

EFEK KOMBINASI KAFEIN DAN KARNITIN TOPIKAL TERHADAP SELULIT DENGAN METODE *IONTOPHORESIS* SEBANYAK 16 KALI SELAMA 60 HARI

Tanti, 2010

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ABSTRAK

Penelitian ini dilakukan untuk melihat efek penggunaan kombinasi kafein dan karnitin topikal dengan metode *iontophoresis* 2 kali seminggu selama 2 bulan, terhadap upaya mengatasi selulit. Pada penelitian ini digunakan 10 orang wanita berselulit, usia 19-45 tahun. Penurunan skor lekukan selulit dan ketebalan lemak pada masing-masing pasien diamati sebelum dan sesudah terapi. Dari hasil penelitian dapat disimpulkan bahwa terapi menggunakan kombinasi kafein dan karnitin dengan metode *iontophoresis* dapat membantu mengurangi selulit lebih baik dibandingkan penelitian serupa sebelumnya.

Kata kunci : Selulit, Kombinasi kafein karnitin, Iontophoresis.

**EFFECT OF COMBINATION CAFFEIN AND CARNITINE TOPICAL
FOR CELLULITE WITH IONTOPHORESIS METHOD FOR 16 TIMES
IN 60 DAY**

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ABSTRACT

This research was conducted to see the effect of using a combination of caffeine and carnitine topical with iontophoresis method for twice a week for 60 days, due to the effort to solve the cellulite problem. In this research 10 women with cellulite problems were used, age 19-45 years. The reduction score of cellulite indentation and fat thickness for every patient was observed before and after therapy. From the result of this research we can conclude that therapy using the combination of caffeine and carnitine topical with iontophoresis method can help reducing cellulite better than similar previous reseach.

Key Word: Cellulite, Combination of caffeine carnitine, Iontophoresis.