

***Title:***

Pengaruh kombinasi minyak atsiri pala (*myristica fragrans*) dan kenanga (*cananga odorata*) sebagai aromaterapi terhadap penurunan derajat insomnia pada wanita paruh baya = The combination effect of nutmeg (*myristica fragrans*) and cananga (*cananga odorata*) essential oils as aromatherapy toward reduction of insomnia degree in middle aged women

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