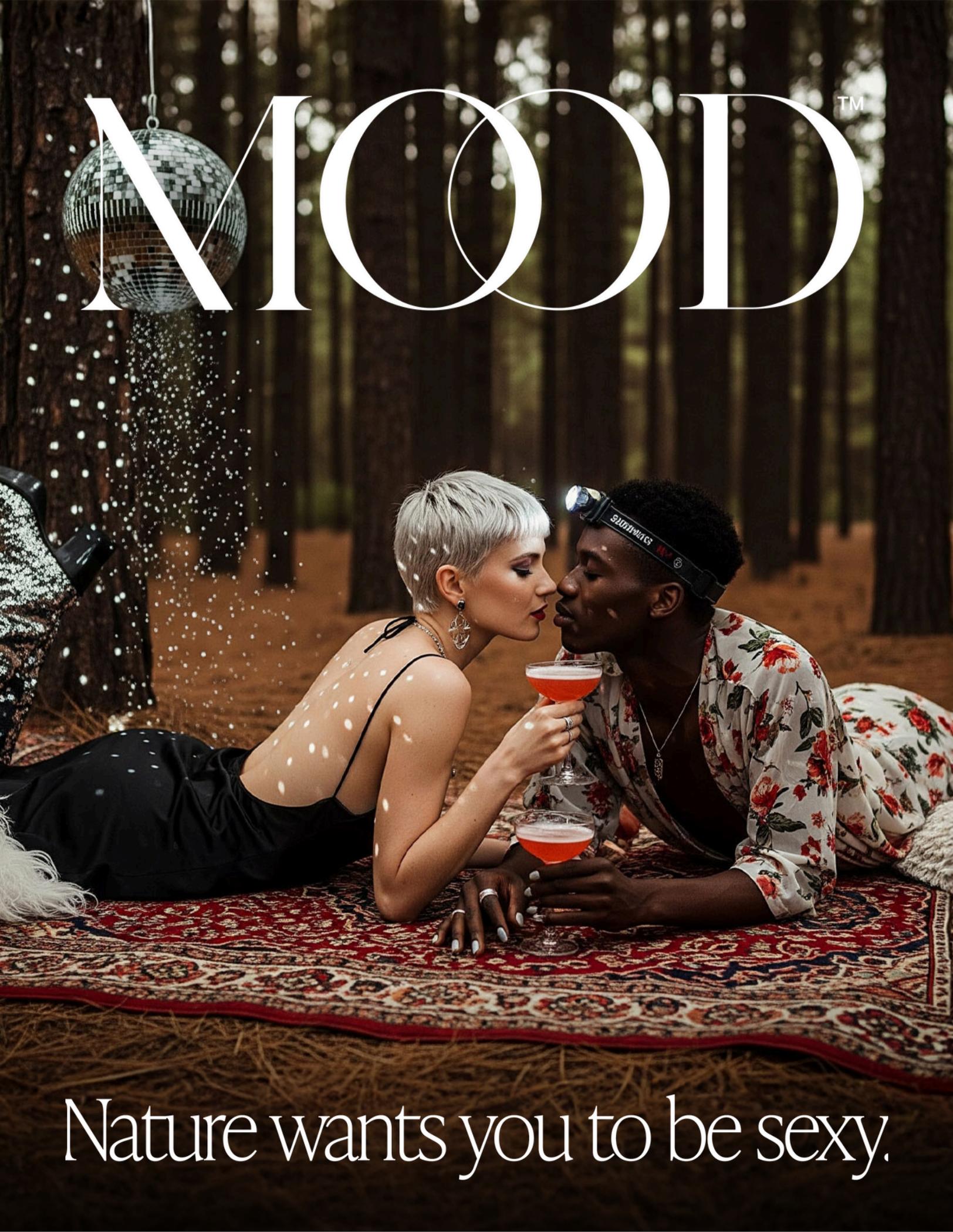


MOOD™

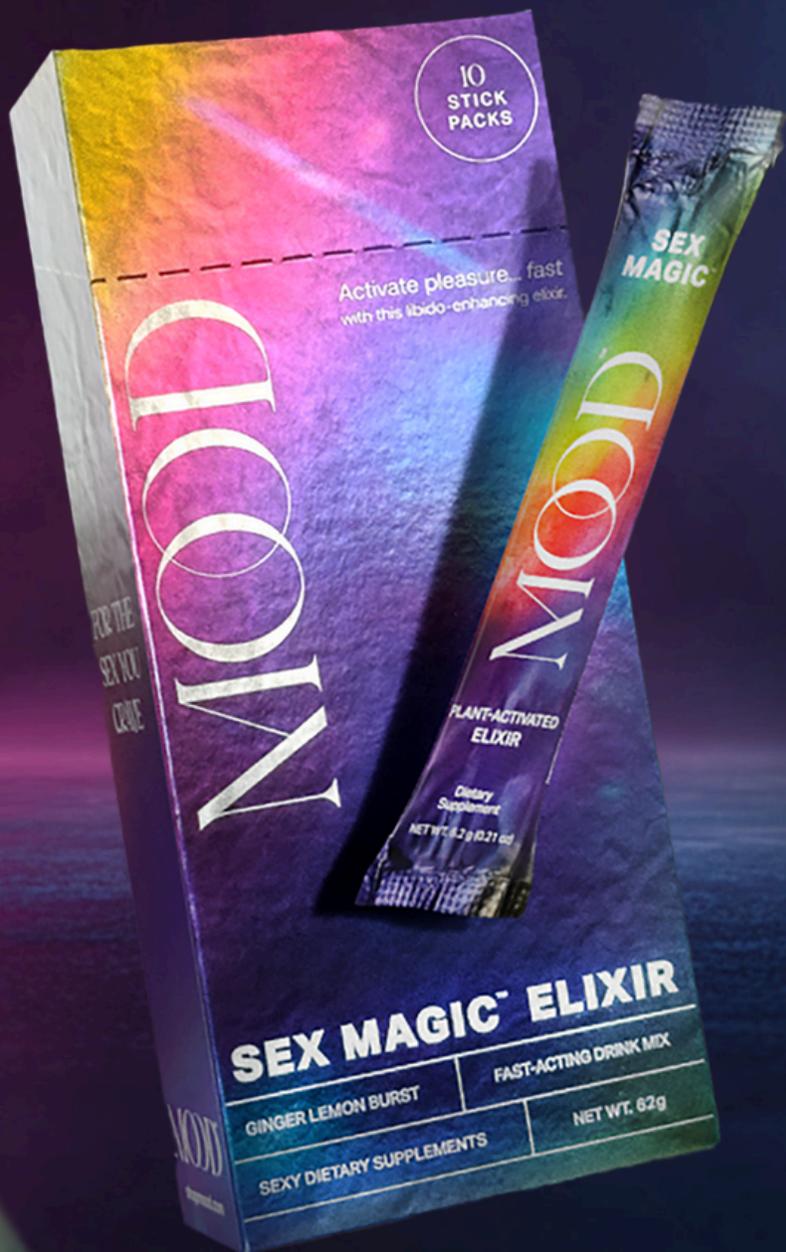


Nature wants you to be sexy.

8 Day Confidence Challenge

A fun, sexy, science-friendly ebook designed to help you reconnect with your body, own your sexual confidence, and walk through the world boldly — one delicious practice at a time.

How to use this ebook



- Commit 3–8 minutes a day.
- Each page = one day.
- Read the short practice, do it, journal for 1–2 minutes, then mark your progress in the “Confidence Tracker.”
- Keep it playful.
- This is about exploration, not perfection.

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Day 1: Grounded Glow (Embodiment and Presence)

Why This Works:

When you feel in your body, confidence becomes undeniable. Being present in your skin anchors you in safety and clarity.

Your Practice Today:

Stand barefoot. Close your eyes. Breathe slowly for 6 breaths. On each exhale, say silently: "I am here. I am mine."

Stroke your belly and pelvis with both hands in slow circles for a minute. Open your eyes and take one deep gratitude inhale.

Your Journal Prompt:

Where in my body do I feel most at home?

Where am I curious to soften?

Ingredient Spotlight: L-Arginine

Why This Pairs:

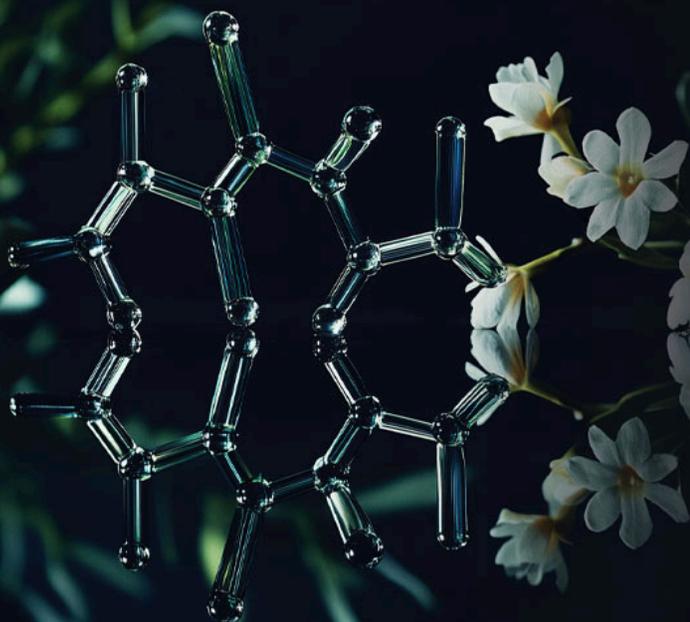
L-Arginine is a natural vasodilator that can improve blood flow — a practical, physical boost to circulation. The more circulation and connection you feel, the more anchored your embodied confidence becomes.

The Confidence Boost:

Grounding + improved circulation = feeling more available to pleasure and less foggy in social or sensual situations.

The Micro-Ritual:

After you practice, sip a glass of Sex Magic slowly and imagine the elixir traveling to every part of your pelvis. Whisper one permission: "I belong in my body."



MOOD™ Golden Hour Elixir

(1 serving)



INGREDIENTS:

- 1 oz pomegranate juice
- 1 oz fresh orange juice
- 1/2 tsp ginger juice
- 1 tsp honey
- 1 tsp cinnamon
- 1 stick MOOD SEX MAGIC™
- 4 oz sparkling apple cider
- Dash of cayenne pepper (optional)
- Pomegranate seeds and orange peel (garnish)

DIRECTIONS:

1. Pour pomegranate and orange juices, honey, cinnamon and 1 stick Sex Magic in a tall shaker bottle. Shake or use frother to combine.
2. Add sparkling apple cider and gently stir to mix.
3. Pour mocktail over ice in a tall glass. Add dash of cayenne pepper to top.
4. Decoratively garnish with orange peel and pomegranate seeds.

Day 2: Love Notes (& Radical Self-Love)

Why This Works:

Naming and honoring your genitals is radical. The language we use shapes our relationship to ourselves.

Your Practice Today:

Write a short love letter to your pussy (or parts you prefer to name). Start: "Dear [name], thank you for..." Speak it aloud if it feels right to you. Fold it, keep it, or burn it with a blessing.

Your Journal Prompt:

What am I grateful for in my body today? What have I assumed needed to change that actually wants praise?

Why This Pairs:

Saffron is associated with improved arousal, lubrication, and mood — a gentle biochemical friend for feeling more tender, turned-on, and receptive to self-love practices.

The Confidence Boost:

When you pair a ritual of praise with ingredients that support mood & arousal, your self-acceptance feels not only emotional but also embodied.

The Micro-Ritual:

Read your letter back with a candle lit. End by saying: "I approve of you."

Ingredient Spotlight —Saffron



Day 3: Electric Move (Energy + Play)

Why This Works:

Moving awakens your inner charge and reminds you that your body is a vehicle for joyful sensation.

Your Practice Today:

Put on 2–3 songs that make you smile. Move — no rules: sway, shimmy, stomp. Keep your hands on your chest and pelvis alternately to track sensations.

The Playlist:

[Click here to play the Spotify Playlist](#)

Your Journal Prompt:

Which movement made me feel most electric?
Where did I surprise myself?

Ingredient Spotlight — Desert Hyacinth



Why This Pairs:

Desert Hyacinth is touted as an energy and stamina-enhancing floral extract — great for practices that awaken vigor, drive, and a playful sense of “I can.”

The Confidence Boost:

Energy = momentum. Play creates evidence that you can be bold and silly and still be lovable.

The Micro-Ritual:

After the jam, stand tall, press hands to heart, and say: “I am playful. I am powerful.”

Day 4: Mirror, Mirror On the Wall (Your Eye Gaze & Magnetism)

Why This Works:

Confidence that reads on your face or in your posture changes how others perceive you — and how you perceive yourself.

Your Practice Today:

Find a mirror. Hold eye contact with yourself for 60 seconds. Say out loud 3 things you appreciate about how you look, move, or speak.

Your Journal Prompt:

How does soft, sustained eye contact change the voice inside my head?



“The Magnetic 8-Day Challenge is working! While looking in the mirror this morning, I saw myself as beautiful... my body and soul! This is healing work.” - Beth B.

Ingredient Spotlight — Panax Ginseng

Why This Pairs:

Panax Ginseng is associated with increased arousal, blood flow, and sensitivity — qualities that translate into a more magnetic, alive energetic presence.

The Confidence Boost:

A brighter internal state + heightened physical sensitivity = a presence that others notice and you can lean into.

The Micro-Ritual:

Before leaving the mirror, give yourself a cheek kiss and a sultry wink. Claim it.



Day 5: Dopamine Delight (Play, Pleasure & Curiosity)

Why This Works:

Dopamine fuels curiosity, risk-taking, and playful experimentation. Cultivate it and confidence follows.

Your Practice Today:

Do a tiny pleasure experiment — a new lipstick shade, a new song, or a five-minute flirt text you don't have to send. Notice the small buzz in the chest.

Your Journal Prompt:

What small risk felt surprisingly good? Did I judge myself afterward?

Ingredient Spotlight — Mucuna Pruriens

Why This Pairs:

Mucuna is a natural dopaminergic that activates pleasure centers — a biochemical nudge toward curiosity, momentum, and the small thrills that build boldness

The Confidence Boost:

Dopamine + evidence of small wins = an upward spiral of “I can do it” energy.

The Micro-Ritual:

Write one tiny victory on a sticky note and put it where you'll see it tomorrow.



MOOD™ Fall Smash

(1 serving)

INGREDIENTS:

2 ounces bourbon
2 medium-size strawberries,
smashed
1/4 ounce maple syrup
1 stick MOOD SEX MAGIC™
1/2 ounce lemon juice, freshly
squeezed
2-3 dashes Angostura bitters
3 ounces ginger beer
Garnish: star anise and
cinnamon stick

DIRECTIONS:

1. Add the bourbon, strawberries, maple syrup, Sex Magic, lemon juice and bitters into a shaker with ice.
2. Cover and shake until chilled.
3. Strain into a wine glass over fresh ice.
4. Top with the ginger beer.
5. Garnish with star anise and cinnamon stick, if desired.



Day 6: Soft Power (Emotional Resilience & Calm)

Why This Works:

Confidence isn't only strut and spark — it's the quiet steadiness to return to yourself after uncertainty.

Your Practice Today:

Lie back. Place a hand on your heart and one on your belly. Breathe 4–4–6 (inhale 4, hold 4, exhale 6). Visualize a warm, healing color pouring into your chest.

Your Journal Prompt:

When was I recently kind to myself? How can I practice softness now?

Ingredient Spotlight — Shilajit

Why This Pairs:

Shilajit is an adaptogen that contains bioactive molecules linked to mood balance and anti-inflammatory properties. It acts as a gentle support for emotional regulation and inner calm.

The Confidence Boost:

Emotional steadiness creates a reliable internal baseline from which you can experiment and step into audacity.

The Micro-Ritual:

Whisper three affirmations of self-compassion: "May I be gentle. May I be seen. May I be brave."



Day 7: Clear Mind & Bold Heart (Mental Clarity)

Why This Works:

Decision confidence — trusting your choices — is a powerful muscle. It grows when you notice your thinking without getting stuck.

Your Practice Today:

Set a timer for 5 minutes. Free-write responses to: "What do I actually want right now?" No judgment. When the timer dings, circle one action you can take in the next 24 hours.

Your Journal Prompt:

Which choice feels like my voice vs. someone else's?
How do I honor my voice?

Ingredient Spotlight — Huperzine-A

Why This Pairs:

Huperzine-A is a nootropic moss extract used to support cognition and arousal. Pairing a clarity practice with gentle cognitive support can help you trust your mental edges and act.

The Confidence Boost:

Clearer thinking leads to clearer choices, and clearer choices are powerful — they create momentum and self-trust.

The Micro-Ritual:

Repeat this affirmation: "I choose with clarity and love."



Day 8: Sparkle & Surrender

Why This Works:

Confidence culminates in celebration — honoring the whole journey and owning your sensual wit and wisdom.

Your Practice Today:

Create a mini celebration: light a candle, enjoy a celebratory Sex Magic mocktail, wear something that makes you glow. Take three deep belly laughs. If you want, give yourself a 5-minute self-pleasure practice — slow, curious, and without goal pressure.

Your Journal Prompt:

What changed for me in these eight days? Which practice will I keep?



“I loved doing the challenge so much that I’ve started it again! I’m excited to go deeper and awaken more sensuality, sensitivity, sexuality and pleasure. I’m so grateful to myself, my body and the depths of pleasure that are being opened up in my exploration.” - Caroline J.

Ingredient Spotlight — Ginger

Why This Pairs:

Ginger is a circulation-supportive ingredient that helps improve blood flow — a beautiful complement to practices that celebrate heightened sensation, pleasure, and orgasmic confidence.

The Confidence Boost:

Circulation + celebration = a visceral, embodied sense that you are allowed to want, receive, and be lit up.

The Micro-Ritual:

End by writing one sensual intention for the month ahead and tuck it somewhere safe.



MOOD™ Sex Magic Ginger Negroni Spritz

(1 serving)

INGREDIENTS:

1 oz Domaine de Canton
ginger liqueur
1 1/2 ounces gin
1 stick MOOD SEX MAGIC™
1 ounce Campari
3 ounces club soda, chilled, to top
Garnish: dried orange wheel,
cinnamon stick

DIRECTIONS:

1. Add the ginger liqueur, gin, Campari, and Sex Magic into a shaker with ice.
2. Cover and shake until chilled.
3. Pour into a highball glass over fresh ice.
4. Top with the club soda.
5. Garnish with orange wheel and cinnamon, if desired.



Your Confidence Tracker

Congratulations, you did it! Here's a simple tracker (days completed, favorite practice) for your progress.

Revisit a day any time you need a reset.

Want more? Repeat this cycle monthly, or expand to a 21-day practice for deeper integration.

Day 1 ___ Favorite move:

Day 2 ___ Favorite prompt:

Day 3 ___ Favorite song:

Day 4 ___ Favorite mirror phrase:

Day 5 ___ Tiny win:

Day 6 ___ Kindness Phrase:

Day 7 ___ Favorite move:

Day 8 ___ Favorite move:

DISCLAIMER

THIS PRODUCT MAY LEAD TO ORGASMIC PLEASURE. POTENTIAL SIDE EFFECTS INCLUDE: BEDHEAD, ILLICIT THOUGHTS, INCREASED CONFIDENCE AND EUPHORIA.



INSTRUCTIONS FOR USE

Enjoy MOOD SEX MAGIC daily by mixing one stick pack with 8 ounces water, juice or your favorite beverage.

SUBSCRIBE TO EXPERIENCE SEDUCTION ALL YEAR LONG

SAVE \$10 per product AND (always) FREE shipping.
Select Subscribe & Save at Checkout

shopmood.com

****NOTE: We love that YOU love MOOD SEX MAGIC.
Please limit dosage to one stick pack per day.*

About MOOD™'s Founder, Layla Martin



Layla Martin is a visionary and thought leader who teaches on sexuality, relationships, and self-love to people across the globe.

Her devoted study of Tantra for 20+ years along with her sexuality studies at Stanford University have informed her unique teaching process and the creation of her proprietary VITA™ Methodology and her creation of MOOD™ Sexy Supplements.

She combines mystical practices with the most up-to-date scientific approaches to transformation to enable radical liberation, rapid change, and outrageous pleasure.

Her highly effective programs, tools, and practices empower you to experience exquisite sex, shameless self-love, and incredible depths of intimacy.

She's shared her work with over 150 million people and 500,000+ subscribers through her YouTube channel, on her podcast, This Tantric Life, and has a weekly email audience of 375,000+ people.

If you want to experience epic sex, legendary love, and your most magnificent self, follow us on Instagram @shopmood.