Lemon Pon-K4 Fruit Soap Making and Body Fat Reduction Activity

Test Using Omron Body Fat Monitor HBF-306

ABSTRACT

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Lemon is one of the plants that has many benefits for beauty and health including reducing weight, moisturizing dry skin, lowering cholesterol, balancing blood sugar levels and so on. In this study researchers used lemon Pon-K4. Lemon juice contains many benefits so it can be formulated in dosage forms, one of which is soap. Soap works to remove dirt that sticks to the skin in the form of sweat dirt, fat or dust, lifting dead skin cells and the remnants of cosmetics. This study aims to make lemon juice soaps that meet SNI requirements and test the decrease in body fat activity.

This research method is experimental. This study begins with the selection of lemons, lemon juice extraction, fitokima screening test, soap making and soap evaluation that meets the requirements of the Indonesian National Standard (SNI) 06-3532-1994, including testing of moisture content, free fatty acids, mineral oils, pH , irritation test and testing of body fat levels. In testing body fat levels, 9 researchers used 8 soaps with concentrations of lemon juice, namely 16%, 18% and 20%, soap without lemon juice and soap x (comparator). Lemon soap is used throughout the body during morning and evening baths for 5 days. Measuring the percentage of body fat levels measured by the Omron body fat monitor HBF-306.

The results of the research on lemon juice soap were all lemon juice soap formulas fulfilling SNI requirements, both in testing moisture content, free fatty acids, mineral oil, pH and testing of decreasing body fat levels using the Omron body fat monitor HBF-306. Hasil pengujian terhadap sabun sari buah lemon dinyatakan bahwa sabun dengan konsentrasi 20% memberikan hasil terbaik dengan penurunan kadar lemak tubuh yaitu 16,5 g/kg BB, kadar air 5,23%, asam lemak bebas 0,656%, minyak mineral negatif dan pH 8,44 dibandingkan dengan konsentrasi 16% dan 18%.

Keywords: Soap, lemon juice, decreased body fat levels, Omron body fat monitor HBF-306.