

**relaxation**[ˌri:læk'seɪʃ(ə)n] *n*

1. расслабление, ослабление  
relaxation of muscles - расслабление мышц
2. уменьшение (*напряжения и т. п.*); спад  
relaxation of tension - ослабление/уменьшение, смягчение/ напряжённости
3. отдых; передышка; развлечение  
to seek relaxation in books - искать отдыха в чтении  
to take some relaxation - сделать передышку, отдохнуть  
relaxation after the day's toil - отдых после дня работы  
this occupation is a relaxation for my mind - за этим занятием отдыхаешь
4. смягчение  
the relaxation of discipline - ослабление дисциплины  
the relaxation of the royal authority - ослабление королевской власти
5. *юр.* частичное *или* полное освобождение (*от штрафа, налога и т. п.*)
6. *спец.* релаксация; возвращение в исходное состояние

**relaxation**

Oxford Advanced Learners Dictionary 8th Ed.

**re-lax-a-tion** **AW** [relaxation relaxations] **BrE** [ˌrɪlækseɪʃn] **NAmE**[ˌrɪlækseɪʃn] **noun**

1. **uncountable** ways of resting and enjoying yourself; time spent resting and enjoying yourself
  - I go hill-walking for relaxation.
  - a few days of relaxation
  - relaxation techniques
2. **countable** something pleasant you do in order to rest, especially after you have been working
  - Fishing is his favourite relaxation.
3. **uncountable, countable, usually singular** the act of making a rule or some form of control less strict or severe
  - the relaxation of foreign currency controls
  - a relaxation of travel restrictions

Word Origin:

late Middle English (denoting partial remission of a penalty): from Latin **relaxatio(n-)**, from the verb **relaxare**, from **re-** (expressing intensive force) + **laxus** 'lax, loose'.

Synonyms:**entertainment**

fun • recreation • relaxation • play • pleasure • amusement

These are all words for things or activities used to entertain people when they are not working.

**entertainment** • films, television, music, etc. used to entertain people: ▫ There are three bars, with live entertainment seven nights a week.

**fun** • (rather informal) behaviour or activities that are not serious but come from a sense of enjoyment: ▫ It wasn't serious—it was all done ▫ in fun ▫. ◇ ▫ We didn't mean to hurt him. It was just ▫ a bit of fun ▫. ◇ ▫ The lottery provides ▫ harmless fun ▫ for millions.

**recreation** • (rather formal) things people do for enjoyment when they are not working: ▫ His only form of recreation is playing football.

**relaxation** • (rather formal) things people do to rest and enjoy themselves when they are not working; the ability to relax: ▫ I go hill-walking for relaxation.

**recreation or relaxation ?**

Both these words can be used for a wide range of activities, physical and mental, but **relaxation** is sometimes used for gentler activities than **recreation**: ▫ I play the flute in a wind band for recreation. ◇ ▫ I listen to music for relaxation.

**play** • things that people, especially children, do for enjoyment rather than as work: ▫ the happy sounds of children ▫ at play

**pleasure** • the activity of enjoying yourself, especially in contrast to working: ▫ Are you in Paris ▫ for business or pleasure ▫?

**amusement** • the fact of being entertained by sth: ▫ What do you do for amusement round here?

to do sth **for** entertainment/fun/recreation/relaxation/pleasure/amusement

to **provide** entertainment/fun/recreation/relaxation/amusement

Example Bank:

- He goes to relaxation classes.
- She listens to classical music for relaxation.
- Some people take up yoga to aid relaxation.
- The government has promised further relaxations in foreign exchange controls.
- Try listening to a relaxation tape before you go to sleep.
- a chance for relaxation from work
- a popular herb known to induce relaxation
- a relaxation in the rules
- an environment that promotes physical and mental relaxation
- an ointment that helps muscle relaxation
- drugs that cause the relaxation of the muscle

- I go hillwalking for relaxation.
- I listen to music for relaxation.
- It's a good idea to learn some relaxation techniques.

## relaxation

Longman DOCE 5th Ed. (En-En)

reˈlæksəˈtʃən AC /,riˈlæksəˈtʃən/ BrE " AmE " noun

[Word Family: adjective: ↑relaxed, ↑relaxing; verb: ↑relax; noun: ↑relaxation]

1. [uncountable and countable] a way of resting and enjoying yourself:
  - " I play the piano for relaxation.
  - " Meditation allows you to enter a state of deep relaxation.
2. [uncountable] the process of making rules on the control of something less strict

### relaxation of

" a relaxation of government regulations

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## THESAURUS

- **fun** *noun* [uncountable] *especially spoken* an experience or activity that is very enjoyable and exciting: The course was fun. | Have you ever been windsurfing? It's really good fun. | I just want to relax and have some fun. | It'll be fun seeing all my old friends again. | Running around a freezing hockey field isn't my idea of fun.
- **enjoyment** *noun* [uncountable] the feeling you get when you enjoy doing something: I get a lot of enjoyment out of working with young children.
- **pleasure** *noun* [countable] an experience or activity that makes you feel happy and satisfied: The game was a pleasure to watch. | One of her greatest pleasures was walking in the mountains. | Ted enjoyed the simple pleasures of life: his family, his home, and his garden.
- **good/great time** *noun* [countable] *especially spoken* a time when you enjoyed yourself: The kids all had a great time. | I remember the good times in Japan. | Were the 1960s really such great times?
- **a blast** *informal* a very enjoyable experience – a very informal use: The trip was a blast!
- **entertainment** *noun* [uncountable] things such as performances and films which are intended to be enjoyable: Three musicians provided the entertainment. | What do you do for entertainment around here? | They hired two dancers for entertainment.
- **relaxation** *noun* [uncountable] a way of resting and enjoying yourself: I play the piano for relaxation. | Her work left little time for relaxation.
- **leisure** *noun* [uncountable] the time when you are not working, when you can enjoy yourself – used especially in compounds: leisure activities | the leisure industry | People have more leisure time.
- **recreation** *noun* [uncountable and countable] *formal* activities that you do to enjoy yourself: recreation facilities | The park is not just a place for recreation.

## relaxation

Freakuency Pack

12500 **5212**<sup>MCW</sup>  
 15000 **1934**<sup>COCA</sup>  
 RANGE: **2k** RELAX <sup>18662</sup>  
 relax 6828  
 relaxation 2291  
 relaxed 6445  
 relaxes 680  
 relaxing 2418  
 COCA 500k Unlemmatized  
 1442 **12324**<sup>2291</sup> *nn1*