

NEW YEAR. UPGRADED YOU!



HAPPY 2026 NEW YEAR, Hi!

We're stepping into 2026 with steady and humble confidence—no reinventions, just better defaults: a [daily EQ \(Emotional Quotient\) check-in](#) AND a [Winter Nourish-to-Detox regimen!](#)

WHY A WINTER DETOX CLEANSE, YOU MAY ASK?

Naturally our bodies are working on **detoxing** through the liver, kidneys, lymphatic system, and gut. Our cells can become overburdened by chronic exposure to processed foods, alcohol, medications, environmental toxins, emotional stress, and even disrupted sleep.

A gentle, yearly, nutrient-rich cleanse can help **reduce inflammation, restore gut microbiome balance, improve metabolic markers, and reset hormonal and nervous system function.**

[LEARN MORE ABOUT A WINTER CLEANSE HERE](#)

We'll see you out in the community this month:

Let's discuss holistic health practices at **Tuesday Gulfport Market**, receive healing energy **St. Pete Spirit Fest** and with so much gratitude - together at our St. Pete office!

With this new 2026 year - We wish you to experience more clarity, feel a deeper connection to yourself, and be more aligned in the year ahead! 🌿

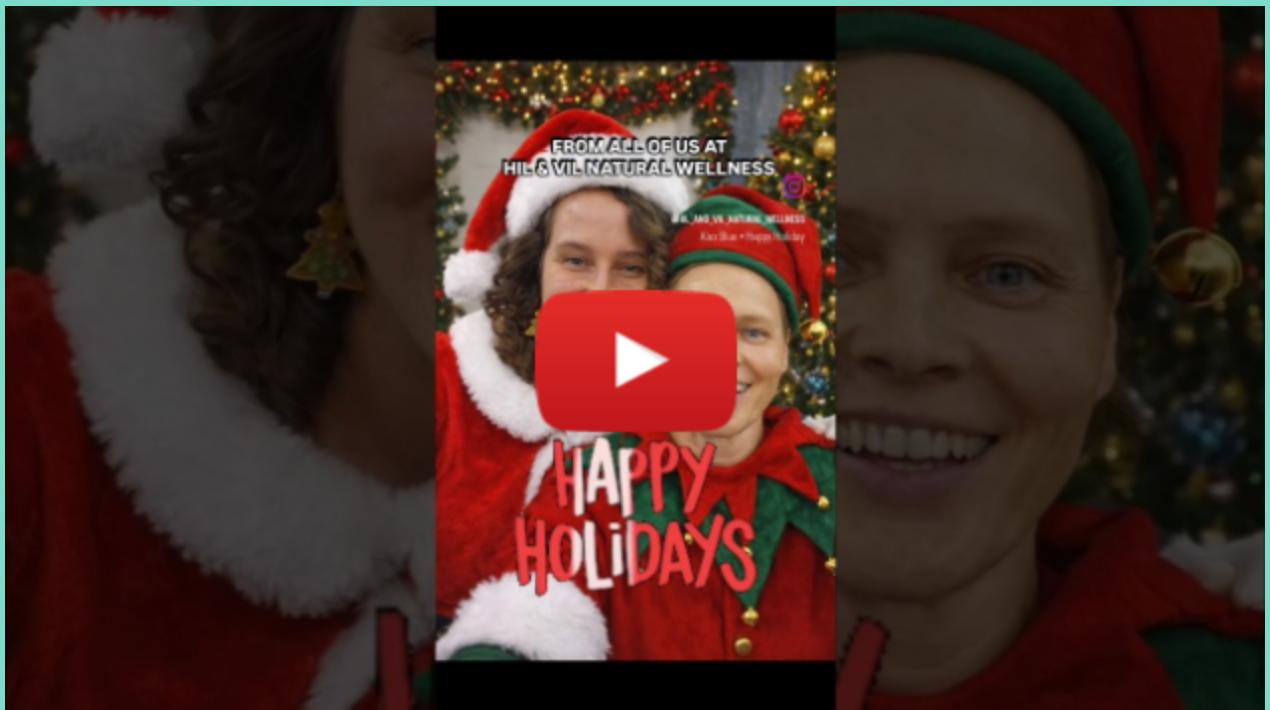
Sending infinite love, light and gratitude,

💖 Hil & Vil 💖

LET'S CONNECT ON SOCIAL MEDIA!



DECEMBER HIGHLIGHTS...





**JANUARY 2026 EXPERIENCES THAT ARE
READY FOR YOU!**

Spirit Fest

St. Petersburg

Holistic • Metaphysical • Crystal Expo

Merchandise, Readers, Practitioners, Artists, Authors & Demonstrations

January 17 & 18, 2026

Saint Petersburg Coliseum, 535 4th Avenue North

Admission \$12/day or \$18/wknd • Kids 12 & under free

Speakers all day, both days, included with daily admission

For more details and discounted admission www.SpiritFestUSA.com

90 booths!
Free Parking

RESERVE A HOLISTIC HEALTH SESSION

GET YOUR SPIRIT FEST TICKETS HERE!

SENIOR RESOURCES MINI-EXPO



The City of
Gulfport
MULTIPURPOSE
SENIOR CENTER

WEDNESDAY, JANUARY 21ST
@ 10AM-12PM EST

[LEARN MORE ABOUT SENIOR RESOURCES EXPO](#)



[LEARN MORE ABOUT COOKING DEMO W/ CHEF HIL](#)

WE'RE BACK!!! TUESDAY GULFPORT MARKET!



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

RESERVE YOUR 15-MINUTE FREE HOLISTIC HEALTH SESSION

ARE YOU AN ENERGY HEALER OR WANT TO BE?

PURE BIOENERGY HEALING TRAINING

LEVEL 1



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



MARCH
21ST & 22ND
@10A-5PM

[LEARN MORE ABOUT LEVEL 1 TRAINING HERE](#)

[RESERVE YOUR SPOT IN THE TRAINING HERE](#)



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Family Owned & Operated Holistic Wellness Center



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LIFE COACHING
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YOGA, TAI CHI &
SOMATIC HEALING
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**ZERO-GRAVITY
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CHAIR MASSAGE**



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WELLNESS
NETWORK EVENTS**

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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

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WITH LOVE & GRATITUDE,
WE WISH YOU A HAPPY AND HEALTHY
2026 NEW YEAR - SEE YOU SOON!



Family-Owned & Operated
Holistic Healing Center



Vilija Tamulynas
Owner

Hilary Reinglass
Owner

 (708) 571-0163

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