

CLEANSE

Meaning: CLEANSE: To remove dirt, impurities, or toxins from a surface or the body.

1. It's important to cleanse your skin daily to remove impurities.
2. The herbal tea is said to cleanse the body of toxins.
3. After the intense workout, I like to take a shower to cleanse my muscles.
4. She decided to cleanse her diet by eliminating processed foods.
5. Meditation can help to cleanse the mind and promote clarity.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/cleanse>