

🎉 4 YEARS IN ST. PETE, Hil!

A Season of Gratitude, Celebration & Wellness🌞

From Chicago winters to Florida sunshine…
what a journey it's been!

It has been FOUR YEARS since we packed up our lives in Chicago and made St. Petersburg our home! What began as a dream has blossomed into growing Hil & Vil Natural Wellness, a community of incredible people, meaningful connections, and opportunities to share our passion for holistic health.

Through every challenge, milestone, shared laugh, and healing experience, YOU have been part of our story. And for that, we are tremendously grateful! 💖

As we enter the holiday season, we're reminded that **wellness extends far beyond the individual.** It's in the meals we share, the friendships we nurture and the kindness we extend to strangers. With Thanksgiving around the corner and holiday festivities beginning throughout St. Pete, we're celebrating the abundance

of community, connection, and the beautiful diversity that makes this city home.

Four Years Later, Our Mission Continues! ✨

From personalized Biofeedback Frequency Therapy and Somatic Coaching & Energy Healing with Coach Vilija and nourishing meals prepared by Chef Hilary, our passion remains the same: **helping people feel heard, supported, and empowered in their wellness journey.**

Here's to Four Years & the Many More Ahead! 🥂

Thank you for trusting us, supporting our work, and allowing us to be part of your lives. May this holiday season bring meaningful celebrations, nourishing experiences, laughter around the table, and opportunities to care for yourself and those around you.

From our hearts to yours, thank you for helping to make St. Pete our home! 🌴

Sending gratitude, positive energy, and holiday cheer!

💖 Hil & Vil 💖

NOVEMBER WELLNESS EVENTS AROUND TOWN!


Wild Fork
CHEF-CURATED TASTINGS
Just in time for the holidays w/ Chef Hilary Reinglass
SATURDAY, NOVEMBER 14TH @ 12PM - 3PM
Join Hil & Vil Natural Wellness and Wild Fork Meat & Seafood Market for tastings of unique, chef-curated recipes. Featuring award winning Wild Fork proteins and sides, just in time for the holidays!
Chef Hilary will be on-site for discussion, ingredient support, and inspiration.
WILD FORK MEAT & SEAFOOD MARKET
2801 4TH ST. N, ST. PETERSBURG, FL
Taste. Learn. Get Inspired!
Hil & Vil
Natural Wellness



SHOPAPAPLOOZA SPECIAL!

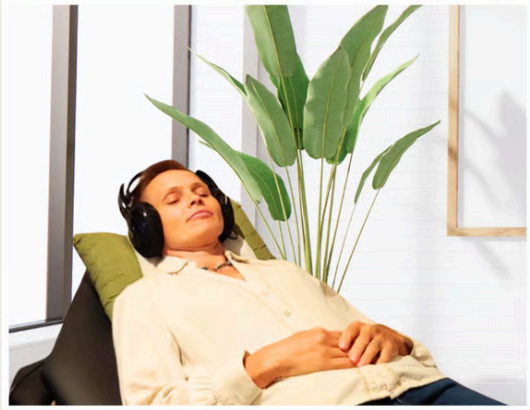
BIOFEEDBACK THERAPY

Hil & Vil Natural Wellness

Assessment + Treatment

30-MIN / $45 + 90-MIN / $120

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

HOLIDAY & SEASONAL MENUS

Hil & Vil
Natural Wellness



CHEF HILARY

HOLISTIC PERSONAL CHEF SERVICES

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

ServSafe National Restaurant Association
Food Handler Certified

NationalCPRFoundation™
CPR & First Aid Certified

airbnb
Certified & Verified

FLIP
Food Liability Insurance Program

HIL & VIL NATURAL WELLNESS
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NOURISH YOUR PALATE — VIEW MENU

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



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



airbnb 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 WELLNESS PATH

SENDING LOVE & GRATITUDE ALL THROUGH NOVEMBER!

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!


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.
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