



INTRODUCTION – A GENTLE INVITATION IN EVERY SIP



ESSENTIA FLOW
by Orsi



WHY A LATTE GUIDE? AND WHO I AM.



I'm Dr. Orsolya Szakonyi – a woman, a mother of two, and a holistic women's health mentor.

My journey didn't begin with a certificate – but with a whisper from my body that grew louder.

I first trained as a lawyer, but it was an autoimmune condition that turned me inward – and toward a new path: Ayurveda, yoga, functional nutrition, somatic healing, and aromatherapy.

Over the past years, I've listened to many women – their questions, their symptoms, their stories.

That shared exploration, along with my own learning and lived experience, has shaped the gentle, integrated approach I now offer.



What I've come to know is this:

Women's health isn't a list of instructions – it's a living rhythm.

And that rhythm can be rebuilt – through taste, through scent, through tiny, daily rituals of care.

This latte guide is one way to begin. Because even a sip can be sacred –if it brings you back to yourself.

WHAT THIS GUIDE OFFERS:

- Nourishing, hormone-supportive drinks to help you slow down and re-center
- Nervous-system-friendly recipes that honor your natural cycle
- Gentle inspiration for daily self-care that feels good and doable

If you'd like to explore more, or work with me 1:1,
I warmly invite you into the world of **Essentia Flow**.

INTRODUCTION – A GENTLE INVITATION IN EVERY SIP

WHAT IF YOUR MORNING DIDN'T START WITH A RUSH.....BUT WITH A RITUAL?



A warm cup in your hands.

A moment to listen inward.

A gentle rhythm returning, sip by sip.

This booklet isn't "just" a recipe collection.
It's a reminder: your body has wisdom, rhythm,
and needs that shift with your hormones, your energy, your day.

The drinks inside are all plant-based, naturally hormone-friendly, and kind to your nervous system.

They're not meant to stimulate – they're here to nourish, ground, and **attune**.

Because women's health isn't a protocol to follow – it's a rhythm to remember.

THESE LATTES WERE CREATED TO HELP YOU RECONNECT:

- with your body, not against it
- with presence, even on busy days
- with nourishment that feels like kindness

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GOLDEN CALM | TURMERIC LATTE FOR INNER STILLNESS



PURPOSE | WHEN TO ENJOY:

A soothing, anti-inflammatory evening latte designed to help you unwind after a long day.

Ideal during your menstrual cycle, on emotionally overwhelming days, or anytime your nervous system feels overworked.

 sleep & rest  stress support
 hormonal balance

WHY IT WORKS?

Turmeric is a natural anti-inflammatory that supports hormonal balance and liver detox pathways.

Ginger and cinnamon stimulate circulation and digestion while calming uterine tension.

Cardamom and vanilla offer subtle nervous system support and a deeply grounding, feminine aroma.

AROMATHERAPY PAIRING (DIFFUSER)

Lavender + Sweet Orange

For emotional release and deep parasympathetic rest.

INGREDIENTS:

(for 1 serving)

- 200 ml (about ¾ cup) plant-based milk (almond, oat, or coconut)
- ½ tsp turmeric powder
- a pinch of ground ginger and cinnamon
- a pinch of cardamom (optional)
- a few drops of natural vanilla extract
- sweetener to taste (maple syrup or date paste)

INSTRUCTIONS:

1. Warm the plant-based milk gently over low heat.
2. Add the spices and stir with a whisk or frother until smooth and golden.
3. Sweeten to taste.
4. Sip slowly in a cozy spot – under a soft blanket, before bed.

MANTRA WHILE SIPPING:

“I let go of what I no longer need to carry.”



☀️ THYROID GLOW | GENTLE MORNING LATTE FOR HORMONAL BALANCE

PURPOSE | WHEN TO ENJOY:

A nourishing, stabilizing drink to gently support thyroid health and energy levels.

Perfect for cool mornings, emotional fatigue, or times of hormonal fluctuation and overwhelm.

🎯 focus & clarity ⚖️ hormonal balance
💡 stress support

INGREDIENTS:

(for 1 serving)

- 200 ml (about ¾ cup) plant-based milk (rice or almond work well)
- 1 Brazil nut (crushed), or ½ tsp tahini
- 1 pinch cinnamon
- 1 tsp grated apple or pear (or ½ tsp unsweetened applesauce)
- a few drops of natural vanilla extract

INSTRUCTIONS:

1. Blend all ingredients until smooth.
2. Warm gently in a saucepan – do not boil.
3. Froth if desired, and enjoy within an hour of waking up.

WHY IT WORKS?

Brazil nuts are a rich natural source of selenium, essential for activating thyroid hormones.

Cinnamon helps regulate blood sugar and reduce hormonal spikes.

Apple brings refreshing lightness, while vanilla calms the nervous system and adds a comforting sweetness.

AROMATHERAPY PAIRING (DIFFUSER)

Geranium + Sandalwood

A heart–thyroid connection blend that grounds and nurtures feminine vitality.

MANTRA WHILE SIPPING:

“Every cell in my body moves toward harmony.”



CACAO FLOW | HEART-OPENING ♥ ADAPTOGEN LATTE

PURPOSE | WHEN TO ENJOY:

A gently energizing cacao latte to support creativity, libido, and heart-centered connection.

Ideal for late mornings or early afternoons — especially during emotional blockages or hormonal overstimulation.

INGREDIENTS:

(for 1 serving)

- 200 ml (about ¾ cup) plant-based milk (almond or oat work well)
- 1 tsp raw cacao powder (unsweetened)
- ½ tsp maca powder
- a pinch of cinnamon
- optional: 1 tsp date paste or maple syrup

INSTRUCTIONS:

1. Warm the plant-based milk in a saucepan.
2. Whisk in cacao, maca, cinnamon, and sweetener.
3. Froth if desired, and sip with presence and intention.

🎯 mental clarity ♂ libido

⚖️ hormonal balance

WHY IT WORKS?

Raw cacao is rich in magnesium and flavonoids, enhancing mood and brain function while offering a subtle dopamine lift.

Maca is a powerful adaptogen that supports hormonal balance, stamina, and libido.

Cinnamon warms and stabilizes blood sugar, while dates add minerals and a natural sweetness.

AROMATHERAPY PAIRING (DIFFUSER)

Sweet Orange + Cardamom

Uplifting, heart-opening, gently energizing — a perfect blend for emotional flow.

MANTRA WHILE SIPPING:

“My heart is open. My energy flows freely.”



ARE YOU LOOKING FOR BALANCE
AT THE END OF A LONG DAY?



HORMONE HARMONY | CYCLE-SUPPORTING LATTE

PURPOSE | WHEN TO ENJOY:

A balancing adaptogenic latte designed for moments of hormonal sensitivity — during menstruation, perimenopause, or days of fatigue and irritability.

Best enjoyed in the evening or whenever you feel emotionally or hormonally off-center.



rest & sleep



stress support



hormonal balance

INGREDIENTS:

(for 1 serving)

- 200 ml (about $\frac{3}{4}$ cup) plant-based milk (e.g., rice or almond)
- $\frac{1}{2}$ tsp shatavari powder (or substitute with ashwagandha powder)
- $\frac{1}{4}$ tsp cinnamon
- a pinch of nutmeg
- $\frac{1}{2}$ tsp vanilla extract
- optional: 1 tsp coconut cream or date paste)

INSTRUCTIONS:

1. Gently warm the plant milk over low heat.
2. Stir in all ingredients until smooth; froth if desired.
3. Sip slowly in a calm, quiet moment, especially during your inner autumn or winter.

WHY IT WORKS?

Shatavari is a renowned female tonic that supports hormonal harmony, reduces PMS and perimenopausal symptoms, and nourishes reproductive vitality.

Cinnamon and nutmeg gently warm the body and regulate circulation and appetite.

Vanilla soothes the nervous system, while coconut cream or date paste adds feminine softness and comforting sweetness.

AROMATHERAPY PAIRING (DIFFUSER)

Rose + Ylang-Ylang

For emotional stability, sensual reconnection, and nurturing hormonal balance.

MANTRA WHILE SIPPING:

"I welcome what nourishes me. I release what pulls me off balance."

GREEN ELIXIR | MATCHA MORINGA LATTE



PURPOSE | WHEN TO ENJOY:

An energizing, detox-supporting latte to kickstart your day with focus and clarity — without the crash of coffee.

Ideal for mornings or late mornings when you need gentle stimulation, clean energy, and hormonal support.



focus



hormonal balance



inner cleansing

INGREDIENTS:

(for 1 serving)

- 1 tsp ceremonial-grade matcha
- ½ tsp moringa powder
- 60 ml (¼ cup) warm water (75–80°C / 170–175°F)
- 150–180 ml (⅔–¾ cup) warm plant-based milk (e.g., oat or almond)
- 1 tsp maple syrup or a few drops of stevia (optional)
- 1 pinch vanilla powder or extract
- optional: a tiny pinch of spirulina or fresh mint
- extra: 1 scoop Marine Collagen (if not vegan)

INSTRUCTIONS:

1. Whisk the matcha and moringa with warm water until smooth (use a chasen or handheld frother).
2. Heat and froth your plant milk.
3. Pour together, sweeten to taste, and add vanilla or extras.
4. Garnish with a dusting of matcha or lime zest for a refreshing twist.

WHY IT WORKS?

Matcha is rich in L-theanine — an amino acid that promotes calm focus and smooth energy, without overstimulation.

Moringa supports liver function, balances blood sugar, and is loaded with plant-based iron, vitamin A, and C — perfect for hormonal resilience.

Vanilla and maple syrup round out the taste, while spirulina or mint adds a bright green finish and a refreshing lift.

AROMATHERAPY PAIRING (DIFFUSER)

Green Mandarin + Spearmint

A vibrant blend to clear the mind, support liver flow, and welcome a fresh start.

MANTRA WHILE SIPPING:

"I deserve clarity, and I trust my rhythm."

BONUS RECIPE – SWEET BALANCE

HORMONE-LOVING BLISS BALLS

Because you don't always need to bake.
You don't have to choose between breakfast and dessert.
And you definitely don't have to justify
that something is "healthy."

This bonus recipe is for those moments when you need
something **real, sweet, and grounding**
— without throwing yourself off balance.

Because **self-care can smell like coconut and taste like chocolate.**

One bite of presence. One bite of grace.
You don't need to be perfect.
Just here.

SWEET BALANCE | CACAO-ALMOND BLISS BALLS 🌿

PURPOSE | WHEN TO ENJOY:

Quick energy for women navigating hormonal shifts — whether it's a cycle, perimenopause, or just one of those days.

These treats support blood sugar balance, mood, and energy — without the crash. And yes... they taste amazing.



WHY IT WORKS?

Dates are rich in minerals and natural sweetness without the blood sugar spike.

Almonds and flax support hormone production and steady energy.

Cacao gives you a dopamine + serotonin lift, while coconut and vanilla create a cozy, feminine flavor profile. They feel indulgent — without guilt.

AROMATHERAPY PAIRING (DIFFUSER)

Vanilla + Rosewood + Bergamot

For feminine confidence, warmth, and gentle joy.



INGREDIENTS:

(makes 10–12 small balls)

- 8–10 soft Medjool dates (soak if dry)
- 4 tbsp almond flour or ground almonds
- 1 tbsp flaxseed meal
- 1 tbsp shredded coconut
- 1 tbsp unsweetened cacao powder
- 1 tsp vanilla extract
- pinch of cinnamon
- 1 tbsp coconut oil (or almond butter for a softer texture)
- optional: 1 tsp maca or a pinch of ashwagandha for functional support

INSTRUCTIONS:

1. Blend dates with coconut oil and vanilla until smooth.
2. Add all other ingredients and pulse until a dough forms.
3. With damp hands, roll into small balls.
4. Roll in shredded coconut or cacao powder, and chill for 30 minutes.

MANTRA WHILE MAKING:

“Care can be sweet — just for me.”



INVITATION – IF YOU'D LIKE TO GO DEEPER

This latte collection is a small, yet deeply feminine gesture.

It's not a protocol. Not a diet.
But a way of tuning in.
To yourself. Your body. Your rhythm.

If something stirred inside you,
if you felt the care woven into each flavor,
if you're curious how this gentle awareness can expand into your everyday life —
then I warmly invite you to take the next step.

WHAT ELSE YOU'LL FIND IN MY WORLD:

- Free wellness guides for women
- E-books and mini-courses on hormone harmony
- 1:1 sessions if you're seeking personal support
- A nourishing newsletter — with practical wisdom and soft reminders to come home to yourself

If you haven't yet, subscribe to my newsletter — you'll receive my "Body Map for Women" mini guide to help you better read and understand your body's signals.

drszakonyiorsolya.hu

Thank you for being here.

Because women's health is not a destination — it's a path. And you're already on it.



With warmth,

ESSENTIA FLOW
by Orsi