

**Psycho Aroma Remedies From  
Exotic Cultures  
Unit 5 E Worwood**



## The Worwood Personality System (5E)



### Transformations:

- 1) Learn highlights of a “made for aromatherapy,” personality system.
- 2) Find out which of the 9 aroma-genera types you are.
- 3) Learn to treat yourself in this system using only oils from your aroma genera type: i.e. Fruities use the fruit essential oils to heal, while Woodies use the woods.
- 4) Do some healing by creating a diffuser and bath blend adhering to this system.

## Further Questions:



After learning about Valerie Worwood's, Aromatic Genera Profiling, what type do you suspect you are?

Why?

Can you classify any other significant people in your family?

What makes you think of them as a certain profile?

Do you think this system is at all interesting, or relevant for your work?

Please discuss this system and your type, in your private Facebook group.

## Exercises:



1. Create a diffuser blend using the essential oils she recommends for your type. I.e. if you are a seedie use only the seed essential oils to make the blend.

**Recipe you create:**

2. Create a bath blend using the essential oils from your aroma genera type.

**Recipe you create:**

What do you think of these blends?

How do you feel after using them?

