Hil & Vil
Natural Wellness

🌷 HAPPY MAY FLOWERS 🌸
&
🌻 HAPPY BIRTHDAY VILIJA!!! 🌻

MAY THE 4TH BE WITH YOU! 🐎

Speaking of May the Fourth Be With You... 😆

This month's theme?

You are not a machine. You are a living system.

May you FEEL the energy that's inside you!

What's it saying when we really list, instead of bulldoze over ourselves.

Replenishment?
Recovery time?
Actual meals, less snacks?
Less doom scrolling and more outdoors?

So instead of asking:
"What can I push through next?" and ignoring what's really coming up in my mind, body and energy....

Maybe we can ask in May:
“What would bring me back to myself, big or small?"

For us lately, that’s looked like:
🌞 Morning bike rides before the heat kicks in
🥦 Switching to a Spring/Summer menu w/ electrolytes and more hydrating ingredients
🧘 Frolicking & playing in the water to cleanse our mind/body energy

Getting the support you deserve, 1 step at a time!

This month, you’ll find us doing what we love most:
Guiding somatic healing classes on the beach, yoga in new apartment complexes, cooking nourishing meals for celebrations & vacations, supporting clients in the

wellness center, and connecting with our beautiful community during wellness events. See below for more details.

You know we love you! So, May the Fourth be with you… and may your nervous system be nourished by May in Florida 😄 ✨

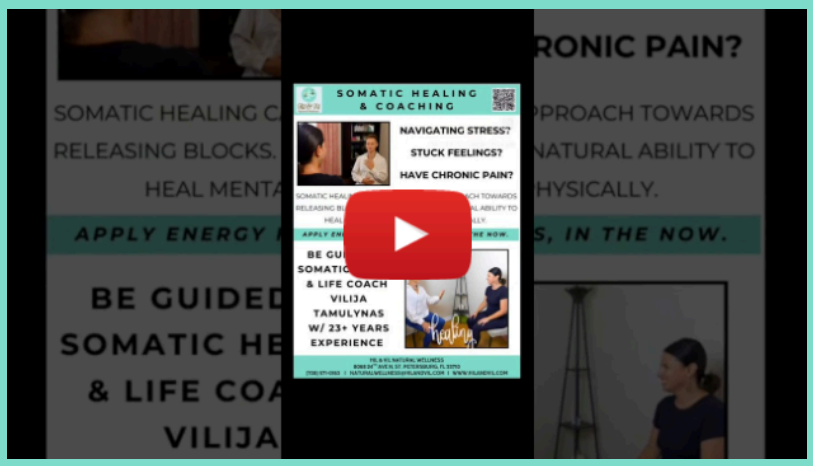
Sending infinite love, light and gratitude,

💖 Hil & Vil 💖

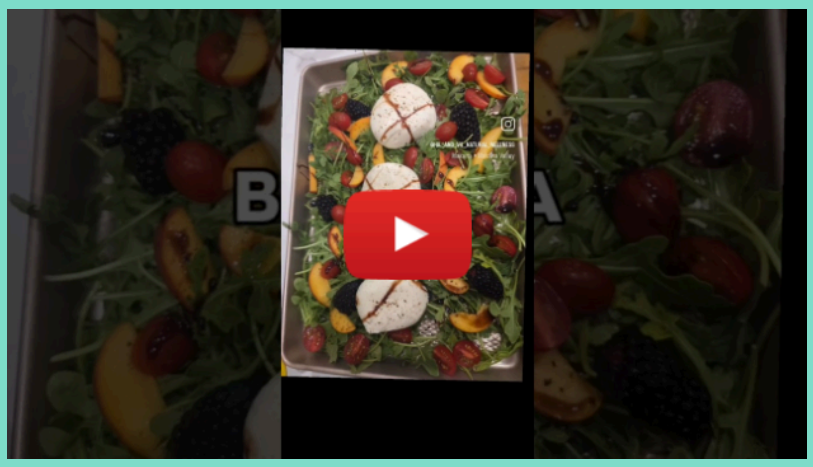
CHECK YOUR ELIGIBILITY HERE

LET'S CONNECT ON SOCIAL MEDIA!

APRIL HIGHLIGHTS...



THANK YOU HIL & VIL FAMILY FOR SUPPORTING THIS DREAM INTO REALITY!!!



MAY 2026 WELLNESS EXPERIENCES

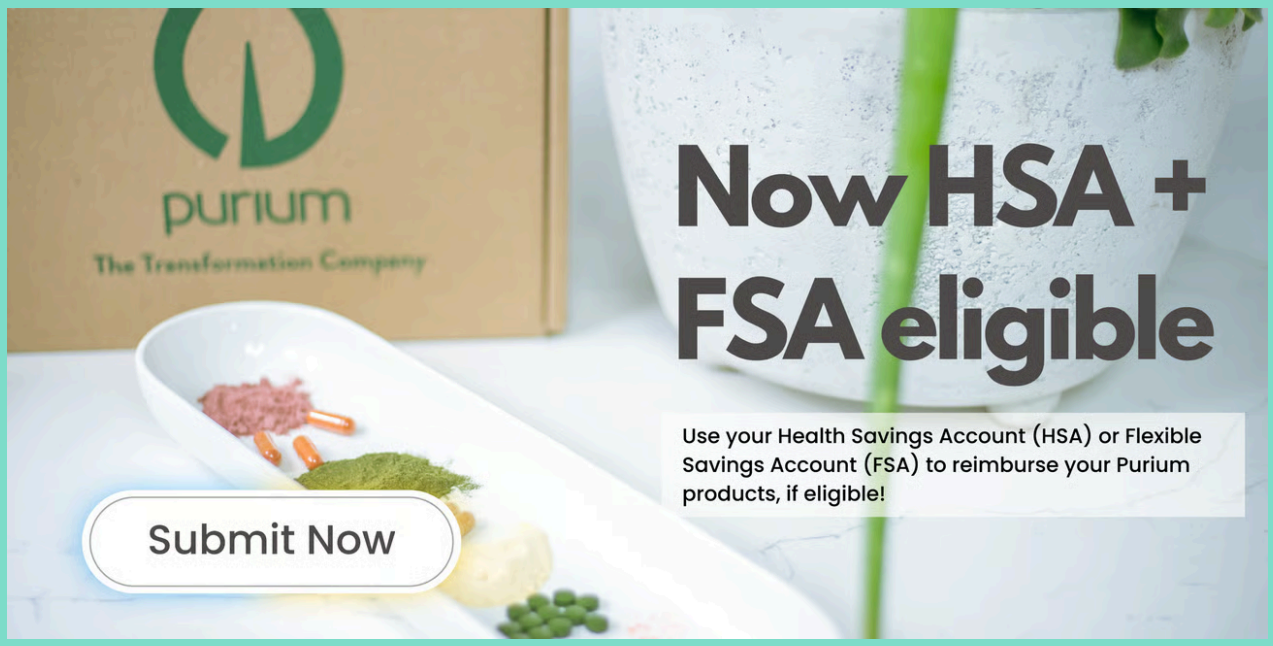
RESERVE A FREE SPOT!

RESERVE YOUR SPOT W/ THE GULFPORT SENIOR CENTER

LEARN MORE

CONDSIDER THIS IN MAY...

Spring Nutritional Support as Health Care



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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SPRING & SUMMER MENU

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

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HOLISTIC PERSONAL CHEF MENU

Hil & Vil
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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
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  - 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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HOLISTIC WELLNESS SERVICES

SENDING LOVE & GRATITUDE, MAY THE FOURTH BE WITH YOU!

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

CONTACT US DIRECTLY

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