

# The Ten Best Office chairs

CHOSEN BY KATE WATSON-SMYTH



BEST BUY

**1 Spinalis Ergonomic**  
From £390

These chairs use the principle of the Swiss ball to help engage the core abdominal muscles. The seat is on a spring so that it leans with you when you move to support your back.  
[www.spinalis.co.uk](http://www.spinalis.co.uk); 020-7165 8345



**2 Disco**  
£195

A brown leather seat with a pleasing roundness to it, this chair also features adjustable height and armrests and is easy to move around. It's neat and ever so slightly funky.  
[www.johnlewis.com](http://www.johnlewis.com); 0845 604 9049



**3 Herman Miller Mirra** £507.60

The best-known Herman Miller chair is the Aeron, which is good - but this is better. It's bigger and more comfortable, provides better back support and has adjustable lumbar cushions.  
[www.back2.co.uk](http://www.back2.co.uk); 020-7935 0351



BEST BUDGET BUY

**4 Allak**  
£59.99

Ikea has come up with a height adjustable, tilting, swivelling bit of kit that is comfortable and cheap. This is for medium use although they do reliable chairs for harder workers.  
[www.ikea.co.uk](http://www.ikea.co.uk); 0845 355 1141



**5 KAB Controller**  
£694

This is often used in control rooms, call centres - places where office life goes on 24 hours a day - so it's very comfortable for long periods of time. All the usual adjustments are here.  
[www.sitsmart.co.uk](http://www.sitsmart.co.uk); 01892 510202



**6 Eames Thin Pad (low back)** £299.99

A good price for an Eames. It's one of the most enduring designs because it works. It's height adjustable, tilts and is on five castors. It comes in a variety of funky colours.  
[www.egamma.co.uk](http://www.egamma.co.uk); 0870 1644 201



**7 Stokke Variable**  
£249

A chair which keeps the knees below the hips, taking the pressure off the lower back. But use it for a maximum of two to three hours a day or you will get tired. Perfect for the home office.  
[www.thebackshop.co.uk](http://www.thebackshop.co.uk); 020-7935 9120



**8 Schnider**  
£59.99

Sometimes style does matter over substance - made from elegantly moulded acrylic, this chair only lifts up and down, but just look at its fine lines. Also available in white.  
[www.egamma.co.uk](http://www.egamma.co.uk); 0870 16 44 201



BEST LUXURY BUY

**9 RH Logic 400**  
From £791.25

One of the most ergonomic and popular models - due to its number of adjustments - this has a forward tilt and an inflatable lumbar cushion, so the lower back is constantly supported.  
[www.back2.co.uk](http://www.back2.co.uk); 020-7935 0351



BEST GREEN BUY

**10 Herman Miller Celle** £399

Like the Spinalis, this chair works on the idea that your most comfortable position is the next one you take. It's also 99 per cent recyclable.  
[www.homeworkingsolutions.co.uk](http://www.homeworkingsolutions.co.uk); 020-8956 2880