



LAYLA MARTIN AND MOOD™ PRESENTS

# 3 EASY TECHNIQUES TO ENHANCE YOUR PLEASURE

Elevate your desire in 5 minutes or less

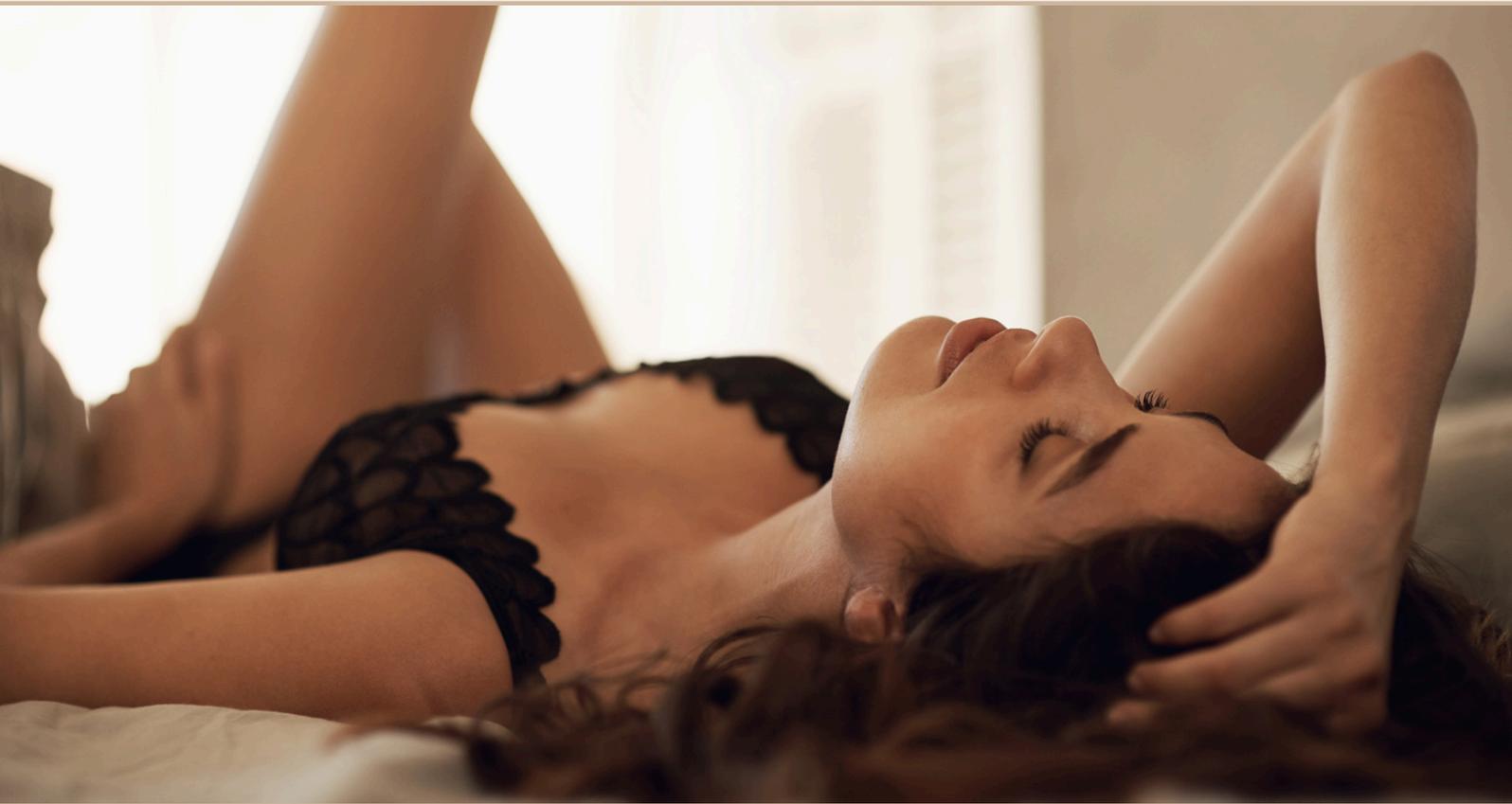


**Layla Martin**  
Founder, MOOD™ Sexy  
Supplements and VITA™ Method

Hi! Do you want to feel sexier  
and have more intimate,  
**pleasurable sex?**

I've been the Queen of "teaching exquisite sex" on  
the internet for over a decade, and even with a  
wonderful partnership and all of the tools and tips  
in the world...*I still want that, too.*





How is it that I've worked with over 100,000 people to have better orgasms and more amazing sex and I *still* want what **you** want?

Well, I care a lot about health and wellness. And I still want to be healthier and exercise and move my body even more.

I care so much about my family and friends. And I still want to love them and spend even more quality time with them.

When it comes to the most meaningful, most valuable experiences in our lives, we will always want them and want them more and easier.

Sex and pleasure are no different.

And if you're anything like me,  
even though sex and intimacy  
mean so much...

You often find yourself feeling:

- Too tired
- Too overwhelmed
- Too stressed

And...very, very short on  
precious time to even have a  
quickie, let alone a long, drawn-  
out epic love-making session.

That's where these quick pleasure tools come in.

They'll boost your energy, your pleasure and your sexual desire in  
less than 5 minutes.

They work because they work with your neural networks of desire  
and with your neurohormonal chemistry to turn you on.





# THE GUIDE AT A GLANCE

HERE'S A LITTLE BIT OF EXACTLY WHAT  
TO EXPECT IN THIS GUIDE

1. TOOL #1: BREAST MASSAGE
2. TOOL #2: SENSUAL BREATHWORK
3. TOOL #3: SLOW SELF-PLEASURE
4. REVIEWS
5. WHY MOOD?
6. ABOUT LAYLA MARTIN





# TOOL 01

## BREAST MASSAGE

### Why?

Breast massage activates oxytocin, which makes touch and connection feel good. If you have long, stressful days, the cortisol pumping through your system can make intimate connection or touch actually feel bad.

A short 5 minute breast massage can connect you to your heart and open you up to the pleasure of touch once again.

# How?

## **Step 1:**

Get a body-friendly massage oil (aka unscented and easy to find - like coconut oil from your kitchen!)

## **Step 2:**

Pick a sexy song you like {here are our favorites!}

## **Step 3:**

Start the song.

## **Step 4:**

Oil up your palms (bonus points if you warm the oil first!)





### Step 5:

Massage in wide circles with your palms and firm pressure down on the outside and up on the inside. As you do this, take two short inhales through your nose and then a long exhale out of your mouth. This will relax your whole body, shift you from your head into your heart and slow everything down so you can enter a sensual state.

### Recommended:

Add **MOOD SEX MAGIC™** and sip before and after the massage.





# TOOL 02

## SENSUAL BREATHWORK

### Why?

Breathwork has been shown to switch us out of the controlling, managing parts of our brain and into our body. Slow, deep breathwork also activates your parasympathetic nervous system to support you to relax and experience sexual desire.

# How?

## **Step 1:**

Have a comfortable place to lie down and pick a sexy song you like {here are our favorites!}

## **Step 2:**

Start the song.

## **Step 3:**

Close your eyes and inhale slowly through your nose. As you do this, feel that you can inhale all the way down into your pelvic floor.





Feel each part of your body as you inhale all the way down. No matter what the sensation is, allow it on the inhale.

As you exhale through your mouth, soften your whole body open and feel your heart.

**Recommended:**

Add **MOOD SEX MAGIC™** and sip before and after the breathwork.





# TOOL 03

## SLOW SELF- PLEASURE

### Why?

Most women have what is called “responsive desire.” This means that you don’t spontaneously want sex, you need to experience something sexy in order to feel turn-on and desire.

However, if you feel too much pressure or expectation or things move too quickly, this will also shut down your desire. It’s not that you don’t feel desire, it’s that you don’t have enough slow, sensual, sexy invitations to allow your body to slowly open into her desire.

# How?

## **Step 1:**

Get that body-friendly oil or lube out.

## **Step 2:**

Have a comfortable place to lie down and pick a sexy song you like {here are our favorites!}

## **Step 3:**

Start the song.

## **Step 4:**

Warm the oil or lube on your hands and begin to slowly stroke your clitoris. Stroke slower and with more awareness than usual. Try not to go straight into a fantasy, but instead really feel the sensations in your body.

Deepen your breath. You are welcome to fantasize, but give yourself a minute or two to just connect with your body first. Slowly tease and stroke yourself.





Make this about feeling whatever it is that you feel. Don't push yourself towards a climax, but feel whatever is within you. Make this a judgment and pressure-free zone to just be with yourself and your sensations. You'd be surprised what even 5-minutes of self-pleasure can do for your mood.

**Recommended:**

**MOOD SEX MAGIC™** Make yourself a drink and sip it before you self-pleasure to enhance this experience.





## I'M ABSOLUTELY OBSESSED WITH THESE

"I'M ABSOLUTELY OBSESSED WITH THESE. I FEEL CHILLER, HAPPIER, AND MORE AT PEACE WITH ALL CIRCUMSTANCES. NATURAL XANAX, NEED I SAY MORE?"

- ALEXANDRA P.



## DIDN'T EXPECT THAT TO ACTUALLY WORK

"I'VE TRIED EVERY NATURAL UPPER IN THE BOOK - GREEN TEA EXTRACT, LION'S MANE, YOU NAME IT. I WAS SHOCKED TO DISCOVER THAT THESE SUPPLEMENTS ACTUALLY GAVE ME A NOTICEABLE BOOST OF ENERGY PLUS A TINGLE OF EUPHORIA... POP TWO OF THESE WITH BREAKFAST, BABY YOU'LL BE FEELING YOURSELF ALL MORNING. CAN YOU TELL I'M ON THEM RIGHT NOW? XOXO :)"

- GREER C.



## TRY IT

"THIS STUFF IS PURE MAGIC. IT MAKES ME FEEL AMAZING. BUT DON'T TAKE MY WORD FOR IT. TRY IT FOR YOURSELF. EVERY WOMAN SHOULD HAVE THIS. GET READY TO FEEL BETTER THAN YOU EVER HAVE. 10000/10"

- MIRANDA B.





WHY SHOULD I ADD A  
SEXUAL HEALTH  
SUPPLEMENT TO MY  
DAILY ROUTINE?



In our world of demanding careers, maintaining relationships and endless to-do lists, it's common to feel too tired, stressed or stuck in our own heads to experience and enjoy the kind of sex we truly crave.

I want to give you a way to break the stress cycle and tap into more incredible, magical sex. I invite you to step into enjoying pleasure that exists just for the sake of pleasure... not because you're trying to reach some future, better state, but because you're ready to enjoy true seduction and fulfillment right now.

That's what MOOD is all about.



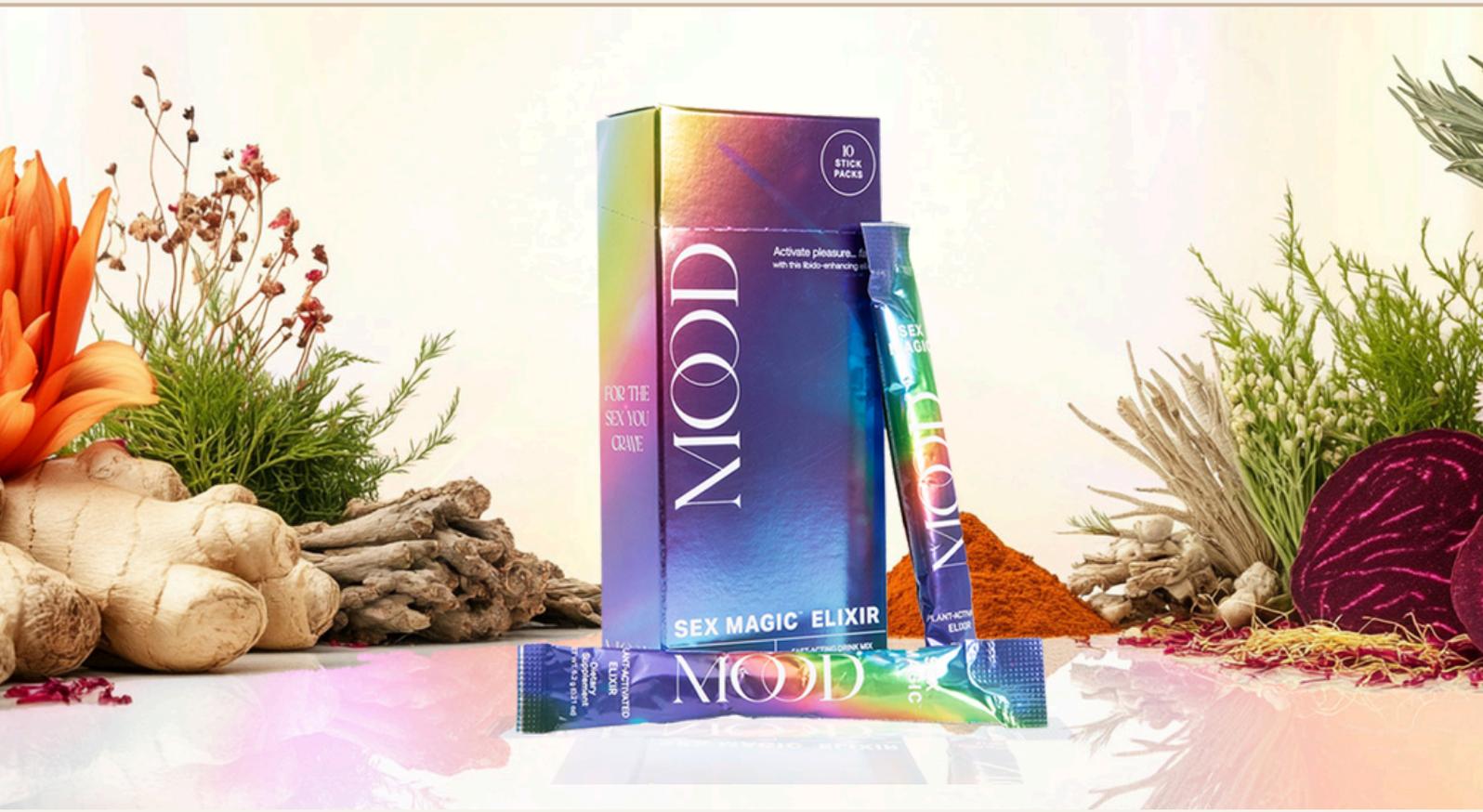


We all understand how vital plants are to our diets... but what about our sex lives?

Powerful ingredients like aphrodisiacs, antioxidants, nootropics and dopaminergics – all naturally sourced from plants – rapidly enhance lubrication and arousal...

Allowing you to access more magical sex and the most blissful, satisfying sensations — whenever the mood strikes.





MOOD™ was created to celebrate the most incredible sex and spread the deepest orgasmic pleasure throughout the entire Cosmos.

Channeling nature makes it possible to address the most common biological needs while also creating more clean energy, sensitivity and arousal.



I'm so excited to introduce MOOD™ to the world so you can experience this pleasure for yourself.

Love,  
Layla, Founder, MOOD™

As founder of the **VITA™ Method**, I've been certifying professionals in a Tantric approach to Love, Sex, and Relationships for **over 8 years** and have worked with **over 20,000 paying clients**.



For over 20 years, I traveled the world as a devoted student of Tantra, training with the most high-level teachers of this powerful tradition. I studied human sexuality, neuroscience, and biology at Stanford University, and immersed myself in the energetic traditions of Taoism and early witchcraft.

Along the way, I personally curated a dynamic, holistic system from **over 10,000 hours of practice** and blending ancient traditions with modern techniques. The VITA™ Method is proven to help heal trauma, release limiting beliefs, and awaken life-changing levels of pleasure.

I dedicated myself to making these profound tools accessible through my VITA course and professional training VITA™ coaches worldwide.

# MOOD™

## SEX MAGIC™



"Sexpert  
Extraordinaire"

**COSMOPOLITAN**

"The Headmistress  
of Pleasure"

**Women'sHealth**

"A highly regarded  
Tantra teacher"

**SHAPE**

"My gynecologist...  
recommended her"

**GLAMOUR**

**NETFLIX**

*Paul Winfrey*

**goop**

**mindvalley**