



LANAB GROUP:



*Höganäs+, designed by Sten Engdal, and a stylish design classic!*

# HÖGANÄS

## A STYLISH DESIGN CLASSIC

The human body is designed to move. That's when we feel at our very best. However, we spend a lot of our waking hours sitting. The body usually protests with pain in the neck, shoulders and lower back. At the Lanab Group, we focus on creating good conditions for the body, and to counteract static sitting. The new Höganäs is proof of this.

BUT LET'S START FROM THE BEGINNING.

Already in the 1960s, the interior architect and furniture designer Sten Engdal realised that sitting needs to be adapted to the body – not the other way round. His work was very much ahead of its time, and is still very relevant today, more than sixty years on. Engdal conducted not only a detailed study of the dimensioning and quality of seating furniture, but also classification work and different injury analyses in order to create a new quality standard for furniture. Sten's knowledge led to the publication of guidance manuals that are still used today by furniture designers and interior architects.

Interest in Sten's expertise didn't only attract furniture enthusiasts, however. Several well-known companies took advantage of it. One of them was Volvo, who built one of Sweden's first modern open plan offices at their head office in Torslanda. Another firm was Sundsvallsbanken, which towards the end of the 1960s, functioned as a kind of experimental workshop where Engdal's understanding of real workplaces was able to flourish.

His knowledge of design skills has also had an impact on many different sectors and companies around the world. Engdal's work has been awarded with several distinctions, including the highly-respected Svensk Form – God Form (Swedish Design – Good Design).

In addition to his successful design work, he was employed by the Swedish Society of Industrial Design, where he was a member of the group that developed and produced the reference and labelling system "Möbelfakta". Furniture standards, such as those of the Swedish Institute for Standards, were also produced with Engdal's help. He was a member of the

team at the Swedish Society of Industrial Design that founded the Swedish Furniture Institute – which carried out pioneering work on ergonomics in general and sitting in particular.

Sten Engdal's interest and knowledge of ergonomics caught the attention of Bertil Gustavsson, founder of Höganäsmöbler, and they started to collaborate. The office chair ERGO saw the light of day in the middle of the 1970s, and was an undisputable success. Its successor, NOMI, was launched in the 1980s, followed by the PLUS-series in the 1990s. Engdal's feel for timeless design, combined with his knowledge of the human body, established Höganäsmöbler as a market leader in the production of office chairs of the utmost quality.

AND SO WE REACH THE PRESENT.

Engdal's timeless design, visionary and ergonomic thinking have been further developed by all of us at the Lanab Group, together with Sten Engdal's company through his sons. We are the fruit of Lanab Design's acquisition of the LT Office Line in 2018, which included the Höganäs office chair. Lanab Group preserves Swedish design and Swedish production, and we have a clear objective. We want to produce Swedish office chairs that make a difference.

Offices today are sleek, attractive and minimalistic. Just like our office chairs. Of course, we know that looks are not everything, so our chairs are customised with everything that you need for your body to sit as well and as comfortably as possible. As we come in all shapes and sizes, you can build a chair based on your circumstances. In other words, you can be sure that our office chairs make a difference.

MEET THE NEW HÖGANÄS



# WE COME IN ALL SHAPES AND SIZES

## So we created Höganäs

Are you tall or short? Do you have broad or narrow shoulders? One thing that is certain is that no two people are the same. So we need office chairs that can be designed individually. This is especially important as many of us spend a large part of our working life sitting. Höganäs is a series of office chairs developed for the greatest possible mobility, flexibility and comfort. We have, for example, taken into consideration that the S-shape is the spine's neutral position. This relaxing position puts the least load on the spinal discs, and therefore our office chairs are developed to help maintain the S-shape, even in a sitting position.

Why have we created two series of the new Höganäs? Simply because we want to create fantastic and healthy sitting conditions for as many people as possible. The new Höganäs exclusive 3-series is designed for people who want to have the best on the market. When you choose an office chair from the 3-series, you get a chair with unique biomechanics that gives you full support down your entire back in all positions. The chair is customised to the highest spec, down to the

smallest detail, including our unique lumbar support cushion that supports the muscles in the lower back without creating pressure on the spine.

Once the 3-series was ready, we knew that this sitting experience ought to benefit even more people. No sooner said than done - we developed the 2-series. The same neat, sleek design, and with the famous pressure-relieving triangle in the back. And to give more people the opportunity to sit actively, we developed a similar, but simpler technology compared to the 3-series. This means that with the 2-series, you get a world-class office chair, but at a considerably lower price.

Both series are of a high standard, but you can create a tailor-made chair by choosing various add-ons. The new Höganäs series is built from the ground up with the focus on ergonomics and comfort. If you are looking for a healthy and comfortable sitting position, the Höganäs series is available to satisfy your needs.

*The office chair that makes a difference.*

# COMFORTABLE SEATING POSITIONS

## from sitting upright to fully reclined

No two people are the same, so it's necessary to design office chairs individually. Not least when we consider that most of us spend a large part of the working day sitting. The new Höganäs is a series of office chairs developed for the greatest possible mobility, flexibility and comfort. The new, sleek design means that this office chair fits in anywhere. But best of all – Höganäs office chairs are developed to maintain the spine's S-shape when you are sitting.

The S-shape is the spine's neutral position, and with the help of the active backrest in all new Höganäs office chairs, the neutral position is maintained however you choose to sit. When you sit down in a typical office chair, the pelvis is rotated backwards, and the lower back is flattened out, which creates a strained position for your back. Thanks to the Höganäs office chair's unique and adjustable backrest, the spine gets support while the lower back hugs the backrest's contours, and the relaxing S-shape is achieved.

Ideally, you should avoid sitting still for too long, so take the opportunity to move around as often as you can, for example by changing your sitting position. Try reclining, sitting up straight, stretched out or raising the chair and allowing the seat to tilt forwards so that you adopt an upright, balanced, half standing, half sitting position.

*Tip!* See the video about the Höganäs office chair for a deeper understanding of how active seating improves your health.

See our video on  
ergonomic sitting positions



### Sitting Upright

This is where you start when selecting the basic settings for your chair. You simply adjust the seat height, seat depth and armrest so that you get real and comfortable support while working. It's also important to adjust the recline resistance so that the backrest gives you really good support, without you feeling that the swings backwards or that it feels too hard.



### Reclined

Höganäs has a chair mechanism that allows you to sit stretched out or reclined, and still have full support for your back, without your feet lifting from the ground. In this way, you open up your body, which facilitates your breathing and blood circulation.



### Half standing, half sitting

In order to vary your sitting position, you can increase the seat height until the pelvis starts to rotate forwards, and you feel that you can sit with a straight back without any strain. The right seat height is extremely individual. Some people feel that they achieve a balanced sitting position by raising the seat height just 5 to 10 cm, while others have to raise the chair more. What's important is that you are able to tuck your legs in underneath the seat and that the seating position feels natural.



### Stretched out (applies to the +3-series)

The pivot points allow the seat to be tilted forwards while the backrest is reclined. You can stretch out at any time while you are sitting, making you feel comfortable whilst still ensuring complete support for your back.

# MEET THE NEW HÖGANÄS

## Updated design and comfort

With our painstaking attention to detail, and many options, the new Höganäs is one of our best and most personal office chairs. As always, you can tailor the chair to your needs and desires.

We have updated the design, as well as the feeling of comfort and quality, in order to create a sleek, easily-placed and adaptable office chair with a focus on your active sitting.



*With a Höganäs office chair, you can sit for long periods, and still be active throughout your working day.*

### Neck rest

The new Höganäs flexible, designer neck rest readily adapts itself to your individual posture.

### Backs

The new Höganäs offers different types of back parts that all give spinal support whether you are sitting upright, with your legs stretched out or in a balanced or reclined position.

The unique V-shaped designer plate in the back part is the hallmark of the Höganäs office chair. The construction gives support, and exerts a pleasant pressure between the shoulder blades, whether you are in a reclined or stretched out position.

### Add-ons

The Nya Höganäs can be customised with a number of add-ons. If you need an armrest for example, there are two different models to choose from.

### Seats

There are two different seats with a tapered design at the front. The seat pan is flat in the middle to facilitate various sitting positions.

### Gas lift

The height of the chair can be adjusted to different height settings, and there are recommended add-ons available depending on whether you have long or short legs.

*The office chair for customers who don't want to compromise and who are looking for a chair with active seating.*

## THE NEW HÖGANÄS +3-SERIES

The new Höganäs +3-series consists of top-quality Swedish-made office chairs. We have honed the art of engineering to the limit, and combined technology with top-notch design in order to create a world-class experience. This is the office chair for customers who don't want to compromise and who are looking for a chair with active seating.

The models in the new +3-series provide ergonomic support in all positions thanks to their adjustable backrest. Both the recline mechanism and the seat follow the body's movements and create the right conditions for the spine and pelvis. At the same time, this office chair is designed to grace any modern office. We have helped develop Sten Engdal's classic and timeless design into a sleek and tasteful office chair.

The basic series is of a high standard, but you can further improve the feeling with different add-ons. Each and every detail is designed with attention to detail from us to create a premium experience. The neck rest, seat and back can be upholstered optionally in fabric or leather. In addition, each part is developed and designed for easy, source-separated recycling. And of course we provide a 10-year guarantee on all of our models in the new Höganäs series, and as production takes place in our Swedish factory in Nässjö, you can expect a quick delivery.

Are you looking for the best office chair? You've found it!



*A chair for everyone, but customised for you!*

## THE NEW HÖGANÄS 2-SERIES

The new Höganäs 2-series consists of top-quality Swedish-made office chairs. We have used our Småland ingenuity to design and package a fantastic sitting experience, along with a sleek, modern design. And at the most attractive price possible. A chair for everyone, but customised for you!

When we developed the 2-series, we took great care designing the different models. Our aim was for the models, even in their standard version, to work very well for a large number of people. In the true spirit of the Lanab Group, you still have the opportunity to customise the chair to suit your physique, in order to achieve a more finely-tuned, ergonomic sitting position.

All Höganäs office chairs are designed for prolonged sitting, and offer several different adjustable positions for active sitting. It should be nice and easy to sit comfortably and adjust your position. Therefore, we made the chair's controls easy, clear and logical to operate.

So that you feel fully confident, we provide a 10-year guarantee on all of our models.



# THE NEW HÖGANÄS 2-SERIES

The 2-series offers a fantastic sitting experience and a modern design at an attractive price. A chair for everyone, but customised for you!



## HÖGANÄS 260

Although all Höganäs office chairs are designed to make long periods of sitting more comfortable, there are times when a chair with a short back is more suitable. Are you often on the go? Then the 260 model might be for you. The 260 model combines sleekness and simplicity without compromising on ergonomics or comfort, and as with our other models, you have the opportunity to tailor the chair to your needs. To activate the body, we advise you to use the chair in the unlocked position. This means that the recline mechanism and seat follow the body's movements, offering you active seating.



## HÖGANÄS 280

The 280 model is the 2-series intermediate chair. Like all our other models, the chair's every detail has been carefully selected and is top class. In its basic form, the 280 is equipped with a medium-sized seat and back, but as we are all shaped differently, you can of course choose to adjust both the seat and back as you so need. With all Höganäs models, you can also adjust the armrest. If you want to get the very best out of your office chair, and at the most affordable price, we recommend armrest 2D. It is height and width-adjustable. Combine it with our inflatable lumbar support cushion to further increase the comfort level. Or take a look at other add-ons to create the exact office chair that you need.



## HÖGANÄS 290

The 290 model has been developed for customers who need our highest and widest backrest. The standard version of the 290 is equipped with a large seat and a high back. But as always, there is nothing static about the new Höganäs series. You can of course choose to replace the seat with a medium-sized one, and use add-ons that create the exact office chair that you need.

In order to open up your body and facilitate both your breathing and circulation, we recommend that you sit in a reclined position with full support for the back. In this position, an add-on such as a neck rest may be much appreciated.

# THE NEW HÖGANÄS +3-SERIES

The office chair for customers who don't want to compromise and who are looking for a modern designer chair with active seating.



## HÖGANÄS +380

Very well equipped even in its standard version. The +380 model has a medium-sized back and seat, but if it doesn't feel completely right for you, your body can find its perfect match as you can adapt the chair to the conditions of your body. The unique, dual lumbar support cushion is standard, just like the gas-regulated backrest angle, which gives maximum back support in all positions.

Chair settings are simple, logical and easy to both operate and understand. As Höganäs office chairs are made by us in Nässjö, you are guaranteed quick delivery.



## HÖGANÄS +390

When you choose a chair from the Swedish-produced new Höganäs +3-series, you have chosen a world-class chair with active seating. Every detail is premium, and comes from Europe's leading suppliers. The backrest of the +390 model is both the highest and widest of the +3-chairs, and comes with a large seat and a high back as standard. Your shape decides how you adjust your chair however, so that your sitting position is as healthy, ergonomic and pleasant as possible. If you want, you can also choose between several add-ons to further enhance that premium feeling. Why not a polished aluminium base?

# SEAT PARTS & ADD-ONS

The new Höganäs 2 and +3-series

<p><b>Seats</b></p> <p><b>Medium</b></p>  <p>Höganäs +380 Höganäs 260, 280 W: 46 x D: 49 cm</p>	<p><b>Backrests 3-series</b></p> <p><b>Medium</b></p>  <p>Höganäs +380 W:43 x H:55 cm. Shoulder width: 36 cm</p>		<p><b>Backrests 2-series</b></p> <p><b>Low</b></p>  <p>Höganäs 260 W:42 x H:44 cm</p>	<p><b>Neck rest (add-on)</b></p>  <p>Neck rest upholstered in either fabric or leather</p>	<p><b>Back up</b></p>  <p>Inflatable lumbar support cushion with one air chamber (add-on for 2-series)</p>  <p>Inflatable lumbar support cushion with two air chambers (included as standard in the 3-series)</p>		<p><b>Castors</b></p>  <p>Black castors (standard)</p>
<p><b>Large</b></p>  <p>Höganäs +390 Höganäs 290 W: 49 x D: 51 cm</p>	<p><b>High</b></p>  <p>Höganäs +390 W:46 x H:62 cm. Shoulder width: 39 cm</p>	<p><b>High</b></p>  <p>Höganäs 290 W:46 x H:62 cm. Shoulder width: 39 cm</p>	<p><b>Armrest (add-on)</b></p>  <p>2D (2-series) Height-adjustable armrest: 19-29 cm and width adjustable: 39-52 cm</p>  <p>4D (3-series) Height-adjustable armrest: 19-29 cm and width adjustable: 39-52 cm. The armrest plate can be rotated 360°</p>		<p><b>Gas lift</b></p>  <p>Typ 1 (standard) Seat height 40-53 cm</p>  <p>Telescope (add-on) Seat height 47-67 cm <i>Recommended for you over 1.80</i></p>		<p><b>Interval breaking castors (add-on)</b></p>  <p><b>Load braked castors (add-on)</b></p> 
			<p><b>Base</b></p>  <p>Base, black plastic (included as standard in the 2-series)</p>  <p>Base, black powder-coated aluminium (included as standard in the 3-series)</p>  <p>Base, polished aluminium (add-on)</p>			<p><b>Glides (add-on)</b></p> 	

Please note! You can freely combine the seats

Please note! You can freely combine all of our add-ons except our lumbar support cushions, which are series specific.

# TECHNICAL SPECIFICATIONS

HÖGANÄS 2-SERIES	HÖGANÄS +3-SERIES
• Adjustable seat depth	• Adjustable seat depth
• Adjustable seat angle ( <i>neutral or tilted</i> )	• Adjustable seat angle ( <i>in any position</i> )
• Seat and back entirely upholstered in fabric or leather	• Seat and back entirely upholstered in fabric or leather
• Base in black plastic with black gas lift	• Base in black aluminium with black gas lift
• Base in polished aluminium ( <i>add-on</i> )	• Base in polished aluminium ( <i>add-on</i> )
• Castors, black	• Castors, black
• Gas-regulated seat height, 40–53 cm	• Gas-regulated seat height, 40–53 cm
• Gas-regulated telescopic seat height, 47–67 cm ( <i>add-on</i> )	• Gas-regulated telescopic seat height, 47–67 cm ( <i>add-on</i> )
• Ten-year guarantee	• Ten-year guarantee
• Armrest 2D height and width-adjustable ( <i>add-on</i> )	• Armrest 4D-adjustable for height, width, depth and angle ( <i>add-on</i> )
• Neck rest height and depth-adjustable ( <i>add-on</i> )	• Neck rest height and depth-adjustable ( <i>add-on</i> )
• Lumbar support cushion with one air chamber ( <i>add-on</i> )	• Lumbar support cushion with two air chambers included as standard
• Design that gives support and exerts a pleasant pressure between the shoulder blades in a reclined position.	• Design that gives support and exerts a pleasant pressure between the shoulder blades in a reclined and stretched out position.
• Synchron mechanism, lockable in any position, with adjustable resistance.	• Synchron mechanism, lockable in any position, with adjustable resistance.
	• Gas-regulated backrest angle for maximum back support in all positions.

Model	Seat height	Telescopic seat height	Backrests W x H	Separate back slant	Back-up	Neck rest	Armrest
Höganäs 260	40–53	47–67	42 x 44	No	Add-on	No	Add-on
Höganäs 280	40–53	47–67	43 x 55	No	Add-on	Add-on	Add-on
Höganäs 290	40–53	47–67	46 x 62	No	Add-on	Add-on	Add-on
Höganäs +380	40–53	47–67	43 x 55	Yes	Yes	Add-on	Add-on
Höganäs +390	40–53	47–67	46 x 62	Yes	Yes	Add-on	Add-on

# CHOOSE HÖGANÄS FOR QUALITY

and a forward-looking environmental awareness

We don't see an office chair as a disposable product or something that you replace every other year. Rather, we are convinced that quality always pays in the long run, both for you and for the environment. When you buy an office chair, you are, in a way, investing in your own or someone else's well-being. If you want to sit comfortably, compromise is not an option, because compromise always comes at the expense of function or sustainability. We are therefore always extremely careful and pay attention to detail when we develop our chairs. We quite simply choose the best design and production solutions, the ones we know work – and will continue to work over the long term. Product quality and reliability are paramount, so we also offer a 10-year guarantee on all of our chairs. Quality and longevity are important factors when choosing an office chair.

Just as important is the fact that the product is produced in a manner that is both good for the environment and sustainable. For us, it's important that we use natural materials such as wood, steel and aluminium in our chairs to the greatest possible extent. Steel and aluminium can be melted down and reused without losing their properties. Wood, fabrics and various padding materials can be incinerated, making it possible to recycle energy in a sustainable manner. Money invested in our environment is something we will all benefit from in the future.



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*The office chair that makes a difference.*