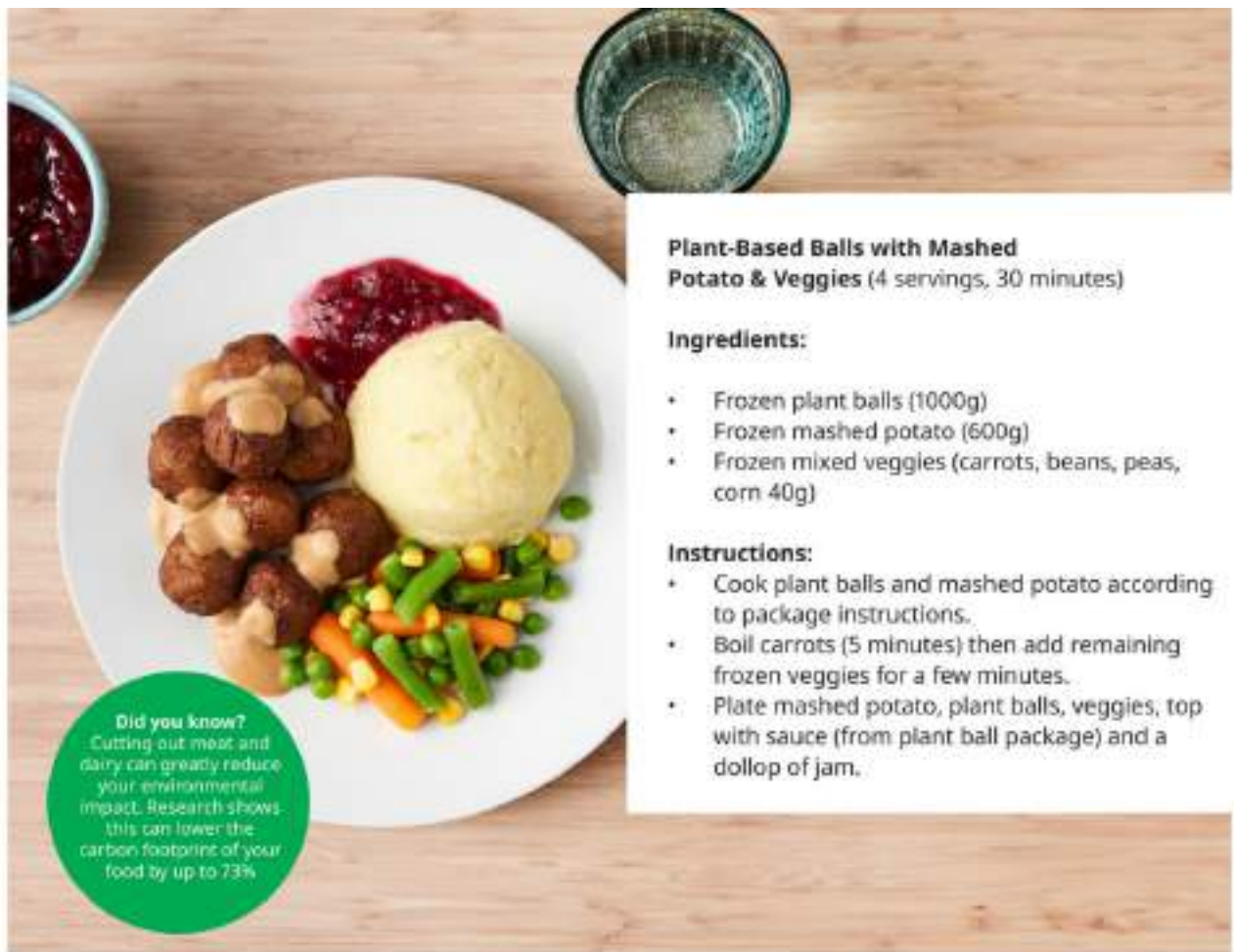
Transparent materials allow you to quickly see what items you've stored, making it easy to identify its contents. This way, it can minimize food waste by allowing you to efficiently utilise leftovers and plan meals based on what's available in the fridge.



**HUSKNÖT**  
Frying pan, non-stick  
coating black, 25 cm  
705.835.51

**Dhs135**





### Plant-Based Balls with Mashed Potato & Veggies (4 servings, 30 minutes)

#### Ingredients:

- Frozen plant balls (1000g)
- Frozen mashed potato (600g)
- Frozen mixed veggies (carrots, beans, peas, corn 40g)

#### Instructions:

- Cook plant balls and mashed potato according to package instructions.
- Boil carrots (5 minutes) then add remaining frozen veggies for a few minutes.
- Plate mashed potato, plant balls, veggies, top with sauce (from plant ball package) and a dollop of jam.

**Did you know?**  
Cutting out meat and dairy can greatly reduce your environmental impact. Research shows this can lower the carbon footprint of your food by up to 73%.



**BLANDA BLANK**  
Serving bowl,  
stainless steel, 28 cm  
500.572.54

**Dhs 25**

### In Sweden, we like "lagom"

A healthy diet isn't just about what we eat, but how much we eat. When we develop the IKEA food offer, our approach to a balanced diet is founded in the commonly used Swedish word "lagom" – not too much, not too little, but just right. And what's not to like? "Lagom" portions both minimize food waste and contribute to better health.



**FULLSPÄCKAD**  
Serving tray, bamboo/  
black, 28x20 cm  
204.301.41

**Dhs 75**

# A kitchen for easy family cooking

A well-organised kitchen makes creating meals easier and more enjoyable, whatever its size. From planning and food preparation to laying the table, check out these ideas to always make it a family affair.



**METOD/STENSUND BEIGE** kitchen Dhs 12,975

For appliances add Dhs 5,520

Integrated lighting add Dhs 780

For more details, please refer to IKEA Kitchen planner or call us for support.





**METOD/RINGHULT WHITE** kitchen Dhs 19,575  
For appliances add Dhs 5,820

For more details, please refer to IKEA Kitchen planner or call us for support.



**Bamboo**  
Renewable recyclable  
& durable



### Measuring, planning and installation

Our kitchen planning specialists will help you design your dream kitchen in-store or at home. They measure, plan, pick, deliver, and install, ensuring the best use of space to suit your lifestyle.

**If you prefer doing your own planning.**  
Scan the QR code and start using our kitchen planning tools online at our website.



### Swedish Shrimp Sandwich

Peeled Shrimps on Toast, served with boiled egg, lettuce & Garlic Mayonnaise  
(5 servings, 15 minutes)

#### Ingredients:

- 250 g SJORAPPORT Peeled Cold Water Shrimps
- 5 Slices Super Jumbo Bread
- 30 g Mayonnaise
- 100 g Lolo Russo Lettuce
- 5 g Fresh Lemon
- 5 g Fresh Dill Leaves
- 10 g Garlic
- 2 Eggs

#### Instructions:

- Toast the bread until crispy.
- Boil and slice the eggs.
- Blend the mayonnaise with garlic until smooth; spread over the lettuce and egg on the toast.
- Top with shrimp; garnish with lemon wedges and dill leaves.

**New**

**MIDDAGSMAT**  
Wok, non-stick coating/  
stainless steel, 32 cm  
905.452.28

**Dhs 79**



**New lower price**

**SJORAPPORT**  
Peeled cold water  
shrimps 250 g

**Dhs 35**

Previous price: Dhs 39





**METOD/BODBYN GREY kitchen Dhs 32,895**

For appliances add **Dhs 13,425**

Integrated lighting add **Dhs 1,675**

For more details please refer to IKEA Kitchen planner  
or call us for support.



Choose a cover panel in the same finish as your door for a uniform look, or mix and match to suit your taste

**New**

**GLADELIG**  
12-piece service, blue  
405.886.67

**Dhs 165**





Coffee grounds are excellent fertilizer for your plants, and a reusable filter never has to go in the trash. That's a zero waste cup of coffee.



**New lower price**

**ALMONDY**  
Almond cake 400g

**Dhs 29.95**

Previous price: Dhs 35

Satisfy your almond cake craving with a 400g frozen pack from the Swedish food market



**New lower price**

**PÄTÄR**  
Coffee beans dark roast organic 250 g

**Dhs 25**

Previous price: Dhs 29

**SYLT**  
Raspberry & blueberry jam, organic 425 g

**Dhs 19**



**KAFFEREP**  
Oat biscuits 600 g

**Dhs 22**







# Reach new heights

New lower price

BEKVÄM

Step stool, white, 50 cm. 401.788.88

# Dhs 79

Previous price: Dhs 95

# 5 ways to improve your child's sleep

From getting toddlers to sleep in their own rooms to setting bedtime boundaries for teens, find out how to help kids of all ages sleep better at night. Good-quality sleep is just as important for children as it is for adults – if not more so – but we all know it can be difficult to get kids to doze off and then stay asleep. Here are the easy ways to help your little ones sleep better.







**New lower price**

**VÄNKREES**  
Duvet cover and pillowcase,  
check pattern white/yellow,  
150x200/50x80 cm, 300.079.41

**Dhs 79**

Previous price: Dhs 99

## Hold firm

Children benefit from a firm mattress, which supports their growing bones and joints. It also helps reduce rolling and fidgeting, which interfere with sleep quality. At around the age of two, your child will begin to need a pillow. Make sure it keeps their spine aligned by testing different firmness and thickness levels. Find the perfect mattress for your child

Pocket springs let air circulate in the mattress core, giving your child a well-ventilated sleeping environment with a consistent temperature.



**DRÖMMADE**

Pocket sprung mattress  
for cot, 60x120x11 cm  
103.210.05

**Dhs 750**

One mattress, three lengths. With 2 extendable parts, it grows with your child from 130 to 165 or 200 cm

The outer cover is easily removable and machine washable

**VIMSIG**

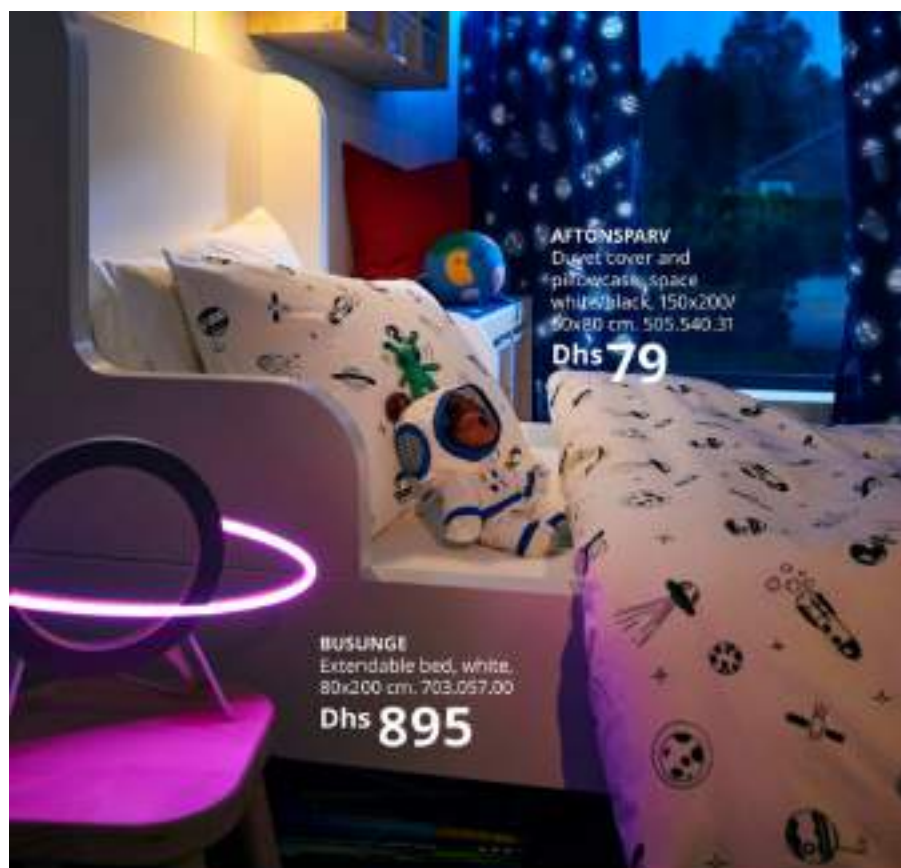
Foam mattress for  
extendable bed, 80x200 cm  
403.393.82

**Dhs 400**



**SLÄKT**  
Bed frame with underbed  
and storage, white, 90x200 cm  
892.277.31

**Dhs 1,095**



**AFTONSPARV**  
Duvet cover and  
pillowcase, space  
white/black, 150x200  
60x80 cm, 505.540.31

**Dhs 79**

**BUSUNGE**  
Extendable bed, white,  
80x200 cm, 703.067.00

**Dhs 895**

## Let there be light

Lowered light levels will help your child fall asleep, but don't banish all light when they finally drift off. Sensor night lights won't keep your child awake but can be helpful for keeping him or her safe during nighttime trips to the toilet.



**AFTONSPARV**  
LED table lamp,  
rocket/multicolour  
005.552.31

**Dhs 129**



As darkness falls, the pattern on these curtains begins to glow

**AFTONSPARV**  
Curtains with tie-backs,  
1 pair, space blue/white,  
120x300 cm, 605.610.31

**Dhs 129**



**ELDFLUGA**  
Bed tent, blue/  
green, 70/80/90  
105.421.15

**Dhs 99**





## Banish blue

It's tempting to allow devices like phones, tablets and TVs in your child's bedroom at night, but the blue light they emit interferes with our bodies' natural rhythms while we sleep. Set clear boundaries by letting your kids know they can't use these devices for at least an hour before bedtime.

Your child can decide on one colour or let the light switch automatically between 7 different colours.





### Make more room

Make storage an adventure in your child's room. Open shelves showcase their favorite toys, picture ledges proudly display their artwork, and colorful containers turn cleaning into a game. Let their personality shine through while keeping things organized!





# New Lower Price

We've reduced the everyday prices of some of our favourite products making them even more affordable.

Scan the QR code to shop now!



## New lower price

**SMÅGÖRA**  
Cot, white, 90x120 cm  
504.612.30

**Dhs 395**  
Previous price: Dhs 495



## New lower price

**MÖJLIGHET**  
Duvet cover and pillowcase, white/mosaic patterned, 150x200/50x80 cm  
504.236.91

**Dhs 39**  
Previous price: Dhs 49



## New lower price

**LILLABO**  
20-piece basic train set, multicolour  
005.152.02

**Dhs 69**  
Previous price: Dhs 79



## New lower price

**FLISAT**  
Children's stool, 24x24x28 cm  
402.735.93

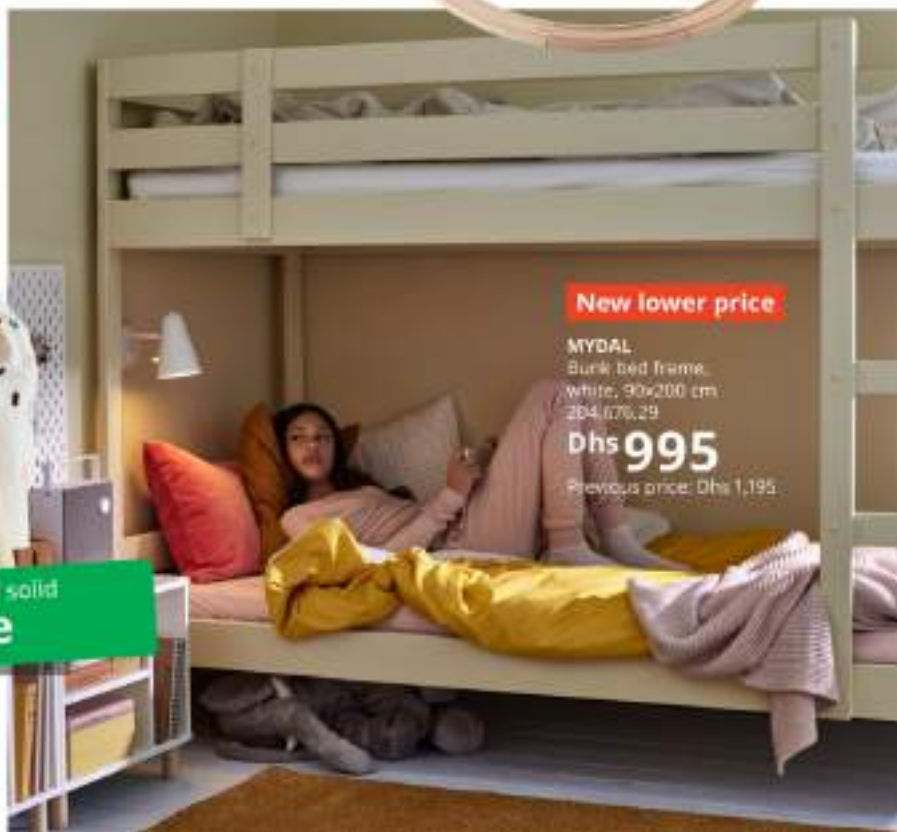
**Dhs 59**  
Previous price: Dhs 79



## New lower price

**MYDAL**  
Bunk bed frame, white, 90x200 cm  
204.676.29

**Dhs 995**  
Previous price: Dhs 1,195



Made of solid  
**Pine**

# Who's up for some fun and games?

## Fishing for candy

"Fishing pond" is done by hanging a divider, e.g. a shower curtain, between doorposts. Here, as well for the other games below, an easily adjusted and fixed curtain rod is used. Then, let the children form a queue. Each gets a shot with the fishing rod with a clothes peg on a string, an unseen benefactor attaches – maybe after a playful tug at the fishing line – a bag of goodies. Reel in the catch!



DJUNGELSKOG  
Soft toy, orangutan  
105.567.20

Dhs **69**



## Gifts on a string

Keeping an entire group of children happy over time may require some creative solutions. Giving away presents is one of the more basic ones. (If all else fails, serve ice cream.)

## Everyone gets a wild animal

Attach a row of soft toys or other small gifts with ribbons to a rod. Lead one blindfolded child – careful with the scissors – at a time up to the display, and simply let them snip their prize.



# Earn cashback rewards with Blue while shopping at IKEA!



Easy installment for 24 months with Blue FAB credit card



Exclusive offers



Get rewarded



Personalised content





Scan the QR code to register in Blue app



# Turn your ideas into reality with IKEA interior design service

A simple journey in 3 easy steps

- 1  Book the service & meet our designer
- 2  Let our designer create
- 3  Receive the design

Book our service at an affordable price, which will be reimbursed after your purchase.



For more information about our  
Interior design services, please visit  
[IKEA.ae](https://www.ikea.ae) or scan the QR code.





# Let's talk business

IKEA for business can save you time and money. No matter what type of project you have, be it a hotel, office, residential building or a small store, we provide the inspiration and products you need to bring your vision to life. Our dedicated B2B specialists are ready to support you in turning your vision into reality.



New

**MITTZON**  
Foldable table with casters,  
green, 140x20 cm  
80527951

Dhs **995**

For more information  
about our **IKEA Business**, please  
visit [IKEA.ae](https://www.ikea.ae) or scan the QR code.



# Click & Collect open 24/7



Experience the convenience of IKEA's Click & Collect service, available 24/7. Shop online and pick up your order at your nearest IKEA store anytime. Enjoy easy, flexible shopping with no delivery fees or long waits. Simply place your order, choose Click & Collect, and receive a notification when your items are ready. Your purchases are just a click away!

## How does Click & Collect work? – 3 Easy steps



### Step 1

Choose a convenient date & time for your order pickup.



### Step 2

Receive both email and SMS confirmation as soon as your order is ready for collection.



### Step 3

Pick up your order effortlessly from the IKEA Collection point in your car the same or next day. Just follow the signs for Click & Collect.



### Collection Point:

IKEA Alsin (24/7)  
IKEA Dubai festival city (24/7)  
IKEA Jebel Ali (Festival plaza) (24/7)  
IKEA Al Wahda (Abu Dhabi) 10AM to 10PM  
IKEA YAS Island (24/7)  
IKEA Dalma (Abu Dhabi) 10AM to 11PM  
IKEA Fujairah 10AM to 11PM



For more information about our Click & Collect, please visit [IKEA.ae](https://www.ikea.ae) or scan the QR code. T&Cs apply.



# You can do everything yourself, but you don't have to

If you want a little extra help with your purchase, we're happy to lend a hand. Here's how our range of services make shopping at IKEA even easier.



## Delivery

Whether you're shopping in store or online, and no matter how big the purchase, we'll do the heavy lifting and bring it to your home or business.



## Express Delivery & Assembly

Get \*same day delivery and assembly, because sometimes you want it now.



## Assembly

All of our products are designed to be assembled by you, but we're more than happy to put it all together, too.



## Installation

Our team of specialists can help install blinds, curtain rods and electrical for you.



## Kitchen Planning & Measurement

Our kitchen planning specialists will help you plan your dream kitchen. They can do this in the store or by visiting your home to measure and plan, then pick, deliver and install your new kitchen.



## Payment Options

We accept many payment methods, including credit/debit cards, cash and IKEA Gift cards. And if you need a little longer to settle your bill, we offer few flexible financing options for you to explore through our partners.



## Sewing

Our sewing experts can turn our textiles into beautiful curtains for you. They can also alter curtains in our range to fit your home or workplace perfectly.



## IKEA Gift Card & Gift Wallet

Give someone a gift they will always love by letting them choose it themselves with an IKEA Gift card and spend the card using Gift wallet.

\*Terms & Conditions apply

For more information about our services, please visit [IKEA.ae](https://www.ikea.ae) or scan the QR code.



# Don't just dream about it, plan it!

Don't let your dream home stay a dream. Our planning tools help you maximize space and create functional dream kitchens, wardrobes, and home offices. Get started today!



- KITCHEN planner
- KITCHEN configurator
- PAX configurator
- BESTÅ configurator
- KALLAX configurator
- EKET configurator
- IVAR configurator
- ELVARLI planner
- PLATSA configurator
- JONAXEL configurator
- BOAXEL configurator
- SMÅSTAD configurator
- SKYTТА configurator
- AURDAL configurator
- Office planner
- Bathroom planner



For more information about the planning tools, please visit [IKEA.ae](https://www.ikea.ae) or scan the QR code.



# Guarantees

10

10-year  
guarantee

15

15-year  
guarantee

25

25-year  
guarantee

## General conditions

### What is guaranteed?

The extent of the guarantee given for each product is described alongside each product.

### Duration of guarantee

Each guarantee lasts for the number of years stated against each product starting from the date of purchase.

### What will IKEA do to correct the problem?

IKEA will examine the product and decide if it's covered under this guarantee. IKEA will then, at its choice, either repair the defective product or replace it with the same or a comparable product. In these cases, IKEA will be responsible for the costs of repairs, spare parts, labour and travel for repair staff that IKEA incurs, provided that the product is accessible for repair without IKEA incurring additional expenditure to gain access. This will not apply in cases where repair work has not been authorised by IKEA. Any defected parts removed in the course of repair works will become the property of IKEA. If the item is no longer sold by IKEA, IKEA will provide an appropriate replacement. IKEA will decide at its discretion, what will constitute an appropriate replacement.

### Conditions for the guarantees

The guarantees are valid from the date of purchase at IKEA. The original purchase receipt is required as proof of purchase.

### Exclusions

The guarantees do not apply to products that have been stored or assembled incorrectly, used inappropriately, abused, misused, altered, or cleaned with wrong cleaning methods or wrong cleaning products. The guarantees do not cover normal wear and tear, cuts or scratches, or damage caused by impacts or accidents. The guarantees do not apply if products have been placed outdoors or in a humid environment or if the products have been used for non-domestic purposes (unless otherwise stated). The guarantees do not cover consequential or incidental damages.

### Care instructions

To be able to rely on this guarantee you need to follow the specific care instructions for every product.

- ▶ You will find all care instructions in the IKEA stores and on the IKEA website: [IKEA.com](http://IKEA.com)

### General legal rights

This guarantee gives you specific legal rights. This guarantee does not, in any way, affect the rights given to you by law.

How to reach us if you need service:  
Contact your local IKEA store.

- ▶ You will find the address and phone number in the IKEA catalogue or at [IKEA.com](http://IKEA.com)

Save your sales receipt as proof of purchase. Proof of purchase is required for the guarantees to be valid.

- ▶ To find out more pick up the guarantee folders in your local store.

### Price Guarantee:

Catalogue Prices are valid until 31 July 2025. (All delivery, assembly and installation services are charged separately, and are not included in the catalogue prices.)

**Note:** We reserve the right to adjust our prices according to any alteration of VAT or any changes beyond our reasonable control, e.g. Major currency fluctuations. Although we do try to ensure that all the information in this catalogue is correct at the time of sending it to print, we reserve the right to make any alteration to any of our products or range at any time. Please also note that some articles may vary in size and colour from that shown.



For more information about our guarantees & warranties, please visit [IKEA.ae](http://IKEA.ae) or scan the QR code.

# Great reasons to join IKEA Family today

## Amazing prices

Take advantage of the many money-saving offers, only for members, right across the store and online.

## Special treats

Enjoy free Americano or tea in the Restaurant - all day, on weekdays.

## Stay in touch

Stay involved between visits with our email newsletters.

## It's FREE to join

Sign up to IKEA FAMILY today - visit [IKEA.ae](https://www.IKEA.ae) or instore



Not a member yet? Join now by scanning the QR Code below and unlock a world of benefits. We can't wait to have you as part of our IKEA Family!





# Your IKEA stores

## IKEA Dubai Festival City

P.O. Box 50618, Dubai Festival City  
Al Rebat Road, Dubai, UAE

Phone: +971 4 203 7555

**Store Opening Hours:**  
Mon - Thurs, Sun:  
10:00 AM - 11:00 PM  
Fri - Sat:  
10:00 AM - 12:00 AM

**Restaurant Opening Hours:**  
Mon - Thurs, Sun:  
9:00 AM - 10:30 PM  
Fri - Sat:  
9:00 AM - 11:30 PM

## IKEA Jebel Ali

P.O. Box 50618, Festival Plaza Mall  
Dubai, UAE  
Phone: +971 4 203 7555

**Store Opening Hours:**  
Mon - Thurs, Sun:  
10:00 AM - 11:00 PM  
Fri - Sat:  
10:00 AM - 12:00 AM

**Restaurant Opening Hours:**  
Mon - Thurs, Sun:  
9:00 AM - 10:30 PM  
Fri - Sat:  
9:00 AM - 11:30 PM

## IKEA Yas Island

P.O. Box 52718, Yas Island  
Abu Dhabi, UAE

Phone: +971 2 493 5888

**Store Opening Hours:**  
Mon - Thurs, Sun:  
10:00 AM - 11:00 PM  
Fri - Sat:  
10:00 AM - 12:00 AM

**Restaurant Opening Hours:**  
Mon - Thurs, Sun:  
9:00 AM - 10:30 PM  
Fri - Sat:  
9:00 AM - 11:30 PM

## IKEA Al Ain Customer Ordering & Collection Point

P.O. Box 52718, IKEA Customer Ordering & Collection Point, Next to Bawadi Mall  
Al Ain, Abu Dhabi

Phone: +971 2 493 5888

**Store Opening Hours:**  
Mon - Thurs, Sun:  
10:00 AM - 11:00 PM  
Fri - Sat:  
10:00 AM - 12:00 AM

**Bistro & Swedish Food Market:**  
Mon - Thurs, Sun:  
10:00 AM - 11:00 PM  
Fri - Sat:  
10:00 AM - 12:00 AM

## IKEA Al Wahda Mall

P.O. Box 52718, Al Wahda Mall  
Al Asalah St - Zone 1E19 - Abu Dhabi

Phone: +9712 493 5888

**Store Opening Hours:**  
Mon - Thurs:  
09:00 AM - 11:00 PM  
Fri - Sun:  
09:00 AM - 12:00 AM

**Bistro & Swedish Food Market:**  
Mon - Thurs:  
09:00 AM - 11:00 PM  
Fri - Sun:  
09:00 AM - 12:00 AM

## IKEA Fujairah

P.O. Box 50618  
IKEA Customer Ordering & Collection Point,  
Fujairah City Centre, Fujairah

Phone: 09 20 11 300

**Store Opening Hours:**  
Mon - Thurs:  
10:00 AM - 11:00 PM  
Fri - Sun:  
10:00 AM - 12:00 AM

**Bistro & Swedish Food Market:**  
Mon - Thurs:  
10:00 AM - 11:00 PM  
Fri - Sun:  
10:00 AM - 12:00 AM

## IKEA Dalma

P.O. Box 52718  
IKEA Customer Ordering & Collection Point,  
Dalma Mall

Phone: 02 49 94 888

**Store Opening Hours:**  
Mon - Thurs:  
10:00 AM - 10:00 PM  
Fri - Sun:  
10:00 AM - 12:00 AM

**Swedish Deli:**  
Mon - Thurs:  
9:00 AM - 10:00 PM  
Fri - Sun:  
9:00 AM - 12:00 PM

## Contact us

Toll Free: 800 IKEA (4532)  
E-mail: [IKEA.SupportCentre@alfuttain.com](mailto:IKEA.SupportCentre@alfuttain.com)  
Website: [www.IKEA.ae](http://www.IKEA.ae)

## IKEA is now open in Fujairah and Dalma Mall !

Visit us today for all home furnishings under one roof



## Scan now

Select your local IKEA store to see the location, opening hours, offers, events, services and more.





**Time to shop**

**FREE**



**Furniture delivery & assembly  
on orders Dhs 1500 & above**



**Accessories delivery on orders  
Dhs250 & above**



Don't forget!

**Follow your dreams,  
stay in bed**

**New**

**VITARNA**

Four-poster bed frame, white, 140x200 cm, 605.736.80

**Dhs 795**



# There's no such thing as too many pillows

© Inter IKEA Systems B.V. 2024 | Country of origin: UAE



New lower price

SKOGSFRÅKEN

Pillow, high, 50x80 cm. 904.605.30

Dhs 49

Previous price: Dhs 59



SKOGSFRÅKEN. Pillow, high, 50x80 cm



PEFC  
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PEFC Certified  
This product is from  
sustainably managed forests  
and controlled sources.

