

RELAXATIVE

Meaning: Relaxative: a substance or method that promotes relaxation and alleviates tension.

1. A relaxative might be recommended to ease tension after a stressful week.
2. Many people find that herbal teas serve as a natural relaxative to help them unwind.
3. The doctor prescribed a relaxative to help manage her anxiety before the big presentation.
4. Yoga and meditation can act as a powerful relaxative, promoting both mental and physical calm.
5. After a long day, she enjoyed a warm bath with essential oils as her favorite relaxative.

Source: sentences.whatistheurl.com

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