

# quintessence

 (*quin-tes-sence*)

## Definition

n. 1 the best or most typical example; 2 the fifth and highest element after air and earth and fire and water; was believed to be the substance composing all heavenly bodies

## Example Sentence

Ballet dancer was said to be the **quintessence** of grace and beauty.

## Synonyms

essence; essential; soul; spirit; sum

## Antonyms

minor; secondary

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