

Office chairs 2025

All our office chairs are ergonomic and designed to support your well-being. This means they have good lumbar support and can be adjusted to suit your body and individual needs. Add to this, proper cushioning and breathable materials, and you are all set to work for longer periods with less fatigue and better focus.

All the products (shown here) may not be available at the store. Please contact the staff or look at www.IKEA.ph for more information. For more detailed product information, see the price tag and the internet. All units require assembly.



Key features

A well-designed ergonomic office chair can solve a number of problems related to posture, comfort, and overall health:



It supports the natural curve of your spine and promotes good posture. This can prevent common issues like slouching and hunching over your desk. The chair should have adjustable features like seat height, seat depth, backrest tilt, and armrest height to fit your body dimensions.



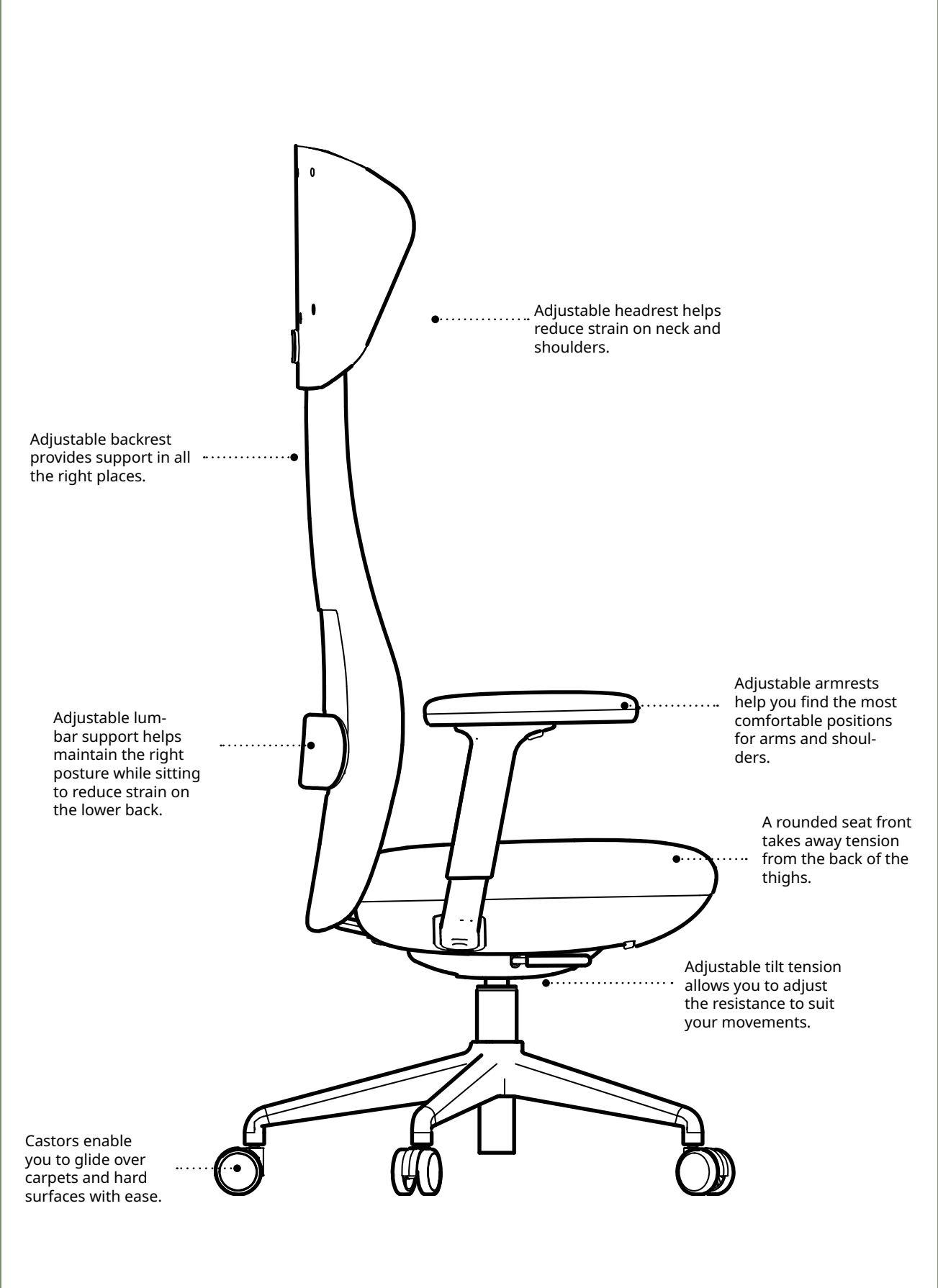
By providing proper support for your lower back, an ergonomic office chair can also help reduce or prevent back pain. This is particularly important for people who spend long hours sitting.



Many ergonomic office chairs include a headrest, which can support your neck and prevent strain when working for long periods. This can reduce the risk of developing neck problems and associated issues like headaches.



Ergonomic office chairs have a synchronized tilt mechanism which allows the chair to move with you. This improves circulation and keeps energy levels up.



How to choose an ergonomic office chair

If there is one item that deserves special attention when you choose it for your workplace, it is your office chair. Beyond the aesthetics, there are features that can significantly impact your comfort, health and productivity. That is why it is essential to choose a chair that fits your body and work style, and to adjust it properly for maximum benefit. Here are some things to consider.

01

How many hours do you sit during the day?

The more hours you sit down, the better chair you will need. To make it easier for you to find a chair that suits your needs, we've divided the range into three recommended solutions:
Basic: If you rarely sit down during your work day, you can do well with a simpler chair with basic features such as height adjustability.

Occasional: If you sit down for short periods during the day, you will also need lumbar support, high back rest, automatic or adjustable tilt tension.
Full working day: If you spend most of your working day sitting down, you need an ergonomic chair with good adjustment possibilities.

02

Choose the mechanism that allows the right kind of movement.

Manual tilt tension
Allows you to adjust the resistance to suit your movements and weight.
Automatic tilt tension
Your body weight determines how much resistance the backrest offers.

Tilt lock
Allows you to lock the tilt in different positions.
Synchronised tilt mechanism
Allows the chair to move with you. The backrest moves more than the seat when you lean back, so torso/hips open up. This improves circulation and keeps energy levels up.

03

Does the chair tick these boxes?

Adjustability
Look for a chair with a variety of adjustable features. The more you can adjust the chair to fit your body, the better. Make sure to use all the functions of the chair and adjust it at regular intervals, to avoid a static sitting position.

Lumbar support
Good lumbar support is crucial for preventing back pain. The backrest should support the natural curve of your lower back.

Seat material
The seat and back should have enough padding to be comfortable for long periods of sitting. Breathable materials such as mesh allow air to pass through, and is a good choice if you tend to feel hot. Some chairs are made with a cooling effect material, also suitable for this purpose.


Swivel and mobility
The chair should easily rotate so you can reach different areas of your desk without straining. Castors allow easy movement around your workspace.


Stability
A five-point base reduces the risk of tipping over when leaning or moving in the chair.


Size
The chair should fit your body size. You should be able to sit with your feet flat on the floor, your knees at a 90° angle, and your back against the backrest. There should also be 5-8 cm between the back of your knees and the seat of the chair.

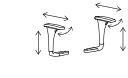
04


Look for these ergonomic features


 **Height adjustable seat;** for a comfortable sitting posture regardless of body height.


 **2D adjustable armrests;** height and width adjustable armrests enable a relaxed position for arms and shoulders and reduce the risk of tension.


 **Height-adjustable backrest;** provides support in all the right places and helps your body to maintain a naturally good posture.


 **3D adjustable armrests;** height, width, and depth adjustable armrest helps you find the most comfortable and supportive position for the arms and shoulders, leading to improved posture and reduced fatigue.


 **Adjustable lumbar support;** helps maintain the correct posture while sitting which reduces strain on muscles on your lower back.


 **Manual tilt tension;** allows you to adjust the resistance to suit your movements and weight.


 **Adjustable seat depth;** easy to adapt for increased support to your thighs and back.


 **Automatic tilt tension;** your body weight determines how much resistance the backrest offers.


 **Adjustable headrest depth;** adjust the depth position of the headrest to fit your needs, reducing strain on the neck and shoulders.


 **Synchronised tilt mechanism;** allows the chair to move with you. The backrest moves more than the seat when you lean back, so torso/hips open up. This improves circulation and keeps energy levels up.


 **Adjustable tilting neck support;** adjusting the headrest angle for optimal support and comfort reduces neck muscle strain and prevents discomfort during prolonged sitting.

 **Tilt lock;** allows you to lock the tilt in the upright, the lowest position and different positions in-between.

 **Adjustable headrest height;** allows for proper alignment of the head and neck, reducing the risk of discomfort from prolonged sitting.













































 **Removable washable cover, seat;** easy to keep clean and fresh, as you can take it off and machine-wash it.

 **Armrests;** provide support for the upper part of your forearms and reduce strain on the back and shoulders.

 **Removable washable cover;** backrest and seat. The cover is easy to keep clean and fresh, as you can take it off and machine-wash it.

Office chairs

Ergonomic features

	Adjustable seat height	Adjustable seat depth	Lumbar support	Adjustable lumbar support	Adjustable backrest	Adjustable armrests	Adjustable headrest	Manually adjustable tilt tension	Automatic tilt tension
Office chairs									
FLINTAN 									
SMÖRKULL 									
MARKUS 									
JÄRVFJÄLLET 									
HATTEFJÄLL 									
ALEFJÄLL 									
GRÖNFJÄLL 									



GRÖNFJÄLL

office chair with armrests/headrest

Full working day

This office chair features fully adjustable armrests and a curved headrest that minimises visual distractions. 10-year guarantee.



Tested for 110 kg. W71 cm, D71 cm.
Max seat height 57 cm, min seat height 46 cm.

Letafors grey/black	095.139.20	₹22,990
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3D adjustable armrests give you complete support.



The leather neck cushion has foldable side bolsters similar to those on airplane seats. Ideal for relaxing your head or taking a power nap.



LETAFORS fabric cover with cooling effect maintains a comfortable seat temperature during long working hours. The fabric is stain-resistant and easy to clean.



Seat and armrest covers are removable and washable.

GRÖNFJÄLL

office chair with armrests

Full working day

This office chair is brimming with ergonomic features to keep you comfy and focused, such as fully adjustable armrests and a curved headrest that minimises visual distractions. 10-year guarantee.



Tested for 110 kg. W71 cm, D71 cm.
Max seat height 57 cm, min seat height 46 cm.

Letafors grey/black	905.034.74	₹18,990
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3D adjustable armrests give you complete support.












Seat and armrest covers are removable and washable.







LETAFORS fabric cover with cooling effect maintains a comfortable seat temperature during long working hours. The fabric is stain-resistant and easy to clean.

- Height-adjustable seat
- Adjustable seat depth
- Adjustable lumbar support
- Adjustable headrest height
- 3D adjustable armrests

- Automatic tilt tension
- Synchronised tilt tension
- Tilt lock
- Removable washable cover, seat and armrest

- Height-adjustable seat
- Adjustable seat depth
- Adjustable lumbar support
- Adjustable headrest height
- 3D adjustable armrests

- Automatic tilt tension
- Synchronised tilt tension
- Tilt lock
- Removable washable cover, seat and armrest

ALEFJÄLL

office chair with armrests

Full working day

This office chair has as a well-shaped backrest with adjustable backrest and soft full grain leather that breathes. 10 year guarantee.



Tested for 110 kg. W64 cm, D64 cm.
Max seat height 56 cm, min seat height 45 cm.

Grann golden-brown	204.199.83	₹14,990
Grann beige	603.202.25	₹14,990







Synchronised tilt mechanism allows the chair to move with you. This improves circulation and keeps energy levels up





GRANN cover is made of grain leather which is a very high-quality leather. As it ages it becomes softer and develops a darker tone and fine patina.



Backrest can be adjusted to provide support in all the right places and helping your body to maintain a naturally good posture.

- Height-adjustable seat
- Adjustable seat depth
- Height-adjustable backrest
- Automatic tilt tension

- Synchronised tilt tension
- Tilt lock

HATTEFJÄLL

office chair with armrests

Full working day

This chair comes with adjustable lumbar support and a backrest that can be adjusted to 5 different positions. 10 year guarantee.



Tested for 110 kg. W68 cm, D68 cm, max height 114 cm.
Max seat height 56 cm, min seat height 46 cm.





Gunnared light green/white	505.329.54	₹13,990
Gunnared beige/white	405.389.56	₹13,990
Gunnared medium grey/white	405.389.61	₹13,990
Smidig black/black	305.389.66	₹17,990






Height and width adjustable armrests enable a relaxed position for arms and shoulders and reduce the risk of tension.



Backrest can be adjusted to 5 different heights to provide support in all the right places and helping your body to maintain a naturally good posture.

- Height-adjustable seat
- Adjustable seat depth
- Height-adjustable backrest
- 2D adjustable armrests

- Automatic tilt tension
- Synchronised tilt tension
- Tilt lock

JÄRVFJÄLLET
office chair with armrests

Full working day

This office chair keeps you comfy with a high backrest that provides good support, made with airy mesh so you stay cool. 10 year guarantee.



Tested for 110 kg. W68 cm, D68 cm, max. height 140 cm. Max. seat height 56 cm, min. seat height 45 cm.		
Glose black	804.945.40	₪13,990
Grann white	205.218.53	₪13,990



The high backrest and the curved shape of the chair, provide good lower back support and prevent your back from getting tired.



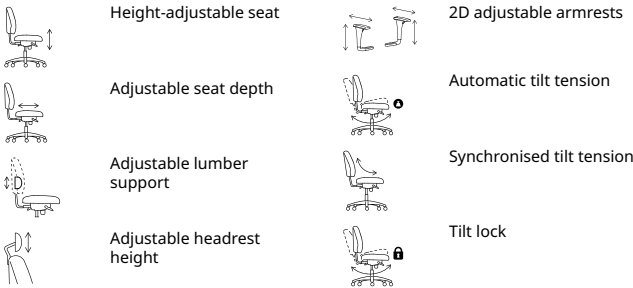
Adjustable lumbar support helps maintain the correct posture while sitting which reduces strain on muscles on your lower back.



Adjustable seat depth enables proper back support and even weight distribution across the seat cushion.



Height and width adjustable armrests enable a relaxed position for arms and shoulders and reduce the risk of tension.



MARKUS
office chair with armrests

Occasional

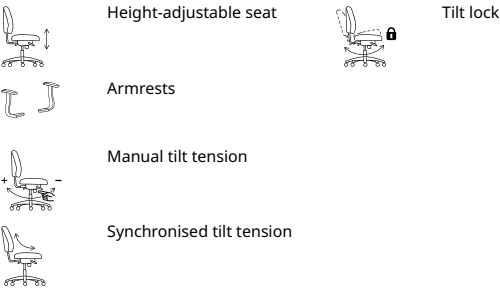
This office chair keeps comes with a manually adjustable tilt tension, and head-/armrests to help relax the muscles in your neck and back. 10 year guarantee.



Tested for 110 kg. W62 cm, D60 cm. Max. seat height 57 cm, min. seat height 46 cm.		
Vissle dark grey	502.611.51	₪8,990
Vissle light grey	905.218.59	₪8,990



Adjustable tilt tension that allows you to adjust the resistance to suit your movements and weight. To adjust the tilt tension, turn the knob under the seat to increase or decrease the resistance.



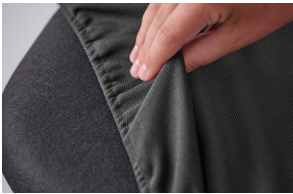
SMÖRKULL
office chair with armrests

Occasional

This office chair blends easily into your living room at home or your office workspace. The cover is removable and washable. Comes with a 10-year guarantee.



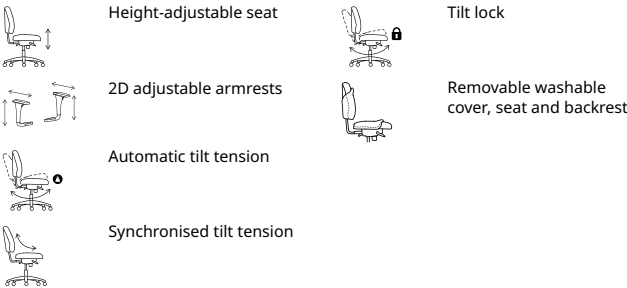
Tested for 110 kg. W65 cm, D66 cm. Max. seat height 56 cm,min. seat height 44 cm.		
Gräsnäs dark grey	105.034.49	₪6,990
Gräsnäs red	305.034.53	₪6,990



It's easy to keep the office chair clean, since the covers for backrest and seat are removable and machine washable.



The armrests follow your movements and can be adjusted in height, which reduces strain on your arms and shoulders.



FLINTAN
office chair

Occasional

This office chair with a high backrest provides good support. The airy mesh helps you to stay cool. Removable and washable seat cover. 10 year guarantee.



Tested for 110 kg. W71 cm, D71 cm. Max. seat height 58 cm, min. seat height 45 cm.		
Beige	504.922.03	₪3,990
Black	304.890.32	₪3,990

With armrests		
Beige	994.244.63	₪4,990
Black	694.244.69	₪4,990



The cover is easy to keep clean as it is removable and machine washable.



The castors are rubber coated to run smoothly on any type of floor.

