



HAPPY MARCH, Hil!

March in Florida is steady and familiar – mild mornings, a bit more daylight, and a comfortable rhythm. Are you staying consistent with the habits that already support you? No judgement! 😊 🌿

Spring wellness can be simple: regular meals with quality protein, good hydration, daily movement, and a few quiet minutes to reset your nervous system. Small, steady practices build lasting strength. When we maintain consistency, we support digestion, hormones, focus, and overall resilience without needing extremes.

Throughout March, we'll be cooking for client's special occasions, making new connections at community markets, and as always - welcoming you into our wellness center for personalized support. May this month help you refresh, stay consistent, bright as the daylight expands! ✨

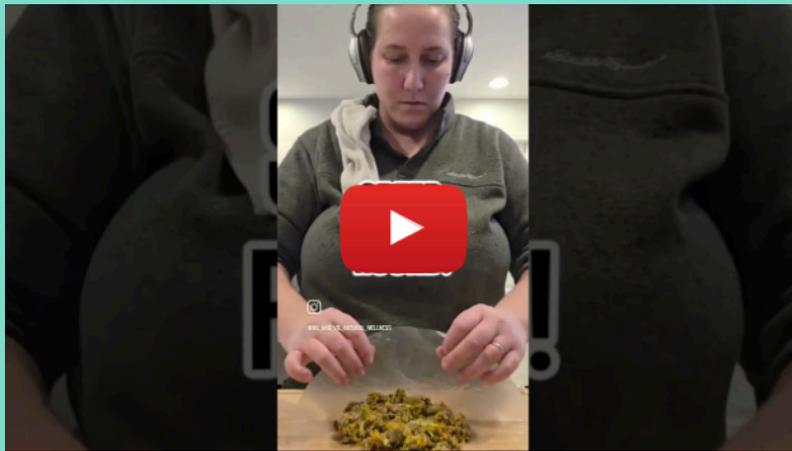
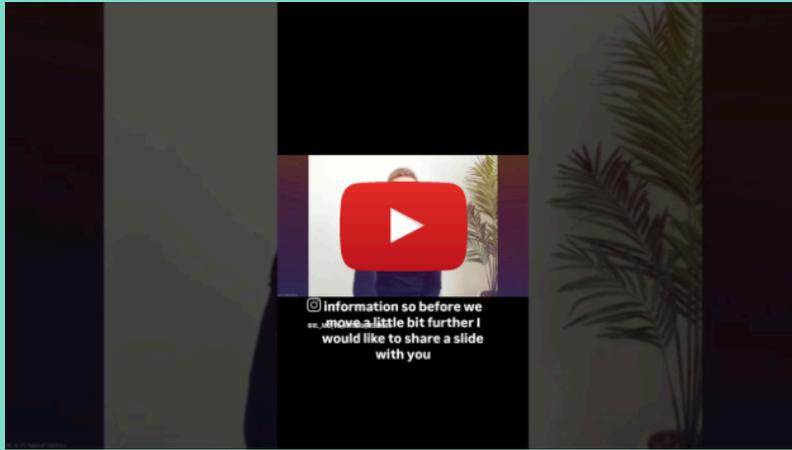
Sending infinite love, light and gratitude,

💖 Hil & Vil 💖

LET'S CONNECT ON SOCIAL MEDIA!



FEBRUARY HIGHLIGHTS...





MARCH 2026 EXPERIENCES AROUND ST. PETE!

FOR THE *Love* OF GULFPORT

Sunday, March 1

Trolley Market Square, Gulfport

11am-4pm

A community-focused Pride event featuring

Music by Dj Ria Cee

Food • Local vendors

Arts & Crafts • Kids Activities

Urban Gypsies of Florida Drum Circle

and much more!



Gulfport Pride Florida Inc. is a 501(c)(3) non-profit. Our mission is to celebrate diversity and promote equality through education, advocacy, and support. We are dedicated to creating a safe and inclusive environment that empowers and uplifts LGBTQIA+ individuals and allies. Follow at www.facebook.com/gulfportpride



Scan for event page!

RESERVE A HOLISTIC HEALTH SESSION ON-SITE

WE'RE BACK!!! TUESDAY GULFPORT MARKET!



BOOTH NEAR GULFPORT BEACH BAZAAR - TUESDAY'S @9AM-3PM

RESERVE YOUR 15-MINUTE FREE HOLISTIC HEALTH SESSION

PRESENTED BY IN PARTNERSHIP WITH



FEATURING THE SOUNDS OF

AJEVA
ORIGINAL SET &
PINK FLOYD TRIBUTE

DEAD SET FLORIDA & ANTELOPE PRESENT:
DEAD PHISH SUPERJAM
GRATEFUL DEAD &
PHISH TRIBUTE

**GREG ROY &
THE PRESSURE BAND**
ORIGINAL SET &
BOB MARLEY TRIBUTE

BROTHER BEAR
PRETTY LIGHTS &
ODESZA TRIBUTE

OFFICIAL AFTER PARTY AT CJ'S BACKSTAGE!
DEAD ALL OVER
GRATEFUL DEAD TRIBUTE

ST. PETE CommUNITY Festival

A MUSIC & ARTS CELEBRATION

FREE ADMISSION

AZALEA PARK
SATURDAY
MARCH 7TH
2026
1:00 PM - 9:30 PM
1600 72nd St N



Thank you 2026 CommUNITY Sponsors!

DIAMOND



PLATINUM



GOLD



SILVER



BRONZE



RESERVE YOUR 15-MINUTE FREE HOLISTIC HEALTH SESSION



SUNDAY, MARCH 8TH
NORTH STRAUB PARK

AWAKENING
INTO THE
SUN
FESTIVAL

RESERVE YOUR 20-MINUTE BIOFEEDBACK SESSION

MARCH UPGRADES!



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 Demo



HIL & VIL NATURAL WELLNESS
8068 24TH AVE N, ST. PETERSBURG, FL 33710
(708) 571-0163 | NATURALWELLNESS@HILANDVIL.COM | WWW.HILANDVIL.COM

SEASONAL HOLISTIC PERSONAL CHEF MENU



Hil & Vil Natural Wellness



Family Owned & Operated Holistic Wellness Center



VILIJTA 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 concierge in-home & in-office 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**
 - Bachelorettes
 - Birthdays
 - Holidays
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 - Retreats
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- **In-Home Meal Preparation**
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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



RES: CREATIVE 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 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



ST. PETERSBURG, FL



NATURALWELLNESS@HILANDVIL.COM



(708) 571-0163



WWW.HILANDVIL.COM

HOLISTIC WELLNESS SERVICES

BIOFEEDBACK THERAPY



Assessment + Treatment

20 MIN / \$20 + 90 MIN / \$99

SCAN & TREAT YOUR BODY'S SYSTEMS



Scan, assess and receive personalized bio-resonant frequencies to the heal imbalanced body systems, organs, tissues and cells.

- Enhance body function + performance
- Support better circulation and recovery
- Promote cellular regeneration
- Increases relaxation + relieve pain

WWW.HILANDVIL.COM



[BOOK IT HERE!](#)

**SENDING LOVE & GRATITUDE -
MAY YOUR LIGHT & HEALTH EXPAND!**



Family-Owned & Operated
Holistic Healing Center



Vilija Tamulynas
Owner

Hilary Reinglass
Owner

(708) 571-0163

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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

CONTACT US DIRECTLY

MEET US ON SOCIAL MEDIA!



Sent to: Naturalwellness@hilandvil.com

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