

TRAINING OF NATURAL BATH BATH MAKING TO MAINTENANCE COMMUNITY HEALTH

by Crys Fajar Partana, Sukisman Purtadi, Suwardi, and Agus salim

ABSTRACT

Bath Soap is a material that everyone will need. The marketable soap is generally a chemical soap with a penyabun ingredient from the earth oil , which if not treated with various additives can be harmful to skin health. Therefore it is necessary knowledge of soap and its benefits.

One of the soap that is very safe if used as a material to clean the skin is herbal bath soap. Herbal bath soap can be made yourself with the material that is around us. Herbal soap is relatively safer compared with the bath soap that circulates around our residence. The main ingredients of herbal bath soap are coconut oil and lye or known as caustic soda. With the right mixture, it will get a natural herbal bath soap that is safe for the skin. This PPM activity was conducted by the rural of Magelang, Central Java with participants of 33 PKK mothers. Activity is done by counseling and direct practice of making natural herbal bath soap. Evaluation results show that most of PKK mothers are very enthusiastic in following counseling and practice of making herbal soap. This is evidenced by the many questions and requests to have herbal soaps made.

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