



April Springs Transformation!

Did you Spring Break too hard? 😊
Or are bigger shifts feeling uneasy? 🐱

We are lovingly here to remind you that you got THIS & it may be all part of your process of leveling up. Shifts can simply be redirection towards your aligned path, even when the road may seem like April showers.

What do WE do when we are forced to face more challenging truths? Oh, you know we try to walk our talk!

We presence with what's coming up in our mind and body because, of course, as many of us know, what we resist will persist.

How?

- Breathing fresh air outside to clear our mind and energy field
- Movement that feels supportive (yes, even mini stretches without leaving the bed) to get a little more in our body and outta the head
- Talking through what's coming up w/ a trusted professional (Like Vil!)

Then diving even deeper...

We use our extra tools like Biofeedback Frequency Therapy, where we're able to assess how different systems in the body are responding. Like our nervous system, digestion, circulation, so that we can identify where support is needed the most.

From there, we integrate what our body actually responds to, to name a few:

- Targeted nutritional support with clean, bioavailable foods and nutrients
- Somatic and nervous system work to tune into what your inner voice is really asking for and to reduce the uncertainty

Does this resonate at all in your heart space? Well friends, you're not alone and we are so ready to connect with you in whichever transformation stage

you're in... caterpillar, chrysalys goo, butterfly? We've got you!

Let's be connected this month and thank you for continuing to choose positive growth. We love you!

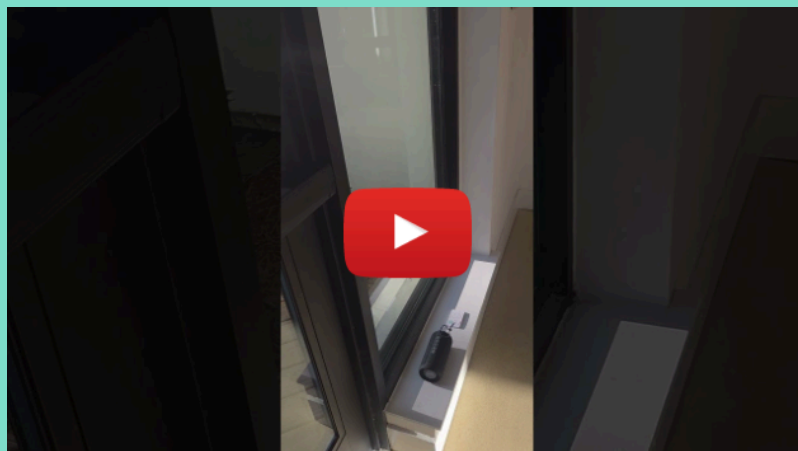
Sending infinite love, light and gratitude,

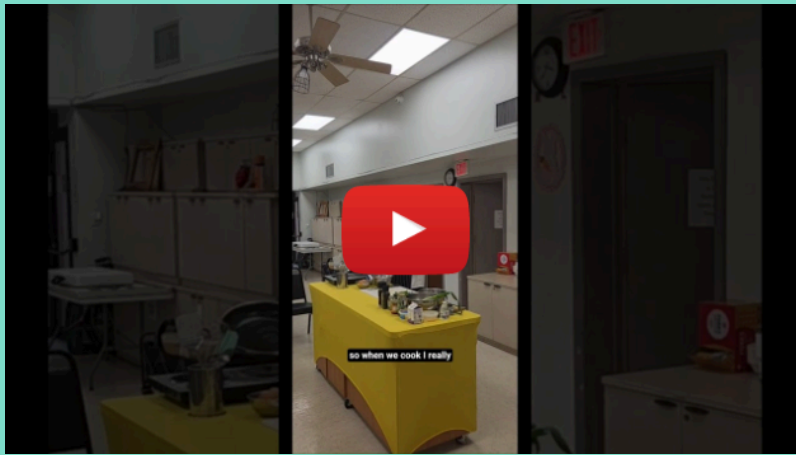
💖 Hil & Vil 💖

LET'S CONNECT ON SOCIAL MEDIA!



MARCH HIGHLIGHTS...





APRIL 2026 EXPERIENCES TO BE HAD!

AN ARK HOMES COMMUNITY

SOMERSET COVE

JOIN HIL & VIL NATURAL WELLNESS

YOGA & MEDITATION CLASS

FIND YOUR BALANCE AT SPRING HILL'S BRAND NEW COMMUNITY




TUESDAY, APRIL 7TH
10 AM - 11 AM

3933 ANTIGUA WAY
SPRING HILL, FL 34608



HURRY! RESERVE YOUR SPOT!
GO TO...
SOMERSETCOVEHOMES.COM



 SomersetCoveHomes.com | 844-593-1680  

[RESERVE A SPOT](#)

WE'RE BACK!!! TUESDAY GULFPORT MARKET!



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

[RESERVE YOUR 15-MINUTE FREE HOLISTIC HEALTH SESSION](#)

APRIL UPGRADES!



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**



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



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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
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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.

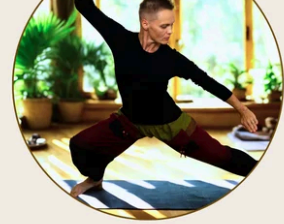


RESTORATIVE YOGA & TAI CHI



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**

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HOLISTIC WELLNESS SERVICES

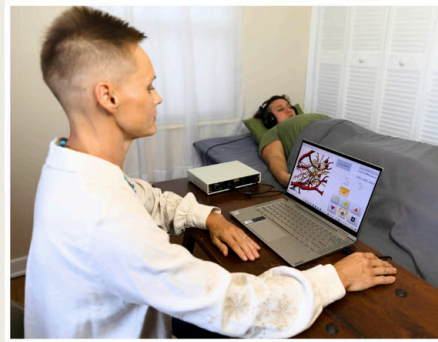
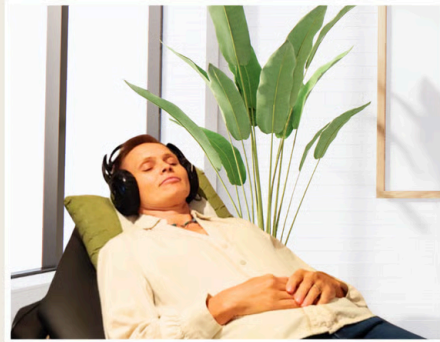
BIOFEEDBACK THERAPY



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.HILANDVIL.COM



[BOOK IT HERE!](#)

SENDING LOVE & GRATITUDE -
MAY YOUR TRANSFORMATION BE
LIGHT!



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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