

DEVELOPING HERBAL TOURISM INNOVATION AS A RELAXION PRODUCT AT TOURIST DESTINATIONS

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Abstract

The International Labor Organization (ILO) reports that 2 million people die in the workplace, one of the causes being overexertion. Herbal saunas are decoctions of plants with medicinal properties, including anti-fatigue. Warm steam applied to the skin helps dilate blood vessels, improving circulation. The purpose of this activity was to provide knowledge about various medicinal plants that can be make aromaterapy of candle and used as herbal saunas and to provide community members with skills in making herbal saunas. The PKM method involved participation through outreach and mentoring women in preparing herbal saunas. The activity took place on January 4, 2026, in Nusa Village, with 16 person of LPN The activity began with a pre-test and then a herbal sauna booklet. The results of this activity were an increase in the knowledge and skills of the LPN people, demonstrated by the resulting product, a dried herbal sauna packaged in a standing pouch. Participants were very enthusiastic about the training. The activity concluded with the use of herbal saunas, which were boiled in a steamer and the steam flowed into a portable sauna tent. Participants took turns using the sauna, which had been filled with the herbal sauna decoction.

Keywords: aromaterapy candle, herbal sauna, socialization, mentoring

INTRODUCTION

Relaxation for workers is a technique or series of activities aimed at reducing the physical and mental tension experienced by workers due to work stress, so that a calmer, more comfortable body and mind are achieved, and health and productivity are improved. The goal is to relax muscles, calm the mind, lower blood pressure, and help workers cope with everyday stress (Candra, Fahrimal, et al., 2024; Santi, 2019; Santi & Candra, 2022, 2025).

Relaxation is crucial and essential for workers because it helps reduce stress, prevent fatigue, and improve focus, productivity, creativity, and overall well-being. Relaxation is essential for workers in Nusa tourism destinations, who often experience physical and mental exhaustion due to their busy workload. Therefore, they need relaxation to prevent burnout, maintain mental and physical health, increase productivity, maintain emotional balance, and enhance work effectiveness, contributing to tourist satisfaction (Candra et al., 2022; Santi et al., 2025; Santi & Candra, 2022).

According to the International Labor Organization (ILO), approximately two million individuals die from work-related causes, including stress, lack of focus, and fatigue. The tourism industry is a sector with a high risk of workplace accidents. The Nusa Tourism Institute (LPN) is a community organization that contributes to the tourism sector. Nusa tourism workers who are members of the LPN experience fatigue during tourism activities. Therefore, it is crucial to develop relaxation products that will have a positive impact, especially for LPN members and the Gampong Nusa community. Several studies have concluded that relaxation has a significant positive effect on reducing stress among workers, improving performance in various aspects of life, such as work and social interactions. The use of relaxation products is expected to improve worker performance in providing the best service when welcoming local and foreign tourists who are interested in enjoying the natural beauty and local wisdom-based activity packages (Candra, Santi, et al., 2024; Candra & Santi, 2023; International Labor Organization, 2020;

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Kemenparekraf, 2024). The various activities of LPN workers that cause fatigue include maintaining the cleanliness of the homestay area, preparing traditional culinary delights for tourists, and preparing tour packages, such as inviting tourists to plant rice in the rice paddies. This activity requires patience and physical strength because the rice paddies are muddy. LPN workers demonstrate rice planting techniques to groups of tourists one by one and accompany them as they try to plant rice in the fields. If tourists visit during the rice harvesting season, the tour package offered is a keumeukoh (rice cutting) tour, where tourists are invited to cut rice in the rice paddies. Furthermore, the drop eungkot package is also an option. The Nusa tourist area has a small lake rich in fish and shellfish, so LPN workers can take tourists fishing in the lake and catching fish from a wooden bridge. The Nusa tourist village is also known for its various waste-based handicrafts, which are a popular choice for tourists, making bags, hats, and other items from waste. LPN workers also introduce how the Nusa community has sorted waste to create valuable souvenirs (Santi, 2022; Serambinews.com, 2021).

LPN workers also introduce traditional foods, such as emping (crackers made from crackers). Tourists are invited to pick the best melinjo fruit that meets the criteria for making emping (chips) and are then taught the process of pounding the chips until they are fried and ready to eat. Traditional foods included in the cooking class package at Gampong Nusa include oen temurui chips, kuah on muroeng, tumpoe, keukarah Aceh, and adee boh limeng (tamarind sunti). Nusa tourism workers explain the recipes and cooking methods to tourists, followed by mentoring. Tourists have the opportunity to try cooking and enjoy the results. Furthermore, tourism activities offered include festivals that include carnivals, traditional games, traditional dances, and other activities such as camping and hiking. Herbal tourism innovations in the form of relaxation products are highly needed by Nusa tourism workers and tourists (Candra, Fahrimal, et al., 2024; Candra & Santi, 2017; Disbudpar Aceh, 2021; Nelly et al., 2024; Santi & Candra, 2023, 2024). The potential of medicinal plants needs to be given a touch of science and technology related to the development of herbal tourism innovations as relaxation products in an effort to improve the skills of LPN groups and increase the types of relaxation products. Herbal tourism innovations developed include herbal saunas and aromatherapy candles .

METHOD

PKM activities have started from November 1, 2025 to January 5, 2025. The implementation team visited Gampong Nusa 5 times (area survey and partner condition survey 1 time, letter submission and audience 1 time, preparation for PKM activities (schedule, place and administration) 1 time, socialization and training activities 1 time, and processing letters after 1 time). The preparations made by the team include preparing power points, booklets, printing banners, and preparing the tools and materials needed for PKM activities in Gampong Nusa. The Community Service Program (PKM) activity in Gampong Nusa was held on January 4, 2026. The team conducted outreach through a workshop on herbal tourism, its benefits, and nutritional content. This workshop covered the stages of preparing herbal tourism drugs and making aromatherapy candles. Before the workshop, 16 participants from the Nusa Tourism Institute (LPN) completed a pre-test and then completed a post-test to assess their knowledge. The team also distributed booklets as guidelines for making herbal tourism products and aromatherapy candles.

The community service team then invited resource persons to provide material to the LPN administrators, covering techniques for selecting fresh herbs, wet sorting, washing, chopping, drying, dry sorting, storage, product manufacturing, and packaging. After the workshop, the team provided training on making herbal tourism products and aromatherapy candles within their groups, with the community service team assisting. The top three groups were selected, and all were enthusiastic about participating in the PKM activities. The community service team presented herbal tourism products, aromatherapy candles, and used cooking oil jerry cans. In the PKM activity, participants enjoyed herbal tourism which was heated in a steamer and flowed into a sauna.

RESULTS AND DISCUSSION

The preparation carried out by the community service team included the preparation of tools and materials for making aromatherapy candles (pots, stirring spoons, glass containers, glass cups, graters, digital scales, sample bags, electric stoves, used cooking oil, stearic acid, candle wicks, used crayons, coffee grounds) and sauna ingredients, including bay leaves, moringa leaves, red betel leaves, pandan leaves, lemongrass, cloves, and ginger, as well as tools for harvesting, washing, cutting, and drying samples. Furthermore, for the herbal sauna application, the team provided a sauna, which was directly used by Nusa tourism workers (Figure 1). Before the activity began, the team distributed pre-tests to determine the initial abilities of the PKM participants. Next, they presented material on good sample preparation techniques for producing aromatherapy candles with a relaxing effect and high-quality

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herbal saunas that are effective in overcoming work fatigue. The activity continued with the distribution of booklets, and the team explained the workflow of the outreach process and provided examples of each process that must be carried out as part of the aromatherapy candle and herbal sauna training. The team divided the participants into three groups and accompanied and prepared the necessary tools and materials. Each group is given the opportunity to innovate regarding the color combination of the candles they will make and the sauna herbs they will use.



Figure 1. The team provides tools and materials for each empowerment group.

In this activity, the team presented a speaker who explained the preparation of leaf samples for herbal saunas, the benefits of each plant, and the techniques required to obtain a good product. Furthermore, the speaker also explained that used cooking oil waste generated from household activities can be processed into various useful products, one of which is aromatherapy candles. The empowerment activity continued with counseling from the community service team and the distribution of booklets. Through this counseling, they were explained the stages of making aromatherapy candles and herbal saunas. Before the activity began, 16 LPN participants completed a pre-test sheet and after the counseling, they completed a post-test sheet to determine their level of knowledge. The community service team measured the participants' knowledge, and the results are presented in Table 1.

Table 1. N Gain score of partisipants' knowledge

Mean Pre Test	Mean Post Test	N Gain Score	Category
70	99	0.96	High

Table 1 shows that the Gain value (29), namely the mean posttest (99), has increased compared to the mean pretest (70), which means that the counseling, training, and mentoring carried out by the community service team have provided a significant increase in knowledge/cognitive. Furthermore, the calculated results of the maximum Gain obtained a value of 30 so that the results of the N-Gain score analysis were 0.96 which is in the high category. This means that the understanding of the empowerment participants is very good. Next, the community service team provided product stickers that were attached by each group to the aromatherapy candles and herbal saunas they made (Figure 2).



Figure 2. a. Aromatherapy candle products, b. Participants prepare herbal sauna for relaxation

The candles produced in Figure 2 each have their own unique beauty, demonstrating the innovations each group has demonstrated. Furthermore, the aromatherapy used is diverse, including coffee aroma from coffee grounds,

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orange peel aromatherapy, and lemongrass aromatherapy. Participants were also very enthusiastic in preparing the herbal sauna according to the dosages provided by the community service team. The aromatherapy candles and herbal sauna are herbal tourism relaxation products that will be used by LPN workers to overcome work fatigue in the tourism sector. The team awarded prizes to the groups with the best herbal tourism innovations, ranked 1, 2, and 3. Participants also directly utilized the herbal sauna using a portable sauna connected to a steamer filled with water and prepared herbs (Figure 3).



Figure 3. Empowerment participants utilize herbal sauna

The community service team also provided a jerry can to be used as a bank of used cooking oil, which will later be used as raw material for making aromatherapy candles (Figure 4). This demonstrates the support of the community service team to encourage tourism workers in Gampong Nusa to produce aromatherapy candles and herbal saunas as an effort to improve public health and increase family and village income.



Figure 4. Handover of jerry cans for used cooking oil bank

CLOSING

Conclusion

The herbal tourism empowerment program, which included aromatherapy candles and herbal saunas, was successfully implemented in Gampong Wisata Nusa. The initiative resulted in the creation of innovative, beautiful candles with various aromatherapy treatments and herbal saunas that can be used with portable saunas. The activity increased participants' knowledge and understanding, with an N-Gain score of 0.96 (high category).

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