

BAB 5

SIMPULAN DAN SARAN

5.1 Kesimpulan

1. Berdasarkan pengamatan pada penelitian ini dapat disimpulkan bahwa peningkatan konsentrasi ekstrak kental kulit buah nanas (*Ananas comosus*) sebesar 2%, 5%, dan 10% dalam sediaan gel anti selulit mampu memberikan pengaruh yang signifikan terhadap efektivitas sebagai anti selulit. Konsentrasi optimum yang dihasilkan adalah konsentrasi 5%.
2. Formula terbaik sediaan gel anti selulit ekstrak kulit buah nanas (*Ananas comosus*) yang memenuhi persyaratan mutu fisik, efektivitas, keamanan, dan aseptabilitas pada penelitian ini yaitu formula 2 dengan konsentrasi 5%.

5.2 Saran

Pada penelitian selanjutnya disarankan untuk menambah lama waktu penelitian agar sel target dapat bekerja lebih optimum, selain itu melakukan modifikasi formula sediaan gel anti selulit sehingga dihasilkan sediaan yang memiliki stabilitas, pH, viskositas, dan parameter uji mutu fisik lain yang baik.

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