



Happy Holidays, Hil!

December Wellness Activities

The Holidays are Here in St. Pete!
Are You Trying to Stay Healthful?

If your nervous system is feeling the holiday hustle, take a few minutes to reset:

- **Vil's Somatic Pause (Ground & Breathe)**

Stand or sit, feet flat. One hand on heart, one on belly. Inhale through the nose for 4, hold 2, exhale for 6 (vagus-nerve friendly). Feel your breath; soften jaw/shoulders. Do 5–6 rounds.

- **Tai Chi Flow (Energy Circulation)**

Stand or sit, feet flat and shoulder width apart. Inhale, sweep arms overhead; exhale, press palms down the center of the body “like smoothing water.” Continue 8-10 times and feel your energy move through the body.

- **Hil's Hydration Station (Water before Coffee)**

Drink at least 8-12oz of water in the morning before any caffeine - coffee, tea, energy drink, soda. This will help wake up your metabolism and rehydrate you from the night's sleep. Add nourishing electrolytes to support healthy hydration.

You'll find us out in the community this month:
Sharing holistic health practices at **Tuesday Gulfport Market**, generating positive energy at **Sunday Corey Ave Market**, and celebrating holiday gifts at **Procrastination Holiday Market** towards month's end!

WELLNESS ANNOUNCEMENTS

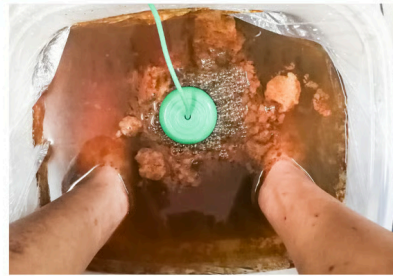
**Ionic Foot Detox will increase in price
starting January 2026.**

LAST CHANCE IN 2025!



Ionic Foot
DETOX

NOW ~~30 MIN / \$45~~



STARTING JANUARY 2026

30 MIN / \$55

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

LOCK IN THIS PRICE, GIFT CERTIFICATES AVAILABLE NOW!

LOCK IN THE PRICE W/ A GIFT CERTIFICATE NOW!

A **30-minute Ionic Foot Detox** can be a calm reset: warm soak, quiet breathing, and space to exhale. Many clients leave feeling relaxed, lighter, and ready for their next gathering.

If you've been meaning to come by, December is a good time to get a **GIFT CERTIFICATE** for yourself or a loved one, to use anytime!

- - -

BECOME A PURE BIOENERGY HEALER

Level One & Two Intensive Training

PureBioenergy Training

IMMERSIVE - EXPERIENTIAL - LIVE

WHEN

MARCH 11TH-14TH 2026
4-DAY TRAINING @10AM-5PM

WHERE

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



[LEARN MORE HERE - CONTACT TO REGISTER](#)

To our community in Tampa Bay and beyond!

Thank you for allowing us to work together to support your health, the smiles at local markets, uplifting testimonials, and so much love.

We're grateful for another year in your good company.

May this season and new year meet you with light, warmth, clarity, and the kind of experiences that refills your soul.

Sending love and gratitude,

💖 Hil & Vil 💖

CHECK OUT HOW NOVEMBER 2025 WENT!

FOLLOW US ON SOCIALS TO STAY CONNECTED







**PURE BIO-ENERGY
HEALING SESSIONS
FOR DOGS**



November 21 & 22 2025

a 2 day, 165 mile ride

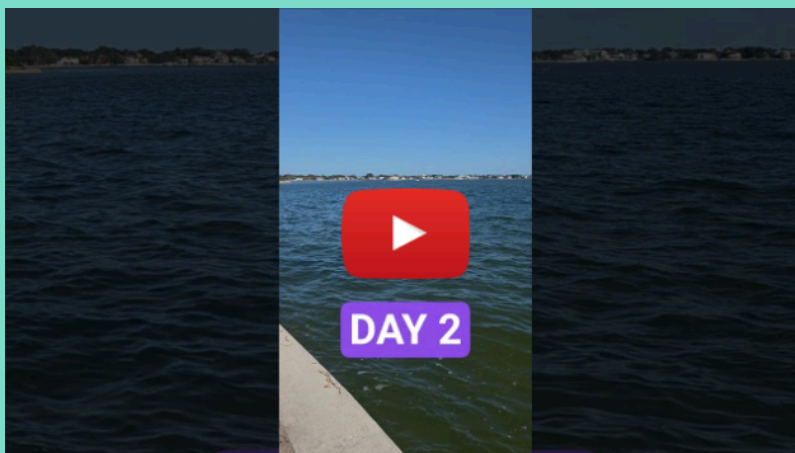
New Route!

Orlando to St Petersburg

100% of all Fundraising Dollars Benefit Participating Organizations



TheJoyRideFL.org



WELLNESS IN DECEMBER 2025

WE'RE BACK!!! TUESDAY GULFPORT MARKET!



BOOTH NEAR GULFPORT BEACH BAZAAR - TUESDAY'S @9AM-2PM

15-MINUTE FREE HOLISTIC HEALTH SESSIONS

COREY AVENUE SUNDAY MARKET
SUNDAY, DECEMBER 14TH



Every Sunday 10 Am - 2 Pm

15-MINUTE FREE HOLISTIC HEALTH SESSIONS

KEEP IT LOCAL FOR THE HOLIDAYS!



[CLICK HERE LEARN MORE](#)

HOLISTIC HELP IS HERE...



Hil & Vil
Natural Wellness

Family Owned & Operated Holistic Wellness Center



**BIOFEEDBACK
FREQUENCY
THERAPY SESSIONS**



**SOMATIC HEALTH &
LIFE COACHING
SESSIONS**



**RESTORATIVE
YOGA, TAI CHI &
SOMATIC HEALING
COURSES**



**HOLISTIC
PERSONAL CHEF
IN-HOME SERVICES**



**IONIC FOOT
BATH DETOX
SESSIONS**



**PURE BIOENERGY
HEALING SESSIONS**



**ZERO-GRAVITY
HUMAN TOUCH®
CHAIR MASSAGE**



**PULSED LIGHT
MEDICAL
THERAPY**



**PURIUM ORGANIC
NUTRITION AND
DETOX PRODUCTS**



**TAMPA BAY
WELLNESS
NETWORK EVENTS**

HIL & VIL NATURAL WELLNESS

8068 24TH AVE N, ST. PETERSBURG, FL 33710

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HOLISTIC WELLNESS SERVICES

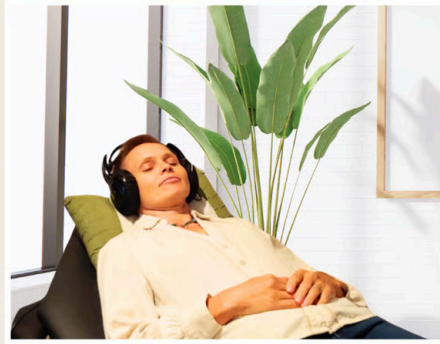
BIOFEEDBACK THERAPY



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.HILANDVAL.COM



BOOK IT HERE!

WITH GRATITUDE & LOVE,
HAPPY DECEMBER & 2026 NEW YEAR!



Family-Owned & Operated
Holistic Healing Center



Vilija Tamulynas
Owner

Hilary Reinglass
Owner

 (708) 571-0163

 NATURALWELLNESS@HILANDVIL.COM

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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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