



Hil & Vil
Natural Wellness

TOGETHER, WE ARE IN FEBRUARY Hil

February holds a deeper opportunity for care right now — one built in compassion, resilience, and showing up for one another. It's the kind of care that listens, remains a pillar through a storm, and chooses strength in the face of adversity. This month, we honor the courage it takes to live authentically and the power of community rooted in respect, dignity, and mutual support. ❤️

Whether you're celebrating Black History Month, honoring the rebirth of the trees for Tu Bishvat or spending time with your beloveds for Valentines Day, we care about you and welcome you into our spaces.

Wellness is not only personal—it's a shared experience. When we tend to our bodies, regulate our emotions, and stay connected, we build the capacity to support ourselves and those around us, across cultures, backgrounds, and lived experiences. 🌱

Throughout February, you'll find us connecting in meaningful ways with our community – sharing nourishing food while cooking for families far and wide, teaching yoga classes around town, gathering with fellow local vendors at Localtopia and of course, welcoming you into our wellness center.

May this month reflect the support that is present, accessible and that everyone deserves. Stability roots through presence, and care is something we can choose to actively cultivate—together. We love you! ✨

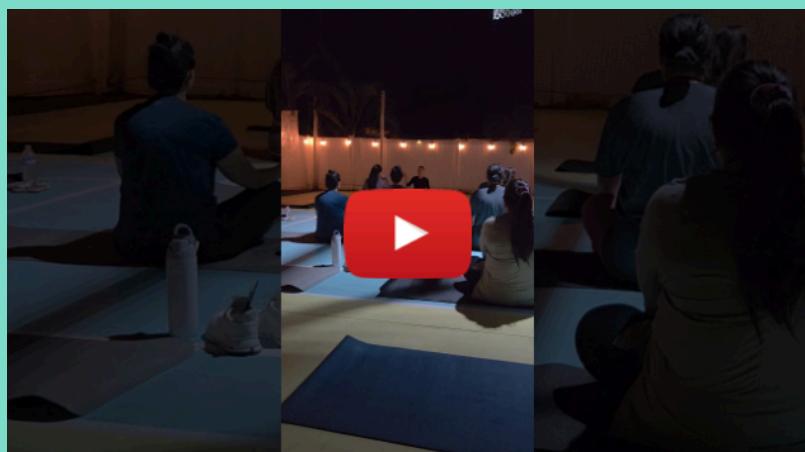
Sending infinite love, light and gratitude,

💖 Hil & Vil 💖

LET'S CONNECT ON SOCIAL MEDIA!

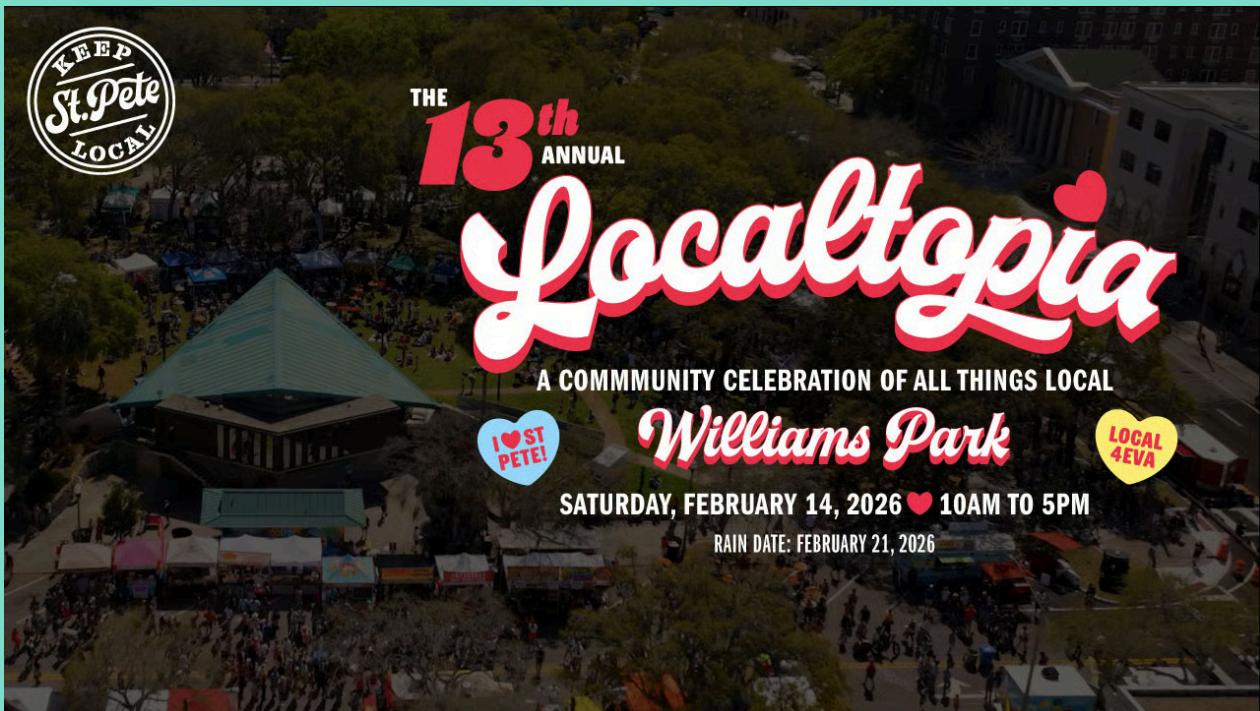


JANUARY HIGHLIGHTS...





FEBRUARY 2026 EXPERIENCES THAT YOU ARE WELCOME TO!



RESERVE A HOLISTIC HEALTH SESSION ON-SITE

WE'RE BACK!!! TUESDAY GULFPORT MARKET!

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LIFE COACHING

APY.
DITATION

BIOFEEDBACK
REQUENCY THERAPY

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CONNECTION

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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?

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21ST & 22ND
@10A-5PM

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COURSES



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**WITH LOVE & GRATITUDE,
YOU ARE WELCOME HERE!
PLEASE BE SAFE & HEALTHY.**



Hil & Vil
Natural Wellness



Family-Owned & Operated
Holistic Healing Center



Vilija Tamulynas
Owner

Hilary Reinglass
Owner

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Ionic Foot Detox

Tampa Bay Wellness Network Events



SCAN FOR DETAILS

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