

Aromatherapy Candle Making Training from Coffee Mixture in Kutorembet Village, Lebakbarang District, Pekalongan Regency

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Abstract.

Training on Making Aromatherapy Candles from Coffee Mixtures. This article discusses the process of making innovative aromatherapy candles using coffee as the main ingredient. By utilizing coffee as a source of warm, refreshing aroma, this candle making technique combines natural and additional ingredients to create a product that not only provides a pleasant fragrance, but also relaxing benefits. This article discusses the detailed steps, ingredient composition, and benefits of coffee-based aromatherapy candles increasing a calm and comfortable atmosphere at home.

Keywords: Candles, Aromatherapy, Coffe, Relaxation, Alternative Lighting

I. INTRODUCTION

Throughout the archipelago, Indonesia has abundant natural resources. Human resource management is carried out after the abundance of Natural Resources (SDA). In Indonesia, SDA is widely spread from lowlands to highlands, lowlands have plants that grow there and marine products, and highlands have more natural resources, including tea, vegetables, fruits, and food crops made from grains. Soil nutrients, decreasing temperatures and the amount

of rainfall, and increasing soil fertility all affect soil fertility (Linus Melsasail, 2016).

Kutorembet Village, which has an altitude of 800-900 meters above sea level, has many Natural Resources (SDA) that can be utilized such as Vanilla, Cardamom, Cloves, Pine and Coffee plants, the majority of Kutorembet residents have ownership rights to the garden and its contents. As previously done, namely a survey related to cattle and coffee owners door to door to find out the valid number and later from UIN KH Students. Abdurrahman Wahid and Field Supervisors can map the needs and be appointed as a work program. In the survey, each head of the family has a coffee plant with an area of hectares unknown units, with this when the harvest season arrives the amount of coffee produced in Kutorembet Village is very abundant. A grinding machine is available there to support natural potential such as coffee, the coffee that is harvested, dried, then ground to the mill to separate the coffee beans from the skin so that it produces whole coffee beans.

Coffee beans are sold per kilogram in Karanganyar, Pekalongan with prices per season that are not fixed per season. Coffee powder is also produced in Kutorembet Village in addition to whole coffee beans, with a roasting process, and finer grinding. The fine coffee powder is 3 out of 10 Kutorembet residents and usually young people make neat packaging labeled with brands and halal certification such as Lambasari coffee and there is also coffee packaging that has entered cafes such as Rembet coffee, a specialty of Kutorembet Lebakbarang Pekalongan. With sales in the form of coffee beans and powder, students and Field Supervisors of UIN KH. Abdurrahman Wahid Pekalongan make product innovations from basic coffee ingredients.

An innovative coffee-based product is Aromatherapy Candles that use coffee as the main ingredient because of its distinctive and calming aroma. Aromatherapy candles themselves have many health benefits. In addition to being calming, they can also be used to create a comfortable environment, reduce stress levels, increase energy levels, improve sleep quality, and relieve mental fatigue.

The shape of the aromatherapy candle will be in the form of a candle in general, only the color produced is not white but the color of coffee, namely black with a working process by evaporating the melted smoke from burning the candle. Seeing the many coffee results in Kutorembet village, it is an opportunity for the presence of aromatherapy candles which commercially have a relatively high price.

In addition to increasing the selling value of coffee, this innovation is also expected to increase creativity and new business opportunities for the Kutorembet community. With this background, we together with the PKK mothers held a training on making Aromatherapy Candles using coffee powder as the basic ingredient.

II. METHOD

This training was conducted by around 21 PKK mothers and 7 Kutorembet Village officials. Before this training was conducted, preparations were made in the form of a trial of making aromatherapy candles and preparing the tools and materials (candles and ground coffee/essential oil) that would be used. The Community Service activity began with the delivery of materials related to coffee, the benefits of coffee and so on, to direct practice of making aromatherapy candles. The tools and materials in making aromatherapy candles include the following:

1. Small Shot Glass
2. Plot Melter
3. Stove
4. Match
5. Cotton Candle
6. Wod Centering
7. Soy Wax
8. Fragrance Oil/Essential Oil
9. Coffee powder

The following are the steps and methods for making aromatherapy candles:

1. Pour the soy wax into the wax melter
2. Boil water in a pan with half the capacity of the pan
3. Melt the soy wax in a pan over boiling water while stirring continuously until it melts completely (take enough as needed)
4. Remove the soy wax when it has completely melted (at 85°C)
5. Let it sit for a moment, then mix in the coffee grounds (at a temperature of 65°C)
6. Drop 10-12 drops of essential oil (depending on how many grams of soy wax are used) 10-12% X grams of soy wax
7. Then, stir the soy wax slowly until evenly mixed with the coffee grounds and essential oils
8. Next, pour it into a candle jar that has been given a wooden wick and let the wax sit until it hardens completely (at least 24 hours)
9. The candle is ready to use.

III. RESEARCH FINDINGS

Aromatherapy candle making training is one of the work programs of Student Service and DPL UIN K.H. Abdurrahman Wahid. This training is specifically aimed at PKK mothers in Kutorembet Village. One of the driving factors for holding this training is to invite PKK mothers to get to know other realizations of coffee powder. Coffee is one of several potentials that are natural resources of Kutorembet Village. Generally, coffee beans that have been processed into powdered flakes are only served as a drink. The coffee powder produced from this village already has a brand and halal certification. Rembet coffee and lambasari coffee, two typical coffee products of Kutorembet Village. Before the training was carried out, a trial of candle making had been carried out first to find out how successful the candle was when made with new innovations.



Figure 3.1 Aromatherapy candle making trial

The results of the trials that have been carried out have produced good results. This is certainly inseparable from the step by step results of research into making aromatherapy candles that are often used by the makers. Aromatherapy candles are aromatherapy candles are a type of aromatherapy that is inhaled, namely inhaling the aroma vapor produced from a few drops of essential oil in a container filled with hot water, one application of aromatherapy using candle media. Aromatherapy candles will produce an aroma that provides a therapeutic effect when burned. The aroma of candles is produced from essential oils which are classified as a type of aroma that can provide a calming and relaxing therapeutic effect.

Wednesday, October 25, 2023 candle making training was held at the Kutorem village hall which was attended by the PKK group. The training required several tools and basic materials for making candles, namely:

Table 3.1 Tools and materials

Tools	Materials
Thermometer	Soy Wax
Melting Pot	Fragrance Oil
Shot	Coffee powder

Axis Support Sting	
Axis	
Stove	
Match	

Here are the steps for making aromatherapy candles:

1. Melt the soywax in a pan (take enough as needed)
2. Remove the soywax when it has completely melted (at a temperature of 85°C)
3. Let it sit for a moment, then mix in the fragrance oil (at a temperature of 65°C)
4. Drop 10-12 drops of fragrance oil (depending on how many grams of wax are used) 10-12% x grams of wax
5. Then, stir the soy wax slowly until it is evenly mixed with the essential oil
6. Then, leave the wax until it hardens completely (minimum 24 hours – 7 days)

From the results of the training, the PKK group looked very enthusiastic when making candles together. It turned out that the name aromatherapy candles was still quite foreign to their ears, the coffee powder they knew so far could only be served as a drink. Making this candle is actually quite easy, especially since the composition needed can be found in online stores such as Shopee. It is hoped that with this aromatherapy candle making training, it can be a medium for the PKK groups of Kutorembet Village in disseminating information related to making aromatherapy candles to other members. In addition, it also becomes a reference or guideline for participants in making aromatherapy candles independently.



Figure 3.2 Candle making training in progress



Figure 3.3 Representatives of PKK mothers witnessed the step by step process of making candles



Figure 3.4 Introducing tools and materials for making aromatherapy candles

IV. DISCUSSION

The village of Kutorembet has a robust agricultural foundation in addition to a rich cultural legacy. The community has financial difficulties despite its promise, including few options for residents to earn a living. Making aromatherapy candles with locally sourced materials like coffee offers a special chance to support regional handicrafts and diversify revenue streams.

Possible Advantages

1. **Income Generation:** Local artists can open up new revenue sources by receiving training in the production of aromatherapy candles. Producers can provide a distinctive product that stands out in the market by incorporating coffee, a highly sought-after and readily accessible local staple, into the candles.
2. **Development of Skills:** The training course can provide useful knowledge in the areas of product creation, business management, and crafting. These abilities can help participants become more employable and encourage entrepreneurship in the local area.
3. **Use of Local Resources:** By giving local coffee farmers a market for their goods, the use of coffee mixes not only gives the candles a distinctive

selling point but also helps the community. Both sustainable agriculture methods and the local economy can benefit from this combination.

4. **Market Expansion:** Niche markets that prioritize artisanal and environmentally responsible goods may be interested in aromatherapy candles manufactured from coffee blends. Local producers' financial stability may improve and sales prospects may rise as a result of this broader market reach.
5. **Cultural Promotion:** The training can aid in the preservation and promotion of the area's cultural history by utilizing traditional and locally sourced materials. This feature may also be appealing to customers looking for genuine goods with a local flair.

Considerations for Implementation

- **Training Program:** Create a thorough training program that covers the business acumen required for a successful market launch as well as the craft of producing candles. Make sure everyone in the community who is interested can participate in the training, even if they haven't had much experience before.
- **Resource Accessibility:** Assist in gaining access to the tools and materials that are required. Assist participants with the tools they require to launch and maintain their candle-making endeavors by forming partnerships with nearby vendors and companies.
- **Support for Marketing and Sales:** Provide advice on sales, marketing, and branding tactics. Participants can reach a larger audience and experience financial success with assistance in developing a web presence or taking part in local markets.
- **Environmental Considerations:** Encourage eco-friendly methods in the candle-making process to address environmental sustainability. This could entail limiting waste and utilizing biodegradable materials in line with worldwide trends toward sustainability.

V. CONCLUSION

Aromatherapy candles made from a coffee mixture are an interesting alternative to create a warm and calming atmosphere at home. By utilizing the refreshing aroma of coffee, the manufacturing process can also be a unique relaxing experience for users. With the right guidance, as well as easy processing and relatively easy-to-reach tools and materials, anyone can create attractive aromatherapy candles using easily available materials.

The Community Service work program in Kutorembet Village, Lebakbarang District, Pekalongan Regency, which processes village potential in terms of using coffee as an ingredient in aromatherapy candles, has succeeded in presenting two benefits at once: empowering local potential in terms of coffee processing and creating value-added products such as unique and useful aromatherapy candles. This initiative not only improves community welfare through the utilization of local resources, but also creates new economic opportunities for the village through innovative products that can be marketed widely.

This innovation and initiative was born because of the many potentials of the Kutorembet villagers, the majority of whom have coffee plantations, and make it an alternative for the main ingredient mixture in making aromatherapy candles from coffee. Kutorembet Village also sometimes experiences power outages or power outages during the rainy season due to the many fallen trees or broken power cables and the risk of landslides, therefore a lighting medium to replace lamps, namely candles, is very urgent as a solution that can be developed and combined with the existing village potential.

VI. RECOMMENDATIONS

Provide a number of thorough training courses with an emphasis on quality assurance, business management, and advanced brickmaking techniques. Expanded availability of cutting-edge production methods and premium raw materials. Create and put into action plans to investigate new sales prospects and increase market access. Improve financial assistance programs and offer money management education. Adopt and encourage

sustainable production methods to lessen the impact on the environment and improve long-term viability. Involve the neighborhood in the creation and execution of initiatives for the red brick sector. Promote laws and infrastructural upgrades that will help the red brick sector and deal with underlying issues.

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