

# APPLICATION OF WARM WATER FOOT SOAK AND SANDALWOOD AROMATHERAPY ON ELDERLY PARENTS WITH HYPERTENSION IN JOYOTAKAN VILLAGE, SURAKARTA

Putri Selfia Dian Rohmawati<sup>1</sup>, Didik Iman Margatot<sup>2</sup>, Muhammad Natsir<sup>3</sup>  
[selfiaputri987@gmail.com](mailto:selfiaputri987@gmail.com)  
Universitas 'Aisyiyah Surakarta

## ABSTRACT

**Background:** Elderly people are susceptible to hypertension due to physiological changes, such as decreased elasticity of blood vessels. Hypertension treatment does not always depend on drugs, so non-pharmacological therapy is needed. One alternative that can be used is soaking feet in warm water with sandalwood aromatherapy which provides a relaxing effect and helps lower blood pressure. **Objective:** To determine the results of the difference in blood pressure before and after the application of foot soaking with warm water and sandalwood aromatherapy to lower blood pressure in elderly hypertensives. **Method:** This study is a descriptive study using a case study approach involving 2 respondents. **Results:** The application of foot soaking in warm water with sandalwood aromatherapy for 3 days showed a decrease in blood pressure, where Mrs. T experienced a decrease from grade 1 hypertension to pre-hypertension (a difference of 22 mmHg systolic and 15 mmHg diastolic), while Mrs. N remained in the grade 1 hypertension category with a decrease of 10 mmHg systolic and 7 mmHg diastolic. **Conclusion:** Foot soak therapy with warm water and sandalwood aromatherapy can lower blood pressure in elderly with hypertension

**Keywords:** Hypertension, elderly, foot soak, sandalwood aromathera