

THERAPY EFFECT OF CINNAMON OIL TOPICALLY WITH THERMO SAUNA ON OBESITY PATIENT

Susanti, 2008

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ABSTRACT

It has been carried out the combination effect research of *Cinnamon oil* topically with thermo sauna therapy in the case of obesity. This research is executed on 20 female patients with Body Massa Index (BMI) 25,0-39,0. On the research, patients would receive thermo sauna therapy with *Home Beauty Sauna* appliance twice in a week for about 30 minutes each therapy session, before taking thermo sauna therapy, patient's body is messaged with *Cinnamon oil* that is diluted with *Olive oil* (40 drops *Cinnamon oil* are dissolved in 50 ml of *Olive oil*). To know the effectivity of using therapy combination, it would be compared with patient of control group which is therapyed thermo sauna with *Home Beauty Sauna* appliance twice in a week for about 30 minutes each therapy session and massage with *Olive oil*, but without *Cinnamon oil*. Therapy is done for 3 weeks and patients' weight is measured everyday till the end of therapy session.

Based on the result study of patients weight before and after therapy for 3 weeks, is known % weight change happened. From data analysis of % weight change, there is a significant difference between "therapy group who receive thermo sauna therapy and massage with *Cinnamon oil* which is diluted with *Olive oil*" and "control group which is therapyed thermo sauna and massage with *Olive oil* only". So, it could be concluded that using combination of *Cinnamon oil* topically followed with thermo sauna therapy and massage could reduce weight for 3 weeks.

Keywords : Obesity, *Cinnamon oil*, thermo sauna therapy