

Freya

(Pronounced: FRAY-uh)

Origin: Freya is a name of Old Norse origin, meaning “lady” or “noblewoman.” It is most famously associated with the Norse goddess of love, beauty, fertility, and war—an iconic figure who embodies both strength and grace.

The name evokes a sense of mystique and power, combining elegance with a spirited, adventurous energy. Freya carries a timeless allure, celebrated in myth and folklore as a symbol of courage, passion, and creativity.

Those named Freya are often seen as independent, imaginative, and magnetic, inspiring those around them with warmth and confidence. With its growing popularity across Europe and English-speaking countries—especially in the UK, where it consistently ranks among the top girls’ names—Freya remains a name that resonates with both mythic charm and modern sophistication.