

ABSTRACT

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*Title : Tourist Destination for Self-Healing Approach to
Pangalengan*

Mental health is hot news and is widely advertised in Indonesia. Invitations to self-healing are mushrooming in the world as well as in Indonesia. Self-healing is a healing that does not use drugs, but with healing by releasing pent-up feelings and emotions. The discussion of the self-healing method taken is by visiting places that can make you relax and can release all emotions. The selection of the West Java especially Pangalengan area is because it is a place of rest for relaxation, where the place is still beautiful and also cool, different from cities like Jakarta. Self-healing to restart the mind by pampering the eyes and a calm atmosphere that will add to the peace of mind. In conclusion, self-healing is to restart ourselves to become a stronger person.

Keyword: Mental Health, Self-Healing, Pangalengan