

Light & Linen

The Difference Between Luxury Flax Linen & Cotton Bedding

Pure flax linen is one of the oldest and most luxurious natural fibres in the world. While cotton is widely loved for softness and familiarity, premium linen offers a unique sleep experience focused on breathability, longevity, texture and timeless elegance.

"Cotton is comfort. Linen is a lifestyle."

Feature	Luxury Flax Linen	Cotton
Breathability	Extremely breathable with excellent airflow	Breathable, but retains more heat and moisture
Temperature Control	Naturally cooling in summer and insulating in winter	Can trap warmth in heavier weaves
Softness Over Time	Becomes softer and more beautiful with age	Softness may decline as fibres weaken
Durability	Exceptionally durable with long lifespan	Generally less durable over extended use
Moisture Management	Absorbs moisture without feeling damp	Absorbs moisture but can feel heavier
Texture	Relaxed, textured and naturally elegant	Typically smoother and more uniform
Luxury Heritage	Used for centuries by royalty and fine European homes	Commonly used for everyday bedding
Sustainability	Flax generally requires less water and fewer chemicals	Conventional cotton uses more water
Sleep Experience	Airy, relaxed and naturally luxurious	Soft and familiar traditional feel

Interesting Facts About Linen

- Linen is made from the flax plant and is one of the oldest textiles in human history.
- Premium flax linen naturally becomes softer over time while maintaining its strength.
- Linen is loved worldwide for its relaxed luxury aesthetic and breathable sleep comfort.
- High-quality linen bedding can last for many years when properly cared for.
- Natural flax fibres are highly breathable, making linen ideal for warmer climates such as Namibia.

At Light & Linen, we believe true luxury is timeless, natural and designed to age beautifully. Our premium flax linen bedding is carefully selected to bring together comfort, craftsmanship and effortless elegance.