

Ilaria Aromatherapy Oil

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Abstract: Aromatherapy oils using almond extract is our final year project. The problem statement is the oils sold are too hot to cause a burning sensation on the skin, an unpleasant odour, texture that is too sticky and slow to absorb for massage therapy. The objective is to know the effectiveness of aromatherapy oil based on almond extract on body skin problems and to identify the level of consumer knowledge on it based on almond extract. This oil is produced by 'homemade' technique. The function of almond extract for skin problems can overcome irritation on the skin and can maintain skin moisture levels. The function of mineral oil is protected for skin for hydration and locks in moisture. So, the skin become more moisture. The vanilla oil can help relieve stress and anxiety due to its soothing and pleasant smell. The dry mint functions is to loosen dead skin cells and supports the growth of healthy new skin cells. The value added is free chemicals and long - lasting vanilla scent. The usefulness that emollients all skin types. It is rich in vitamin A, vitamin E and vitamin B for healthy skin. The commercialisation potential it can be developed scientifically helps reduce skin problems such as dry skin on the body if using consistent.

Keywords: aromatherapy; oil; effectiveness; extract; homemade; skin problems



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1. INTRODUCTION

The Ilaria Aromatherapy Oil has been produced by us to overcome skin problems. The problem statement is aromatherapy oils available in the market are too hot and may lead to burning sensation on the skin, unpleasant odours and sticky texture which slowly penetrates into the skin. Skin health problems such as dry and cracked skin, sunburn, acne on the body, stretch marks and skin inelasticity. Most consumers and communities are not aware of the health benefits of aromatherapy oils.

2. METHOD & MATERIAL

The Aromatherapy oils using almond extract are produced homemade and free of chemicals and alcohol. Almond aromatherapy oil contains three natural ingredients namely almond extract, vanilla extract and mint extract. Almond Aromatherapy Oil is a massage medium that is lightly textured, easily absorbed and does not leave an oily effect. Almond Aromatherapy Oil acts as a body

skin care agent in addition to providing freshness and soothing aroma. The ingredients are almond extract, mineral oils, vanilla oils, dry mint leaves and menthol crystals in Figure 1.



Figure 1. The ingredients

This oil is produced by 'homemade' technique. Almond extract helps overcome irritation on the skin and maintain skin moisture levels. The function of mineral oil is to protect skin from hydration and locks in moisture. So, the skin becomes more moisturised. The vanilla oil can help relieve stress and anxiety due to its soothing and pleasant smell. The dry mint leaves functions are to loosen dead skin cells and support the growth of healthy new skin cells. Menthol Crystals can cool and soothe skin and relieve redness irritation. First step is weight the ingredients (almond extract, mineral oil, essential oil (vanilla), menthol crystal, and dried mint leaves). Second step is pour the ingredients into the beaker one by one. Next, stir until the Menthol Crystal dissolves. Pour the mixture into a small beaker and put the mixture into a bottle of oil.

3. FINDINGS

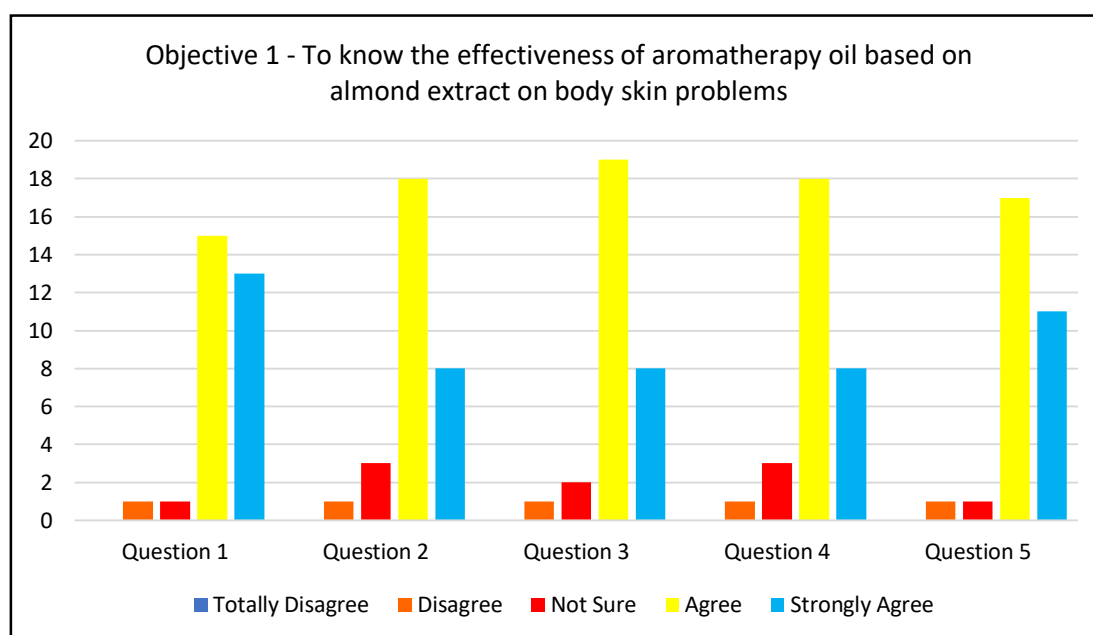


Figure 2. The objective 1 of innovation

The innovation project is Ilaria Aromatherapy oil. This product has been produced by us to overcome skin problems. The objective of innovation is to know the effectiveness of aromatherapy oil based on almond extract on body skin problems and to identify the level of consumer knowledge on aromatherapy oils based on almond extract. Besides that, to identify the level of body health care practices on aromatherapy oils. The effectiveness of aromatherapy is analyzed through observations (testimony or feedbacks), interviews and questionnaires. An effectiveness study was conducted on 30 respondents around the Tanjung Chat district of Kota Bharu, Kelantan.

In Figure 2, the graph shows objective 1 - the number of respondents who know the effectiveness of aromatherapy oil from almond extract on body skin problems. The questions are:

- Question 1: I know aromatherapy oil from almond extract can treat skin dryness.
- Question 2: I know that aromatherapy oil using almond extract can reduce acne on the body.
- Question 3: I know aromatherapy oil using almond extract can reduce fine wrinkles on the skin.
- Question 4: I know that aromatherapy oil from almond extract can fade stretch marks.
- Question 5: I know that aromatherapy oil from almond extract can fade scars on the skin.

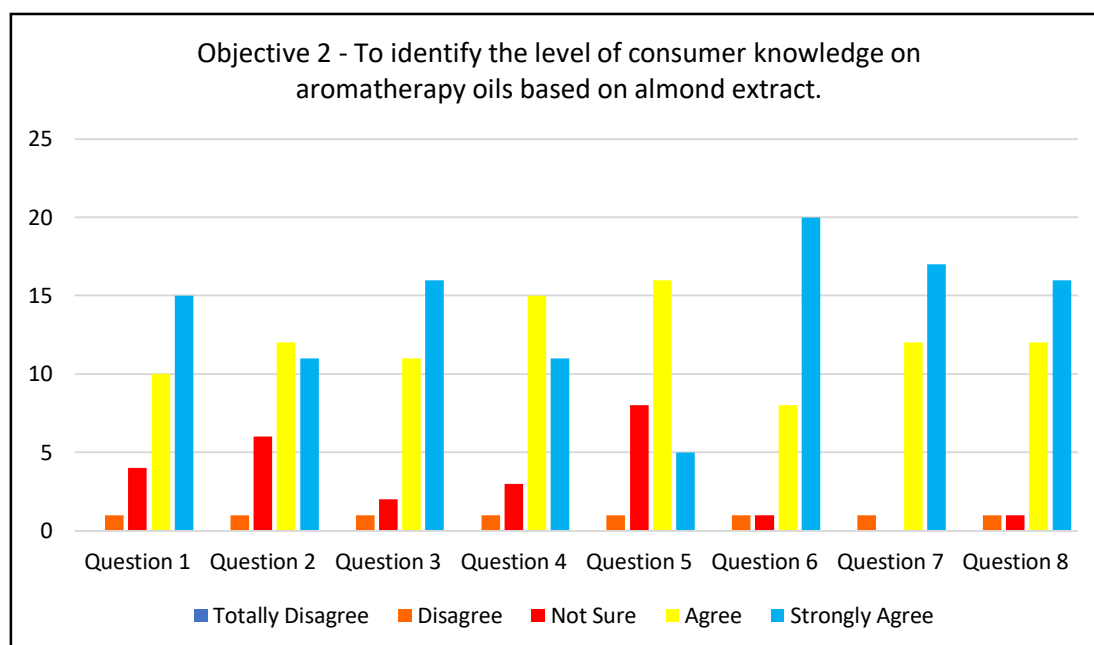


Figure 3. The objective 2 of innovation

In Figure 3, the graph shows objective 2 - the number of respondents who identified the level of consumer knowledge of aromatherapy oil based on almond extract. The questions are:

- Question 1: I know about aromatherapy massage oil.
- Question 2: I know that using aromatherapy massage oil can relieve the problem of wind in the body.
- Question 3: I know the benefits of aromatherapy massage oil for body health care.
- Question 4: I know the benefits of aromatherapy massage oil can reduce stress.
- Question 5: I know that aromatherapy oils are able to strengthen the skin.
- Question 6: I know that aromatherapy oils have a pleasant smell.
- Question 7: I know that aromatherapy oils are easy to absorb and easy to use.
- Question 8: I know that aromatherapy oil can be obtained from almond extract.

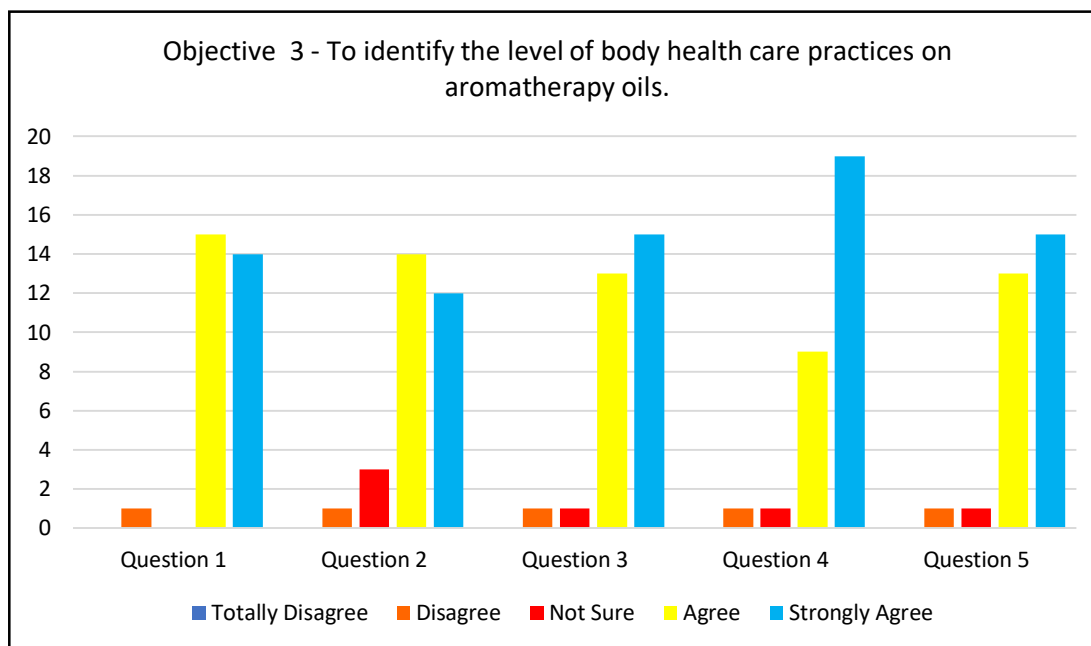


Figure 4. The objective 3 of innovation

In Figure 4, the graph shows objective 3 - the number of respondents who identified the level of body health care practices with aromatherapy oils. The questions are:

- Question 1: I know that aromatherapy oil can be used as a massage medium in health care practice.
- Question 2: I know that aromatherapy oils can act as skin care agents in health care practices.
- Question 3: Health care practices such as body skin care through the use of aromatherapy oil based on almond extract can be applied among women and men.
- Question 4: Body care practices such as body massage can be done routinely to improve blood circulation.
- Question 5: Body care practices performed using aromatherapy oils can improve self-psychology such as calmness, comfort and sensation.

4. DISCUSSION

The advantage is the product is free from undesired chemicals, long - lasting vanilla scent, portable and travel friendly. It also helps emolliate all skin types. It is rich in vitamin A, vitamin E and vitamin B for healthy skin. Consistent use helps reduce skin problems such as dry skin, stretch marks, sunburn, rashes and acne on the body. Free chemical aromatherapy oil homemade natural and directly giving the knowledge or education for community to choose the free chemical product. It is biodegradable product and eco-friendly. The commercial value is it is user friendly. Aromatherapy oil can be an alternative and complementary therapy as the major therapeutic agent to reduce several diseases. Aromatherapy oil can be developed scientifically to give greater curing effects to skin problems.



Figure 5. Feedback 1

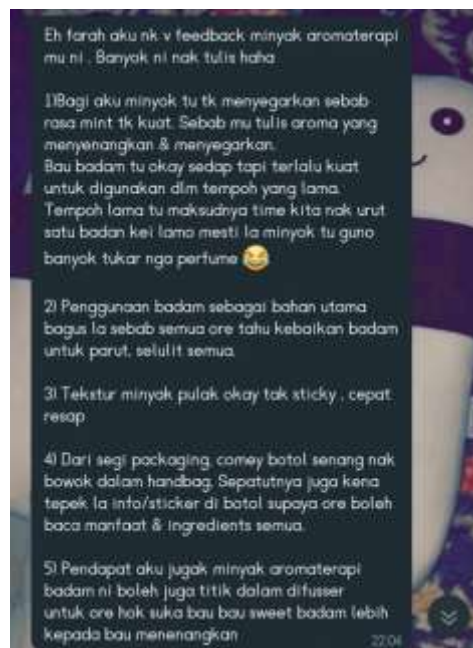


Figure 6. Feedback 2

In Figure 5 and 6, there are testimony or feedbacks of the effectiveness of aromatherapy oil based on almond extract on body skin problems.

5. CONCLUSION

Overall, the results of testimonials and questionnaires on the effectiveness of this product can be used as a yardstick for the level of effectiveness of using almond extract-based aromatherapy oil against skin problems among men and women in Tanjung Chat District, Kota Bharu, Kelantan. This study was done on 30 respondents. The use of this almond aromatherapy oil can give exposure to all groups of men and women about the benefits of almond extract for skin problems.

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