

Happy August Hil!

We were nominated!

2025 Best of the Bay: Best Wellness Center

Congratulations to our fellow nominees in each category.
St. Pete is a hub for locally owned businesses and we are here for it!



BEST WELLNESS CENTER

[CLICK HERE TO VOTE!](#)

We would be delighted if you could please vote for us! Voting is now open and you can cast your vote 1x a day until August 20th!

Also, see below for an **August Summer Special** and thank you for helping us share more goodness and holistic wellness with the world! 🥰

We love you!

💖 Hil & Vil

AUGUST SUMMER SPECIAL

AUGUST **SPECIAL**

**1-FREE
SESSION W/
SESSION
OR PACKAGE
PURCHASE!**

***CONTACT TO BOOK**

PULSED LIGHT MEDICAL THERAPY ADVANCED POLYCHROMATIC PULSED RED LIGHT/NIR SYSTEM



PLMT uses specific wavelengths of light delivered in pulses, combining the benefits of red light therapy (RLT) and near-infrared (NIR) therapy.



HELPS WITH:

- Peripheral Neuropathy
- Nerve & Lumbar Pain
- Brain Care
- The Brain-Gut Axis,
- TBI/Concussions
- Wound Healing
- Hearing Loss & Tinnitus,
- Anti-Aging
- Treating Wrinkles
- Skin Treatment
- Stretch Marks, Scars & Healing
- Weight Loss
- Athletic Performance & Recovery.
- **AND MORE!**

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Half-Day & Full-Day Wellness Retreats

Holistic. Reset. Recover.

HALF-DAY RETREAT

- Half-Day in Private Space 
- 2 Wellness Modalities
 - Biofeedback
 - Somatic Coaching
 - Energy Healing
 - Ionic Foot Detox
 - Massage Chair
 - Red Light Therapy
- 1 Holistic Meal

\$250/person

FULL-DAY RETREAT

- Full-Day in Private Space
- 5 Wellness Modalities
 - Biofeedback
 - Somatic Coaching
 - Energy Healing
 - Ionic Foot Detox
 - Massage Chair
 - Red Light Therapy
- 1 Holistic Meal, Snacks & Refreshments

\$560/person

**Available at the Hil & Vil Natural Wellness Center,
Retreat Space or Corporate Office*

HIL & VIL NATURAL WELLNESS

8068 24TH AVE N, ST. PETERSBURG, FL 33710 | (708) 571-0163 | WWW.HILANDVIL.COM

[MORE INFORMATION HERE](#)

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ROASTED SPAGHETTI SQUASH TOPPED W/ FRESH PESTO & SUN-DRIED TOMATOES

SLOW COOKED KIMCHI JJIGAE W/ SMOKED BRISKET



[LEARN MORE HERE!](#)

25% OFF FIRST MEAL PREP ORDER!

**SEE WHAT HOLISTIC MEAL PREP
CAN DO FOR YOU AND YOUR FAMILY!**

[CONTACT FOR DETAILS](#)

**AUGUST 2025
WELLNESS AROUND TOWN**



AUG 2-3

NATURAL WELLNESS EXPO



ST. PETERSBURG, FL

www.naturalwellnessexpo.com

[CLICK TO LEARN MORE](#)

TUESDAY GULFPORT MARKET
NEAR STELLA'S @9AM-2PM EST



FREE 15-MINUTE HOLISTIC HEALTH CONSULTATIONS
BOOK HERE!

[CLICK TO RESERVE A SESSION W/ HIL & VIL!](#)

WELLNESS ACROSS THE BOARD



Hil & Vil
Natural Wellness

Family Owned & Operated Holistic Wellness Center



VILIJA TAMULYNAS &
HILARY REINGLASS

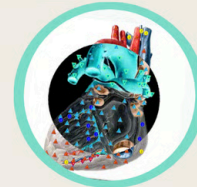
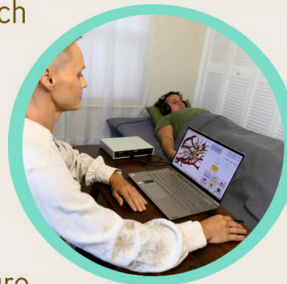
Hil & Vil Natural Wellness is a family-owned and operated holistic wellness center, dedicated to a well rounded approach to healing for the mind, body, and soul. Hil & Vil will help you create the best path towards physical healing, emotional well-being and mental clarity.

They offer Somatic Health & Life Coaching, Yoga and Tai Chi classes, Biofeedback Frequency Therapy, Pure Bioenergy Healing, Purium Nutrition, Red Light Therapy, Ionic Foot Detox, and Zero Gravity Chair Massage. Visit them in their office, remotely, or enjoy their concierge services in the comfort of your home.

90- MINUTE BIOFEEDBACK ASSESSMENT

- 1.) Scan the energy and pathology condition of each organ, tissue, and cell.
- 2.) Receive healing frequencies to promote recovery and cell regeneration in stressed areas.
- 3.) We analyze your results with you for a full assessment of your health condition. Then, we share a personalized protocol for you outlining the steps of your wellness process.

90-MIN
FOR
\$99



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[CLICK HERE TO LEARN MORE](#)

+ ADD CHAIR MASSAGE TO YOUR BIOFEEDBACK SESSION!



Hil & Vil
Natural Wellness

Family Owned & Operated Holistic Wellness Center



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FREQUENCY
THERAPY SESSIONS**



**SOMATIC HEALTH &
LIFE COACHING
SESSIONS**



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YOGA, TAI CHI &
SOMATIC HEALING
COURSES**



**HOLISTIC
PERSONAL CHEF
IN-HOME SERVICES**



**IONIC FOOT
BATH DETOX
SESSIONS**



**PURE BIOENERGY
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**HUMAN TOUCH®
SUPER NOVO
CHAIR MASSAGE**



**RED LIGHT &
NEAR INFRARED
LIGHT THERAPY**



**PURIUM ORGANIC
NUTRITION AND
DETOX RESET**



**TAMPA BAY
WELLNESS
NETWORK EVENTS**

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LEARN MORE!

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PACKAGE COURSES- \$47



A BEGINNERS
GUIDE TO
SOMATIC HEALING
COURSE - \$47



*BONUS CHAIR YOGA COURSE
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SEE ALL RECORDED COURSES - YOURS FOR LIFE!

A BEGINNERS GUIDE TO SOMATIC HEALING COURSE



**LEAD BY
SOMATIC
HEALTH &
LIFE COACH
VILIJA
TAMULYNAS
\$47**

ANCIENT ENERGY PRINCIPLES

**NAVIGATING STRESS?
CHRONIC PAIN?
STUCK EMOTIONS?**

SOMATIC HEALING CAN
OFFER A GENTLE
APPROACH TO RELEASING
TENSION AND REGAIN
YOUR BODY'S NATURAL
ABILITY TO SELF-HEAL.



W W W . H I L A N D V I L . C O M

CLICK FOR A BEGINNERS GUIDE TO SOMATIC HEALING COURSE



Hil & Vil
Natural Wellness

Ionic Foot DETOX

30 MIN / \$45



COLOR OF WATER	AREA OF BODY	SYMPTOMS
Yellow-green	Detoxifying from the Kidney, Bladder, Urinary Tract, Female Prostate Area	Gynecological Disorder, Prostate
Orange	Detoxifying from Joints, Arteries	Arthritis, Rheumatism, Gout, Neuropathy, Pleurisy
Brown	Detoxifying from Liver, Lungs, Tobacco, Cellular Debris	Smoking, Second Hand Smoke, Air Pollution
White cheese-like particles	Yeast, GI Tract, Vaginal	Insomnia, Migraine, Candida
Dark Green to Black	Detoxifying from Gallbladder, Liver	Gallstones, Acid Reflux, Weak Immune System, Nausea
Red Flecks	Blood Clot Material	Arterial Blockage, Bruising, Hypertension, Cold Hands/Feet
White Foam	Lymphatic System, Lymph Nodes	Menses Disorder, Lymph Nodes Tender, or Clogged Skin Allergy
Black Flecks	Heavy Metals	Fibro Fog, Chronic Fatigue, Memory Problems

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[CLICK HERE TO BOOK AN IONIC FOOTBATH SESSION!](#)

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Natural Wellness

Super Novo Chair Massage

**\$1 per
Minute**

(10-Minutes Free
w/ Session)

60+ Massage Options

[CLICK HERE TO LEARN MORE!](#)

AUGUST

SPECIAL

**1-FREE
SESSION W/
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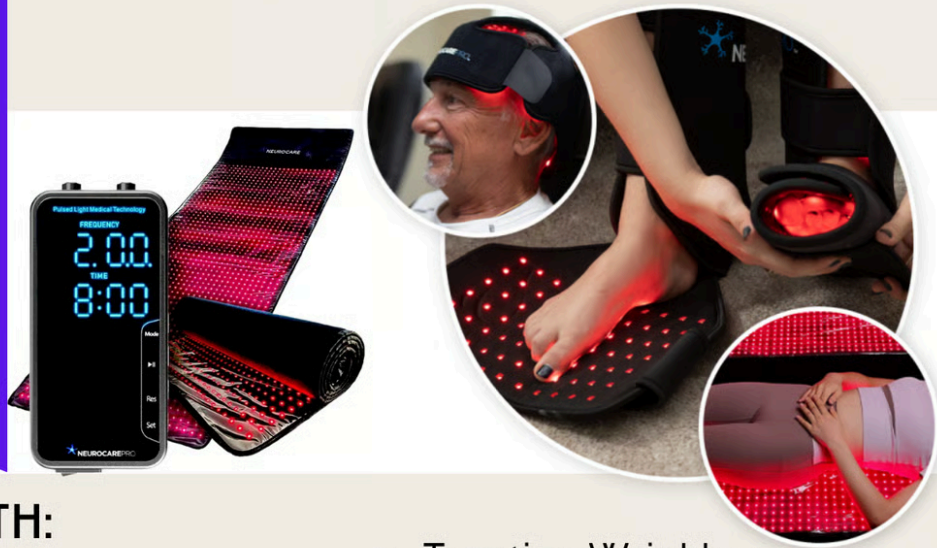
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- Weight Loss
- Athletic Performance & Recovery.
- **AND MORE!**

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LEARN MORE HERE!

GRATEFUL TO SEE YOU SOON!



Family-Owned & Operated
Holistic Healing Center



Vilja Tamulynas
Owner

Hilary Reinglass
Owner

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Wellness Services

Biofeedback Frequency Therapy

Somatic Health & Life Coaching

Holistic Chef Services

Yoga & Tai Chi Courses

Pure Bioenergy Healing

Red Light Therapy

Ionic Foot Detox

Purium Organic Nutrition

Zero-Gravity Chair Massage

SCAN ME



FOR MORE DETAILS

CONTACT US DIRECTLY

MEET US ON SOCIAL MEDIA!



Sent to: Naturalwellness@hilandvil.com

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Hil & Vil Natural Wellness, 8068 24th Ave N, St. Petersburg, FL 33710, United States