

TRAINING ON MAKING TRADITIONAL MASKS AND SCRUBS MADE FROM ALOE VERA PLANTS IN CIOMAS - BOGOR

Ike Yulia Wiendarlina ^{a*)}, Cyntia Wulandari ^{a)}, Erni Rustiani ^{a)}, Trirakhma Sofihidayati ^{a)}

^{a)} Universitas Pakuan, Bogor, Indonesia

^{*)} Corresponding Author: yulia21760@gmail.com

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Abstract

Women's cosmetic needs today lead to a lifestyle back to nature because that many fake cosmetics were found in the market, that were harmful to health. The purpose of the training was the making of traditional masks and scrubs made from aloe vera plants in Ciomas Sub-district, Bogor to provide information about the dangers of fake cosmetics and to provide about cosmetics made from aloe vera. The participants of the event were attended by the members of the Bogor District PKK. The activity contains an explanation of the dangers of fake cosmetics and the use of aloe vera plants as raw material for masks and natural scrubs. The result of this activity showed that the Ciomas sub-district community can find out the dangers of fake cosmetics, knowing the use of aloe vera plants as raw material for masks and natural scrubs and more healthy to used..

Keywords: masks; scrubs; aloe vera plants; cosmetics.

I. INTRODUCTION

The need for women's cosmetics at this time is not accompanied by a supply of safe cosmetic ingredients, such as the findings of the Food and Drug Administration which stated that as many as 48 items of cosmic products on the market contain dangerous ingredients, namely mercury, hydroquinone and prohibited dyes [1]. A healthy lifestyle with the back to nature lifestyle choice is the right choice to respond to these findings. Nowadays people have used many plants as ingredients for medicines, food ingredients, dyes and cosmetic ingredients. The use of plants as a cosmetic ingredient has advantages, because they contain natural ingredients that are safe to use and have fewer side effects.

In general, the residents of Ciomas Bogor Subdistrict are housewives and are still cultivating garden plants that were not previously used for daily care cosmetics. Mothers and adolescents in Ciomas Bogor Subdistrict generally use chemical-based cosmetics that are sold in the market at low prices but with side effects that are risky to the quality of their health, especially their body care. The aloe vera plant that grows a lot in the yard has not been used optimally, most of which exist in the community as a yard plant and a basic ingredient for drinks or food. Information about the use of Aloe vera plants around them as cosmetic ingredients such as scrubs and masks is still very little, therefore education and information is needed by health workers, especially pharmacists,

regarding the use of aloe vera plants as cosmetics at affordable prices and not. cause side effects that are harmful to health. The provision of education and information is also expected to be a means of creativity for the people of Ciomas Bogor District in making cosmetics made from natural ingredients, namely from the aloe vera plant in the right, safe, nutritious and economical way.

Cosmetics are materials or preparations intended for use on the outside of the human body (epidermis, hair, nails, lips and external genital organs) or teeth and oral mucous membranes, especially to clean, scent, change appearance and or improve body odor or protect or maintaining the body in good condition [2]. Cosmetics preparations are products formulated from various active ingredients and chemicals that will react when applied to skin tissue. Hazardous ingredients are active ingredients that cause negative reactions and are harmful to skin health in particular and the body in general when applied, both in the long and short term [3]. Indonesia is a country with a high incidence of cosmetic side effects as evidenced by the always finding cases of cosmetic side effects in the practice of a dermatologist. The cosmetic side effects are quite severe due to the addition of additives to increase the whitening effect. The negative reactions caused by the hazardous ingredients contained in cosmetics range from mild to severe irritation, allergies, physical blockages in pores, local or systemic poisoning. This negative reaction not only

affects the skin tissue, but can have a wider impact, even affecting the tissue system and other important organs [3]

At this time, cosmetics that contain dangerous ingredients are circulating in the community, this is because there are still many people who want instant effects, especially for skin care, body care or to give a beautiful appearance at a cheap or affordable price. During 2014, it was found that 68 cosmetics contained hazardous ingredients, both imported and local products. These products have been withdrawn from circulation because they will endanger consumers [4] The results of the investigation by the Food and Drug Supervisory Agency (BPOM) still found that many cosmetic preparations did not meet the standards set by the Indonesian Ministry of Health. Based on the results of supervision by the POM during 2014, it was identified that 68 cosmetics contain hazardous materials, consisting of 32 cosmetics from abroad and 36 cosmetics in the country.

Based on the list of attachments Public Warning No. HM.03.03.1.43.12.14.7870 dated 19 December 2014 by the Food and Drug Supervisory Agency, there are several cosmetic preparations including lipstick, night cream, facial soap, eye shadow, blush, and powder. These cosmetics contain hazardous materials such as lead, mercury, red K3 dye, and other hazardous materials. Cosmetics that are included in a public warning contain dangerous ingredients, consisting of 37 cosmetics that are not notified and 31 have notification numbers that have been canceled [4] (BPOM RI, 2014).

Therefore, with the discovery of fake cosmetics that are widely circulating in the community and the potential for natural plants that can be used as cosmetic raw materials. There were extension activities and training in making traditional scrubs and masks made from aloe vera plants. With the implementation of this program, it is hoped that it can increase public knowledge about the use of the aloe vera plant as a cosmetic that is safe, nutritious and economical and without harmful side effects.

The aloe vera plant (Aloe vera) is native to Africa, which belongs to the Liliaceae group. The development of science and technology today, expanding the use of the properties of the aloe vera plant. The use of aloe vera plants is now not only limited to ornamental plants but also as medicine and raw materials in the cosmetics industry [5]. Aloe vera is effective against dry facial skin care for facial skin brightness, it is stated from the research of Hanzola [6] that it is stated that aloe vera plant masks used to treat dry facial skin have greater benefits for skin moisture than for lightening skin tone, however, although thus the level of skin brightness can still be increased with intensive care using this aloe vera plant mask.

A face mask is a cream paste (gel) that is applied to the face after cleansing. Masks often contain

minerals, vitamins, and protein. There are various types of masks for different purposes: deep cleansing by penetrating pores, healing acne scars or hyperpigmentation, lightening to lighten skin tone gradually. Face masks can be removed by rinsing the face with water or wiping the face with a damp cloth until clean [7]. Masks have various benefits for facial skin including skin that is routinely treated using facial masks will improve cleanliness, health and beauty, skin looks firmer, smoother and can maintain skin moisture, skin that regularly uses face masks will avoid symptoms of premature aging, the face will look brighter, fresher and healthier [3].

Our ancestors in ancient times actually had a mixture using natural ingredients to whiten the skin. To whiten skin safely and cheaply, you can use traditional methods of making body scrub to whiten your skin. This traditional scrub uses natural ingredients so it is very safe and produces natural results. Lulur or body scrub is known by Indonesian women as a process to cleanse and maintain skin beauty. The tradition of making scrubs by concocting natural ingredients such as spices, fruits and other ingredients has long been known from generation to generation and is now becoming better known, especially by foreign tourists who come to Indonesia. Lulur or body scrub aims to remove dead skin cells, dirt and open pores so that you can breathe and the skin becomes brighter and whiter. Nowadays there are so many types of scrubs circulating in the community with various properties starting from smoothing the skin, rejuvenating the skin to whitening the skin [8] Luluran is a term that has the meaning of smearing certain ingredients for the purpose of beauty on the skin of the body. The ingredients used as a regular scrub consist of fruits and spices. There are also body scrubs made from types of ingredients with high carbohydrates such as chocolate and rice. Here are some of the benefits that can be obtained from "scrubs" [9] namely Brightening body skin, tightening skin, eliminating skin diseases, eliminating body odor, skin tightening, eliminating skin diseases, eliminating body odor, calming nerves and thoughts.

II. METHODS

The place for implementing community service (PKM) program activities with the title training in making traditional masks and scrubs made from aloe vera plants in Ciomas District - Bogor Regency. Extension and health service activities were carried out on February 25, 2019 starting at 08.30 WIB in the hall of Ciomas District, Bogor Regency.

In this activity the team used the following methods:

- a. Make observations
- b. Choose a target.

- c. Conducting consultation on willingness to attend counseling
- d. Carrying out extension activities and health services using the Ciomas District hall, Bogor Regency.

The extension team provides counseling on dangerous chemical cosmetics on the market and its dangers and the use of the aloe vera plant as a raw material for cosmetics, followed by training on making scrubs and traditional masks made from aloe vera plants, with the implementation of this program it is hoped that it can increase public knowledge about the utilization. aloe vera plant as a cosmetic that is safe, nutritious and economical.

After completing a public health examination in Ciomas Bogor District, the Community Partnership Program team analyzed the data obtained, to be able to draw conclusions about the use of natural ingredients, especially the aloe vera plant as raw material for cosmetics in the general public in the area.

III. RESULTS AND DISCUSSION

Training on making traditional masks and scrubs made from aloe vera plants in Ciomas Bogor District is a series of activities that contain theory and practice about counseling the dangers of fake cosmetics on the market, providing information about the use of aloe vera plants as natural raw materials for making masks and scrubs and the practice of making scrubs. and masks made from aloe vera plants. The training for making traditional masks and scrubs made from aloe vera plants aims to make the community, especially women in Ciomas Subdistrict, Bogor Regency, get new knowledge and skills that have never been obtained, so that they can provide education about the use and negative effects of using fake and dangerous cosmetics, and can give the skills to make masks and scrubs with aloe vera plant raw materials. The training can also be an economically valuable skill for housewives, especially housewives in Ciomas District, Bogor Regency.

Nowadays the back to nature lifestyle has begun to develop among people in Indonesia, this also affects cosmetic products on the market. However, this is also accompanied by the increasing number of dangerous cosmetic products circulating in the community. This is evidenced by the discovery of 68 cosmetics containing hazardous ingredients, both imported and local products. These products have been withdrawn from circulation because they endanger consumers [4] (BPOM RI, 2014), therefore making masks and scrubs with natural raw materials with one's own skills will produce masks and scrubs that are safe and efficient for the community and can be an economic value activity.

Making masks and scrubs made from aloe vera plants can be more economical because the raw materials can be taken in the yard around the house and use other plants that are easily available as additional

materials for making these masks and scrubs. The equipment used in making masks and scrubs made of natural ingredients also uses simple equipment and fast manufacturing times, this makes it easier for participants to be able to produce masks and scrubs themselves at home. The training can also be a home industry activity which is a source of income for women, especially mothers in Ciomas District, Bogor Regency. This training is focused on making masks and scrubs with natural raw materials, namely the aloe vera plant, because aloe vera is a plant that is easy to cultivate around the yard and has properties that are nutritious for health and beauty. The content of vitamins (except vitamin D), minerals [10].

This Community Service (PKM) activity was opened by the Head of the PKM Section of the Ciomas District, Bogor Regency, Mr. Sugiharto Se.Ec., M.Dev. He conveyed that this PKM activity could provide information on enzymes, saponins and 20 other amino acids found in the aloe vera plant. Aloe vera plants also contain biologically active compounds, among others, anthraquinones, mannans acetets, polymannans, antioxidants and various lectins. Another benefit for the skin of the aloe vera plant is that it can stimulate the formation of epidermal tissue and help the cell regeneration process.

In the book by the Karya Tani Mandiri Team [11], it is mentioned about the content of the aloe vera plant, this plant contains vitamins C, E and lignin which are effective as moisturizers and skin lightening agents. Siregar (2001) states that aloe vera mucus contains a lignin substance which can withstand the loss of fluid from the skin surface so that the skin does not dry out quickly. The results of Gita's (2015) study state that, the effect of using aloe vera gel masks on dry facial skin care, on the skin moisture indicator shows the highest score in the fourth and fifth treatments with a value of 4.0 which falls into the very moist category range. Gita also analyzed the use of an aloe vera plant gel mask as a skin lightener and obtained a score of 3.0 in the bright category.

The community service activities carried out at the Ciomas Subdistrict office, Bogor Regency, West Java, went on smoothly and were attended by cadres of PKK women in the Ciomas District area. As the knowledge of the people of Ciomas sub-district, especially women in the field of cosmetics, as well as an economic business opportunity in utilizing natural ingredients around the environment to become a profitable business and increase the economic standard in the Ciomas District environment, In particular, cosmetics have never been done, whereas in terms of raw materials, masks and scrubs from the aloe vera plant come from raw materials that are easily found in the surrounding environment and easy to cultivate. This seminar and training were felt to be very important considering the large number of cosmetic users on the market, the large number of counterfeit

cosmetics circulating, and the abundance of aloe vera plants. This training can be a new ability to become an economical business. Sugiharto also hopes that the level of productivity in Ciomas District can increase along with the increasing capacity of the Ciomas District community, especially PKK mothers.



Figure 1. community service activities

The next opening was delivered by Dr. Riny Kusumawati, SP., Msi. as Head of Innovation and Technology Division of Bappedalitbang, Bogor Regency, he hopes that the training in this PKM activity can provide new knowledge and abilities for the people of Ciomas District, especially young women and PKK mothers. Increasing the ability to make masks and scrubs made from natural ingredients can simultaneously improve the economy of the people of Ciomas District.

The delivery of material was carried out in the multipurpose room Ciomas District, Bogor Regency, West Java. The target participants are the community, especially young women and housewives in Ciomas District, Bogor Regency. The implementation of this PKM activity consists of two sessions. The first session was the presentation of information on dangerous cosmetics and cosmetics with natural ingredients. Presentation of material was given by Cyntia Wulandari M. Farm and Dra. Ike Yulia M.Farm., Apt, as a representative of PKM members.

The process of making aloe vera-based masks and scrubs was also conveyed during the presentation of the material. The material also contains other natural ingredients that are easily found in the environment that can be used as masks and scrubs as a variant of masks and scrubs.

In between activities, the PKM team also gave health gym sessions with the participants. The DAGUSIBU gymnastics (Get Use Save and Discard) which were introduced to the participants were movements that described the activities of getting, using, storing and disposing of drugs properly. The DAGUSIBU gymnastics was pioneered by the Indonesian Pharmacists Association in order to disseminate information to the public regarding the purchase, use, storage and destruction of drugs properly. Gymnastics was carried out by all

participants led by Erni Rustiani. M.Farm., Apt as a member of the PKM activity team.

The training for making masks and scrubs made from natural ingredients uses the aloe vera plant. The aloe vera plant is an alternative raw material, because it is one of the plants that is easily cultivated in the yard, easy to care for, has many health and beauty properties and can be of economic value. The large number of imported beauty products made from aloe vera plants makes the aloe vera plant a plant that is being favored by women in Indonesia.

Imported products of aloe vera masks and plant scrubs still have a high selling price among the community, therefore this training is expected to be able to make the people of Ciomas District, especially young women and housewives, be able to produce masks and scrubs made from natural ingredients.



Figure 2. Enthusiasm of Participants in the training

Apart from being beneficial for your own health and beauty, it can also be a business activity that will increase the economic value of the people of Ciomas District. The training was led by Dra. Ike Yulia M.Farm., Apt as chairman and carried out by all PKM members and accompanied by discussions. The training began with an introduction to the raw materials and tools in making masks and scrubs made from natural ingredients. The tools and materials used in the manufacture of masks and scrubs made of natural ingredients are flat-bottomed glass bowls, aluminum spoons, coarse sieves, fine sieves, tomatoes, avocados, papaya, cucumber, coffee, chocolate and sugar.



Figure 3. Aloe vera plant processing

Participants in the training on making masks and scrubs made from aloe vera plants were also given education about the benefits that can be obtained from masks and scrubs made from aloe vera plants, as well as economic benefits. The delivery of this training material received a good response from the training participants, it can be seen that the enthusiasm of the participants in the discussion and in the ways of making mask and scrubs raw materials, participants who are generally women are interested in the concept of back to nature plus the possible value economical of the masks and scrubs. The economic benefits that can be obtained by the community, especially young women and PKK women, Ciomas District, Bogor Regency are the ability to make masks and scrubs and make the production of masks and scrubs into products that can improve the economy of Ciomas District, Bogor Regency. Product sales can be through social media or conventional sales

The training that has been carried out is expected to be able to provide information to the people of Ciomas Subdistrict, especially young women and local PKK mothers about the dangers of fake cosmetics and the manufacture of natural cosmetics such as masks and scrubs made from aloe vera plants. The training is also expected to be able to increase the participant's ability to be used as production activities whose raw materials come from around the place of residence, so as to improve the economy of the Ciomas District community.

PKM activities with the theme of seminars and training are expected to be able to provide opportunities for participants to get complete and comprehensive education. Afiatin [12] states that training is one way of developing human resources.

This development is carried out by a trainer by providing learning opportunities so that at present and in the future one's abilities can increase.

This PKM in Ciomas Subdistrict, Bogor Regency facilitates participants to take advantage of the aloe vera plant that grows a lot around the yard. Aloe vera plants are easy to live in tropical environments and often become waste because of their fast growth. The use of aloe vera plants and other plants in the manufacture of cosmetics also provides education to participants about the benefits obtained from natural cosmetics, it is hoped that more training will be held using the typical commodities of Ciomas District, so that regional superior products can improve the economy of the Ciomas District community.

IV. CONCLUSION

Based on the implementation of PKM by the Pakuan University team of the Faculty of Mathematics and Natural Sciences, the Pharmacy study program, namely training in making traditional masks and scrubs made from aloe vera plants in Ciomas District - Bogor, the conclusion is that PKM activities training for making masks and traditional scrubs made from aloe vera plants provide a lot knowledge and skills for the people of Ciomas Subdistrict, especially young women and PKK mothers, because previously there had never been any training in the field of medicine and cosmetics. PKM activities are carried out using the method of delivering material and training accompanied by discussions by participants and resource persons. This activity was carried out very conducive and with high enthusiasm by the participants. The result of the training was that the participants understood education on the dangers of fake cosmetics and the manufacture of cosmetics with natural raw materials, which in turn could become economically valuable products. The abilities given to participants will create new entrepreneurs in Ciomas District.

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