

**THERAPY SOAK FEET WARM WATER WITH A MIXTURE OF SALT
AND LEMONGRASS TO LOWER BLOOD PRESSURE IN
HYPERTENSION SUFFERERS**

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SUMMARY

Background : Hypertension is a systolic blood pressure of more than 140 mmHg and a diastolic pressure of more than 90 mmHg, hypertension can affect anyone, both young and old. The prevalence of hypertension show that 1.13 billion people in the world. The prevalence of hypertension in Indonesia is 34.1%. One of the non-pharmacological ways to treat hypertension is by soak feet in warm salt water and lemongrass. Soak feet warm salt water and lemongrass can improve blood circulation and widen blood vessels so as to reduce blood pressure. **Method:** Using the pocket book media “Lower Blood Pressure by Soak Feet Warm Salt and Lemongrass”. **Result:** The output is a pocket book that contains the meaning of hypertension and the steps to soak feet warm salt water and lemongrass to reduce hypertension. **Conclusion:** pocket book media can provide information to increase public knowledge in reducing blood pressure, especially in people with hypertension, so that people can apply it in their daily lives.

Keywords : Hypertension, Soak Feet Warm Salt Water And Lemongrass, Pocket Book