

TRAINING OF MAKING HERBAL BATH SOAP IN THE MOTHER OF PKK PLOSO WETAN NGLUWAR MAGELANG CENTRAL JAVA AS EFFORTS TO IMPROVE COMMUNITY SKILLS AND HEALTH

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ABSTRACT

Bath Soap is an ingredient that everyone will need. Commonly circulating soaps in the market are chemical soaps with lathering ingredients from the earth's oil, which if not treated with various additives can be harmful to skin health. Therefore we need knowledge about soap and its benefits.

One soap that is very safe if used as an ingredient for cleaning the skin is herbal bath soap. Herbal bath soap can be made by yourself with ingredients that are around us. Herbal soap is relatively safer compared to bathing soap circulating around where we live. The main ingredients of herbal bath soap are only coconut oil and lye, also known as fire soda. With the right mix, you will get a natural herbal bath soap that is safe for the skin. The PPM activity was held in the village of Magelang, Central Java, with 50 PKK participants. Activities carried out by counseling and immediately carried out the practice of making natural herbal bath soaps.

Evaluation results show that most PKK mothers are very enthusiastic in participating in counseling and practice making herbal soap. This is proven by the number of questions and requests to have herbal soap made.

Kata Kunci: *herbal soap, natural, skin health*