

# refreshing *(re-fresh-ing)*

## Definition

adj. something that makes you feel cool or lively.

## Example Sentence

Drinking iced tea on a hot day is very **refreshing**.

## More Example Sentences

A swim in the pool feels **refreshing** in summer.

## Synonyms

invigorating; rejuvenating; uplifting

## Antonyms

draining; tiring; exhausting

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