

MASSAGE

Meaning: Massage: a therapeutic practice involving the manipulation of soft tissues in the body to promote relaxation and relieve tension.

1. After a long week at work, I treated myself to a relaxing massage.
2. The therapist used a combination of gentle and deep pressure techniques during the massage.
3. She felt rejuvenated after the massage, as the tension in her muscles melted away.
4. Many people find that regular massage helps reduce stress and improve overall well-being.
5. He learned the basics of massage therapy to help his friends relieve tension after workouts.

Source: sentences.whatistheurl.com

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