RELAXANT

Meaning: A relaxant is a substance that helps to reduce tension or anxiety and promotes a state of calmness or relaxation.

1. The doctor prescribed a relaxant to help ease her anxiety before the procedure.
2. After a long day at work, he enjoys a warm bath as a natural relaxant.
3. Yoga and meditation can serve as effective relaxants for reducing stress.
4. She found that herbal teas often acted as a mild relaxant in the evenings.
5. The massage therapist used essential oils known for their relaxant properties during the session.

Source: sentences.whatistheurl.com

https://sentences.whatistheurl.com/sentence/relaxant