

DEFATIGATE

Meaning: Defatigate means to relieve or alleviate fatigue, restoring energy and relaxation.

1. The soothing music helped to defatigate him after a long day at work.
2. A short meditation session can effectively defatigate both the body and the mind.
3. She took a brief walk in the park to defatigate her spirits before returning to the office.
4. To defatigate the participants, the workshop included several interactive breaks.
5. The herbal tea was designed to defatigate the senses and promote relaxation.

Source: sentences.whatistheurl.com

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