

**LAVENDER AROMATHERAPY EDUCATION ON REDUCING BLOOD
PRESSURE IN HYPERTENSION PATIENTS
THROUGH BOOKLET MEDIA**

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SUMMARY

Background: Hypertension is a common non-communicable disease in Indonesia, often called a "silent killer" because its symptoms are minimal but potentially fatal. Its management requires a comprehensive approach, including non-pharmacological interventions. Lavender aromatherapy, with linalool and linalyl acetate content, offers the potential to relieve stress and lower blood pressure, becoming a relevant alternative considering the lack of public understanding of this therapy. **Method:** Information and Education Communication (IEC) work in the form of an A4 landscape booklet with 17 pages, containing information on hypertension, the benefits of lavender, and procedures for its use and administration. A trial was conducted on 3 respondents to measure understanding. **Results:** This booklet media was tested on 3 respondents and showed that this media was effective in increasing understanding and could be used as a means of health education. The main output is a booklet that describes in detail the scientific basis of lavender aromatherapy, its mechanism of action in influencing blood pressure, and appropriate and safe practical guidelines. The material includes identification of appropriate lavender oil, inhalation or topical methods, and recommended frequency of use. This media is designed with easy-to-understand language and supporting illustrations. **Conclusion:** This educational booklet is expected to provide benefits to the community, especially those with hypertension and the use of lavender aromatherapy to maintain healthy blood pressure.

Keywords: Hypertension, Lavender aromatherapy, Booklet.