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**HTML Structure**:

The <nav> element contains a .container that centers the navigation bar with a max-width of 800px.

The navigation items are wrapped in an unordered list, with the "Services" item having a nested dropdown menu.

**CSS Styling**:

The .navbar sets the maximum width and centers the navigation bar.

The .nav-menu is a flex container, aligning items horizontally.

The dropdown menu is initially hidden with display: none and positioned absolutely to appear below the "Services" item.

Media queries are used to stack the navigation items vertically on smaller screens.

**JavaScript**:

JavaScript is used to show the dropdown menu on hover. mouseenter and mouseleave events are used to control the visibility of the dropdown.

**Responsive Design**:

Flexbox ensures that the navigation bar items are well-aligned.

Media queries handle layout adjustments for mobile devices, ensuring that the dropdown menu appears in a more appropriate manner when viewed on smaller screens.

This approach provides a simple, clean, and responsive navigation bar with dropdown functionality without relying on external CSS frameworks.