

ABDIMAS

Jurnal Pengabdian kepada Masyarakat
<https://journal.unnes.ac.id/nju/index.php/abdimas/>

Facial Massage Training to Improve Skills Facial Care for Mothers

Ade Novi Nurul Ihsani, Delta Apriyani, Anik Maghfiroh, Paramita Handayani,
Parsih Wulan Suryani, Mauliana Syafira

Universitas Negeri Semarang, Indonesia

Abstract

Beauty is synonymous with personal appearance and is a valuable asset for every woman. Facial care for every woman is an almost daily activity done. Daily facial care activities through facial massage aim to slow down process aging on skin face. Crena beauty a woman often identified with healthy, firm skin, free from skin disorders, and no visible aging on the skin face. However, with a busy routine and not accompanied by a good lifestyle, so beauty skin will disturbed Which cause beauty skin neglected. Based on observation beginning Which done on moms in the sub-district hang on subdistrict Gunungpati Semarang about knowledge maintenance skin face with massage face very need knowledge And Skills Because Not yet Once get training about matter the. Objective from devotion This is For give Facial massage knowledge and training to improve facial massage skills for mothers mothers in Ngijo sub-district, Gunungpati District, Semarang so that mothers will have facial massage skills that can be done independently in everyday life. The methods used in this service include 1). Methods of socialization / counseling / awareness, 2). Design method wake up and 3). Evaluation method.

Keywords: training, skin care face, massage face

INTRODUCTION

Beauty is asset Which important For every Woman, Which identified with the appearance of a woman. Beauty itself is experiencing significant development develops in line with developments in the fields of facial skin care and cosmetology. Every woman certainly has a dream to look perfect with a beautiful face bright and looks attractive to increase the level of personal self-confidence someone, many people want to beautify their appearance by going to the salon beauty. Knowledge about beauty can be obtained in many ways, just like non-formal education, namely through training. According to Dessler (2010:216) Providing training is an activity aimed at increasing knowledge, skills and adjustments to a person's attitude towards the tasks handled. Training will produce activities that can be repeated consistently and can motivate yourself and make further improvements through more advanced training. With training, it is hoped that someone can have new skills and knowledge. Like case Skills in nurse face. Maintenance skin face become points main For get appearance Which interesting. Maintenance skin face is actions or methods carried out by massaging, rubbing, and cleaning face to regenerate skin so skin can be clean, tight, and fresh.

Based on initial observations that have been made, it is the mothers in Ngijo Village really needs knowledge and skills in the field of beauty, because Not yet Once get training about matter the. Hope from party head Ngijo sub-district, Gunungpati District, Semarang City Regency, namely to invite Beauty Care Education Study Program to share useful facial massage training to increase knowledge and skills in maintaining healthy facial skin as well as increase flavor believe self. Team devotion public hope so accompaniment can Keep going walk And sustainable with nature problem solving, meaningful, finished, *comprehensive* and sustainable (*sustainable*).

METHOD

Facial massage training activities will be held on July 9 2023 in Ward Ngijo Subdistrict Gunungpati Regency City Semarang Java Middle. Activity devotion massage face This involve 1) Lecturer Education System Beauty UNNES as chairman executor; 2) Moms PKK Ward Ngijo; 3) Power Education as a service assistant; and 4) Students as activity assistants and processors data.

In carrying out community service this facial massage training uses method (1) providing theoretical knowledge material about massage which will be delivered with method lecture And discussion, (2) material practice massage face given with method demonstration, practice and learning practice, (3) monitoring and evaluation.

Table 1. Stage implementation activity

Stages	Objective	Material	Method
Theoretical material about massage face	Participants understand objectives and benefits from training Participant understand material and objectives from facial massage	Understanding massage face Objective And benefit do massage face Importance cleaning skin face Technique do massage face	Lecture discussion
Practice material about massage face	Practice do massage face	Technique or movement which is used when do massage face	Demonstration, exercise. Learning based project Observation and Interview
Monitoring and evaluation	Knowing the results activity training Know results activity	Planning and achievements activity	Observation and Interview

RESULTS AND DISCUSSION

Caring for skin is basically not complicated, does not require a long time, and can be done at an affordable cost. The most important thing in carrying out maintenance skin This that is discipline or consistency Which sustainable. Draft beauty develop in line with change style life, development in field cosmetology, and treatment. Facial skin care activities include facial massage, not only just massage and rub the facial area. But there are also various benefits if you do these activities consistently every day. Developments in industry Beauty has also experienced significant developments. This development can take the form of: offer service nor facility Which used For support activity maintenance face. Starting from the emergence of various kinds of *skincare products* according to needs each individual's skin problems to tools that help in carrying out treatment skin. In era revolution 4.0 And society 5.0 We can utilise technology with use social media networks to get information about how to do it carried out in carrying out facial care, both in terms of tools and materials as well as cosmetics Which used.

ACTIVITY INTRODUCTION

Activity training This started with meeting in Wrong One House inhabitant in Ngijo Village, Gunungpati District, Semarang City Regency and was attended by women pkk in the sub-district. This activity was led by the Head of the Ngijo Village Community Association Subdistrict Gunungpati Semarang. Discussion This started with discuss issue problem in the neighborhood around residents' homes. There are various problematic issues in the surrounding environment such as dirty gutters, scattered rubbish, and the growth of wild grass spread. A dirty environment certainly makes residents feel uncomfortable. Not again will become a nest for disease such as a place for mosquito larvae to develop. So from That, chairman get along well inhabitant Ward Ngijo give proposal For para its citizens so that carry out mutual work together each the week. Mutual work together Which will held each This week requires all residents to contribute, one of which is by clean environment his house each. Besides That, Also proposed will holding weekly fees for environmental cleanliness needs. PKK mothers Those present at the discussion forum agreed to the proposal submitted by the chairman get along well inhabitant

Ward Ngijo.

The agreement taken was every Sunday in the Ngijo sub-district, District Gunungpati, Semarang City Regency, community service activities will be held. This community service that is covers cleaning drain page House each, clean place waste rubbish on each each House, as well as clean grass Which grow spread across the yard of each house. This activity is mandatory for all residents in Ngijo Village, Gunungpati District, Semarang City Regency. Apart from that, it was agreed There are also citizen fees which are held every week in the amount of IDR 100,000.00 per card family. From this activity, it is hoped that it will produce a pleasant living environment clean and beautiful as well escape from the nest disease.

ACTIVITY IMPLEMENTATION

Facial massage training activities carried out in Ngijo Village Gunungpati District, Semarang City Regency, was attended by 25 pkk women. This facial massage training activity began with an opening by the Tata Education Lecturer UNNES Beauty as Head of Service. Starting with a presentation of method material facial skin care that includes exfoliating the skin and removing dirt as well as dead skin cells. That way, the face becomes fresher, smoother and brighter. Objective do massage face This that is aim For clean skin in a way deep by removing blackheads and dead skin cells. Able to improve skin problems and provide immediate and long-term results. Benefits of doing massage own face namely 1) accelerate skin cell regeneration, 2) clean dirt on face, 3) remove dead skin cells, 4) remove eye bags, 5) tighten kuit, 6) reduce sign aging early, 7) expedite circulation blood, And 8) reduce pigmentation.



Figure 1. Documentation of activity implementation

In this facial massage training, several tools and cosmetic ingredients were also explained what is needed to do a facial massage. During the implementation, leaflets were distributed paper containing the sequence of steps in carrying out facial massage. This is done to make it easier for mothers to understand. After that, facial massage training is carried out Each participant does this on their own face by following the appropriate movement guide with order step Which has practiced by student. Started from activity clean skin face, until activity core that is massage, rub, until clean face.

ACTIVITY EVALUATION

At the end of the facial massage training activities, evaluation activities were carried out. Evaluate this contains knowledge about facial care and facial massage. Starting with cosmetics which is used to carry out facial treatments, to the order of facial massage correct. Not just massaging and rubbing, but there is a sequence of steps steps in doing facial massage. Results from the activities of implementing massage service face This is in activity evaluation, displayed as a form training.

CONCLUSION

In facial massage training activities carried out in Ngijo Village, District Gunungpati Regency City Semarang that is inhabitant get knowledge as well as skills on how to care for facial skin by doing facial massage. Massage This facial can be done every day. Equipment and cosmetic ingredients are also needed Enough easy, so that inhabitant No will distress For do it. With By doing skin care through facial massage regularly, you will get various benefits type benefits like speed up circulation blood and so on etc.

REFERENCES

- Body Empowerment Woman And Public DIY. 2013. Guide Socialization Empowerment Woman, Protection Woman, Protection Child, Family Planned, And Empowerment Public. Yogyakarta
- Deslear, Gerry. 2010. Human Resource Management . Jakarta; PT. Index
- Kusantati, Herni. 2008. Beauty Management volume 1 . Jakarta; Department of National Education
- Kusantati, Herni. 2008. Beauty Management volume 2 . Jakarta; Department of National Education
- Wahjudi. 2015. Skin care and beauty . Beauty International. PT. Pacific
- Juliani, Erly. 2021. Accompaniment Maintenance Beauty Moms House Ladder In Village Terjan Kragan Rembang. Journal of Community Engagement. No.01.10-17.
- Ridwan, Aceng, Rina. (2012). Nurse Skin And Face. Jakarta: Gramedia.
- Sha'diyah, Halimatus. Maspiyah. (2017). Training Skills Hyperpigmentation Facial Skin Treatment In Pkk Mothers In Village Half Sari Dukun District Gresik. No.01. 9-16.