



Hi! & Vil
Natural Wellness

HAPPY JULY, Hi!



**FREEDOM IS FOR EVERYONE.
IT IS YOUR BIRTHRIGHT TO
THRIVE!**



To us, true freedom is the ability to live life freely:
having the chance to live life to the fullest -
unburdened by fear, pain, and political stressors. It's
the peace of mind that comes from standing with
community until we are all free, until we all feel
balanced, energized, and truly at home in your own
environments.

We believe that this kind of freedom belongs to
EVERYONE. Whether you're seeking mental,
emotional, physical or spiritual relief, we are here for
you. An ear to listen and to support your unique path
to a lighter, freer life.

Wellness isn't a luxury; it's a right. It's the freedom to
show up fully for yourself and those you love. We are
so incredibly grateful to be part of your vibrant
community, walking alongside you as you reclaim
your vitality and joy!

May you know that you are seen, supported, and
deeply loved!

Sending infinite love, light, and gratitude,

💖 Hil & Vil 💖

[CLAIM YOUR OWN FREEDOM](#)

JOIN OUR WELLNESS COMMUNITY!



5 STAR GOOGLE REVIEW: ★★★★★

VIL IS TRULY A GIFTED HEALER. SHE IS INCREDIBLY KNOWLEDGEABLE, AND WANTS THE BEST FOR YOU AND YOUR HEALING- WHETHER THAT IS PHYSICAL ACHES OR PAIN, MENTAL, EMOTIONAL, OR SPIRITUAL. SHE IS ON YOUR SIDE AND WORKS SO INTENTIONALLY TO SUPPORT YOU.

I'VE SEEN VIL FOR ABOUT 30+ SESSIONS FOR BIOFEEDBACK FREQUENCY HEALING COMBINED WITH SOMATIC HEALING TECHNIQUES.

THE BIOFEEDBACK FREQUENCY DEVICE IS VERY IMPRESSIVE AND WHILE YOU MAY INITIALLY BE CONFUSED OR SKEPTICAL, IT'S INCREDIBLE.

VIL IS PATIENT, ATTENTIVE, AND GENUINELY CARING ALL WHILE GIVING YOU REAL INSIGHT AND DIRECT TRUTH TO HELP YOU.



Hil & Vil
Natural Wellness

**CHEF HILARY WAS
ABSOLUTELY FANTASTIC
FROM START TO FINISH...
TRULY ELEVATED OUR
BACHELORETTE EVENING!**

- CAMMIE O.



JULY 2026 HOLISTIC EXPERIENCES

AN ARK HOMES COMMUNITY

SOMERSET COVE

JOIN HIL & VIL NATURAL WELLNESS

YOGA & MEDITATION CLASS

FIND YOUR BALANCE
AT SPRING HILL'S BRAND
NEW COMMUNITY



JULY 17 + 31

10 AM - 11 AM

SOMERSET COVE
3933 ANTIGUA WAY
SPRING HILL, FL 34606

[LINK IN BIO TO SIGN UP](#)



Hil & Vil
Natural Wellness



AN ARK HOMES COMMUNITY

SOMERSET COVE

Healthy Cooking!

W/ HIL & VIL

FRIDAY,
JULY 17, 2026

6:00 PM

Join your neighbors for an evening of healthy recipes, fresh ideas, and community fun.



SOMATIC HEALING & COACHING



NAVIGATING STRESS?

STUCK FEELINGS?

HAVE CHRONIC PAIN?

SOMATIC HEALING CAN OFFER A GENTLE APPROACH TOWARDS
RELEASING BLOCKS. REGAIN YOUR BODY'S NATURAL ABILITY TO
HEAL MENTALLY, EMOTIONALLY & PHYSICALLY.

APPLY ENERGY HEALING PRINCIPLES, IN THE NOW.

**BE GUIDED BY
SOMATIC HEALTH
& LIFE COACH
VILIJA
TAMULYNAS
W/ 23+ YEARS
EXPERIENCE**



HIL & VIL NATURAL WELLNESS
8068 24TH AVE N, ST. PETERSBURG, FL 33710
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SUMMER MENU



Hil & Vil
Natural Wellness



CHEF HILARY

HOLISTIC PERSONAL CHEF SERVICES

- Special Occasions
 - Bachelorettes
 - Birthdays
 - Holidays
 - Anniversaries
 - Retreats
 - Weddings/Baby Showers
- In-Home Meal Preparation
 - Weekly/Biweekly
 - Family-Friendly
 - Custom Holistic Menu
 - Dietary Preferences
 - Health-Forward
 - Whole Foods
 - Cooking Demos/Classes



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NOURISH YOUR PALATE — VIEW MENU



Hil & Vil

Natural Wellness

Family Owned & Operated Holistic Wellness Center



VILIJA TAMULYNAS & HILARY REINGLASS

We are dedicated to helping you create a holistic path towards your physical healing, emotional well-being and mental clarity. You can visit our St. Pete office, connect with us remotely, or enjoy our in-home & in-office concierge services.

BIOFEEDBACK FREQUENCY THERAPY

Assess the energy levels of each organ, tissue, and cell. Have a real-time report of your body's functions and any current pathologies. Receive the proper frequencies to promote healing and cell regeneration.



SOMATIC HEALING & COACHING

With movement and discussion, breakthrough limiting beliefs that are stuck in the mind, affecting the body, and all areas of life: Relationship, career, life purpose and direction, and physical, emotional, and mental distress.

HOLISTIC PERSONAL CHEF SERVICES

- **Special Occasions**
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 Certified & Verified



FUNCTIONAL NUTRITION & SUPPLEMENTS

We evaluate the digestive, hormonal, immune system, nervous system, cardiovascular, bone, and cellular status to recommend targeted nutrient and supplement protocols. We use high-quality, bioavailable nutrients that help to reduce inflammation, restore balance and optimal function for whole-body support.

RESTORATIVE YOGA & TAI CHI

With a mixture of stretching, breathwork, and stillness, experience being in the present moment. Feel healing energy flowing through the body, a quieting of the mind and a balanced strength from within.



ENERGY HEALING



Receive healing on a cellular level. Energy healing works



Receive healing on a cellular level. Energy healing works with the body's energy systems to clear blockages, regulate the nervous system, and restore balance to the mind and body. Facilitate the release of stored emotional trauma and improve energetic flow.



**PULSED LIGHT
THERAPY**



**IONIC FOOT
DETOX**



**ZERO GRAVITY
MASSAGE
CHAIR**

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EXPLORE YOUR HOLISTIC FREEDOM PATH

SENDING LOVE & GRATITUDE THROUGH JULY! 🍀



Hil & Vil
Natural Wellness



Family-Owned & Operated
Holistic Healing Center



Vilija Tamulynas
Owner

Hilary Reinglass
Owner



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Wellness Services

Biofeedback Frequency Therapy

Somatic Health & Life Coaching

Functional Nutrition & Supplements

Holistic Chef & Meal-Prep Services

Pulsed Light Medical Therapy

Pure Bio-Energy Healing

Yoga & Tai Chi Classes

Zero-Gravity Massage Chair

Ionic Foot Detox

Tampa Bay Wellness Network Events



SCAN FOR DETAILS

START YOUR JOURNEY WITH US

CONNECT WITH US IN COMMUNITY!



Sent to: Naturalwellness@hilandvil.com

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