to restore strength to • freshen up • to restore or maintain by renewing supply • to stimulate or revive • to run water over or restore water to fill again • to update or renew • to give someone more of • to have more energy and feel less tired • to restore or maintain by renewing supply • revive • to run water over or restore water • to fill again • to update or renew • to give someone more of • to make have more energy and feel less tired • to provide

refresh

verb refresh \ri-fresh\
to cause to become less tense, tight, or stiff
release from worry • to slacken • to make less
tense or rigid • to stop feeling nervous or
worried • to spend time resting especially after
work • to become less intense • relieve nervous
tension • to release or bring relief from the effects
of anxiety • to cause to become less tense, tight,
or stiff • to make less tense or rigid • release
from worry • to stop feeling nervous or worried
to slacken • to spend time resting especially

re·lax

verb relax \ ri-laks \
rebuild • to make (something) new, fresh, or strong again • to make (a promise, vow, etc.) again • to begin again especially with more enthusiasm to make like new • to make new spiritually • regain freshness or vigor • regenerate • revive • to restore existence • to do again • repeat • to make extensive changes in • to begin again • to become new freshen as by a restorative • to make (something) new, fresh, or strong again • to make (a promise, vow, etc.) again • rebuild • to make (something)

**re·new**

*verb*  renew  \ri-nū, - nyū\  

new, fresh, or strong again • to make (a promise, vow, etc.) again • to begin again especially with more enthusiasm • to make like new • to make new spiritually • regain freshness or vigor • to do again • regenerate • revive • to restore existence • repeat • to make extensive changes in • to begin again • to become new • freshen as by a restorative • to make (something) new, fresh, or strong again • rebuild • to make (a promise, vow, etc.) again • to begin again especially with more enthusiasm