

**CELEBRATING 3 YEARS IN BUSINESS**

Receive a **FREE GIFT** on us!



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**HAPPY APRIL Hi!**

**WE'RE MOVING TO THE BEAUTIFUL  
JUNGLE TERRACE NEIGHBORHOOD**

**&**

**CELEBRATING 3 YEARS IN BUSINESS!**

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If your heart just skipped a beat - don't worry, **ours did too!**

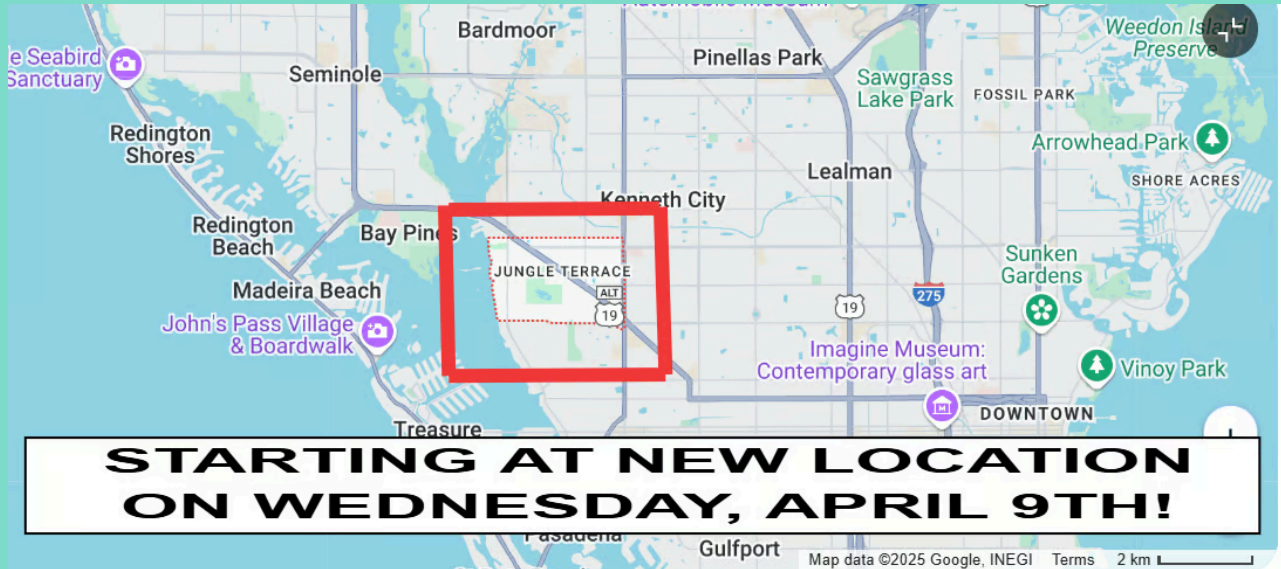
It feels like *divine timing*. We're growing into a new space that **reflects everything Hil & Vil Natural Wellness stands for - grounded healing, vibrant energy, holistic approaches, and full of heart.** As we plant roots in a new space, we're also lovingly reflecting on what these **past three years have meant:**

**3 YEARS** of our own women-owned and empowered Hil & Vil Natural Wellness business being out there to support our local

community in being their own health advocates

**3 YEARS** of helping clients feel better naturally and holding space for their transformation

**3 YEARS** of building meaningful, long-term relationships rooted in trust, care, and results with clients and local businesses



**SINCERELY, THANK YOU FOR BEING WITH US ALONG THE WAY!**

Stay tuned for the official new address and **SEE BELOW** for April-only perks to THANK YOU – the life of our community.

Thank you for growing with us. We are so excited to welcome you into the new space and continue to grow together!

Sending unconditional love and gratitude,

♥️ Hil & Vil ♥️

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**CELEBRATING 3 YEARS IN BUSINESS**

Receive a FREE GIFT on us!

FOR NEW CLIENTS

**Biofeedback  
THERAPY**

Assessment + Treatment

FREE 30-MINUTES



(\$50 reservation deposit, credited back at time of session)

FOR CURRENT CLIENTS

**ZERO GRAVITY  
CHAIR  
MASSAGE**

FREE 60-MINUTES



FOR EVERYONE!

**(1) FREE SESSION  
W/ PACKAGE  
PURCHASE**



**ONLY IN APRIL,  
FOR ON-SITE  
SESSIONS**

CONTACT TO BOOK | [WWW.HILANDVIL.COM](http://WWW.HILANDVIL.COM)

[CONTACT TO BOOK YOUR FREE SESSION GIFT](#)

**APRIL 2025 WELLNESS EVENTS.  
SUPPORT LOCAL BUSINESSES!**

**GULFPORT TUESDAY MARKET  
TUESDAY'S @9AM-3PM**



**VISIT HIL & VIL'S BOOTH @ STELLA'S**

**[CLICK TO RESERVE A SESSION W/ HIL & VIL!](#)**



# COMMUNITY HEALTH BLOCK PARTY



Health and Wellness Vendors are needed:

- Plants
- Produce
- Fitness
- Handmade Jewelry
- Health Insurance
- Natural Products - Holistic and Wellness
- Massage Therapists
- Nutrition



WHEN: 4/13/2025 11AM-4PM

WHERE: 314 S BELCHER RD,  
CLEARWATER, FL 33765



**Minardi Law**  
Attorney & Counselor at Law



[CLICK TO LEARN MORE ABOUT BLOCK PARTY](#)

# COMMUNITY HEALTH FAIR

SATURDAY, APRIL 26, 2025 10AM-2PM  
3804 N. 29TH STREET, TAMPA, FL. 33610



♥ FREE & LOW-COST HEALTH SERVICES FOR THE COMMUNITY!

- ✓ CPR & First Aid Demonstrations
- ✓ Blood Pressure & Health Screenings
- ✓ Wellness & Nutritional Information
- ✓ Drug & Alcohol Testing Information
- ✓ Community Resources & Giveaways

🎉 Fun Activities for All Ages!  
🏆 Raffles & Prizes | 🎵 Live Music | 🍎 Healthy Snacks & Vendors



[CLICK TO JOIN THE COMMUNITY!](#)

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**CONSISTENCY IS WELLNESS.**

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**RECORDED COURSES - YOURS FOR LIFE**



**MORNING +  
EVENING  
RESTORATIVE YOGA  
COURSE - \$37**



**MORNING +  
EVENING  
TAI CHI & QIGONG  
COURSE - \$37**

**PACKAGE COURSES - \$47**



**A BEGINNERS  
GUIDE TO  
SOMATIC HEALING  
COURSE - \$47**



**\* BONUS CHAIR YOGA COURSE  
WWW.HILANDVIL.COM**

**SEE ALL RECORDED COURSES - YOURS FOR LIFE!**



**Hil & Vil**  
Natural Wellness

*Family Owned & Operated Holistic Wellness Center*

Hil & Vil Natural Wellness is a family-owned and operated holistic wellness center, dedicated to a well rounded approach to healing for the mind, body, and soul. Hil & Vil will help you create the best path towards physical healing, emotional well-being and mental clarity.

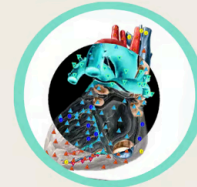
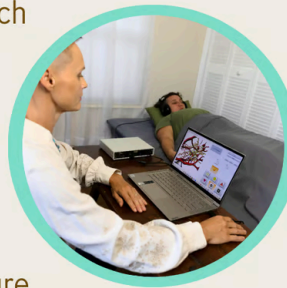


**VILIJA TAMULYNAS &  
HILARY REINGLASS**

They offer Somatic Health & Life Coaching, Yoga and Tai Chi classes, Biofeedback Frequency Therapy, Pure Bioenergy Healing, Purium Nutrition, Red Light Therapy, Ionic Foot Detox, and Zero Gravity Chair Massage. Visit them in their office, remotely, or enjoy their concierge services in the comfort of your home.

## **90- MINUTE BIOFEEDBACK ASSESSMENT**

- 1.) Scan the energy and pathology condition of each organ, tissue, and cell.
- 2.) Receive healing frequencies to promote recovery and cell regeneration in stressed areas.
- 3.) We analyze your results with you for a full assessment of your health condition. Then, we share a personalized protocol for you outlining the steps of your wellness process.



**90-MIN  
FOR  
\$99**

**HIL & VIL NATURAL WELLNESS**

(708) 571-0163 | NATURALWELLNESS@HILANDVIL.COM | WWW.HILANDVIL.COM

**[CLICK HERE TO LEARN MORE](#)**

**[+ ADD CHAIR MASSAGE TO YOUR BIOFEEDBACK SESSION!](#)**





*Hil & Vil*  
Natural Wellness



**SOMATIC HEALTH &  
LIFE COACHING**



**BIOFEEDBACK  
FREQUENCY  
THERAPY**



**YOGA & TAI CHI  
SESSIONS**



**MEDITATION  
& ENERGY HEALING**



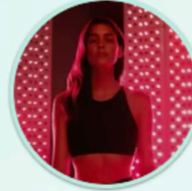
**HUMAN TOUCH®  
SUPER NOVO  
CHAIR MASSAGE**



**IONIC FOOT  
BATH DETOX**



**LIFEWAVE PATCHES  
TO ACTIVATE  
HEALTHY STEM  
CELLS**



**RED LIGHT &  
NEAR INFRARED  
LIGHT THERAPY**



**PURIUM  
ORGANIC  
NUTRITION**



**TAMPA BAY  
WELLNESS  
NETWORK**

**TAMPA BAY  
WELLNESS  
NETWORK  
EVENTS**



  
TAMPA BAY  
WELLNESS  
NETWORK

**CLICK HERE TO BOOK A SESSION**



# Ionic Foot DETOX

30 MIN / \$45



COLOR OF WATER	AREA OF BODY	SYMPTOMS
Yellow-green	Detoxifying from the Kidney, Bladder, Urinary Tract, Female Prostate Area	Gynecological Disorder, Prostate
Orange	Detoxifying from Joints, Arteries	Arthritis, Rheumatism, Gout, Neuropathy, Pleurisy
Brown	Detoxifying from Liver, Lungs, Tobacco, Cellular Debris	Smoking, Second Hand Smoke, Air Pollution
White cheese-like particles	Yeast, GI Tract, Vaginal	Insomnia, Migraine, Candida
Dark Green to Black	Detoxifying from Gallbladder, Liver	Gallstones, Acid Reflux, Weak Immune System, Nausea
Red Flecks	Blood Clot Material	Arterial Blockage, Bruising, Hypertension, Cold Hands/Feet
White Foam	Lymphatic System, Lymph Nodes	Menses Disorder, Lymph Nodes Tender, or Clogged Skin Allergy
Black Flecks	Heavy Metals	Fibro Fog, Chronic Fatigue, Memory Problems

[WWW.HILANDVIL.COM](http://WWW.HILANDVIL.COM)

[CLICK HERE TO BOOK AN IONIC FOOTBATH SESSION!](#)

# PURIUM

## ORGANIC NUTRITION

### NOURISH.

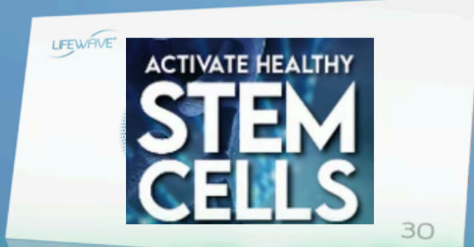
### DETOXIFY.

### REPAIR.

UP TO 40% OFF YOUR  
ONLINE ORDER



CLICK TO ORDER UP TO 40% OFF PRODUCTS W/ REFERRAL CODE!



# LIFEWAVE X39



## More Energy

Using x39 daily leads to an increase in cellular energy.

You may notice your very first day that you feel less tired and fatigued.



## Better Sleep

Using x39 daily leads to an improvement in the quality of sleep.

Most people report that their sleep is deeper and longer.



## Dramatic Pain Relief

The pain relieving benefits of X39 have to be experienced to be believed.

Most people notice a reduction in pain within minutes of application

# LIFEWAVE PATCHES

- Increases healthy stem cells**
- Reduces inflammation and pain**
- Improves muscle and bone density**
- Increases collagen and elastin**
- Increases hair growth and thickness**
- Improves wound healing**
- Eases anxiety and aggression**

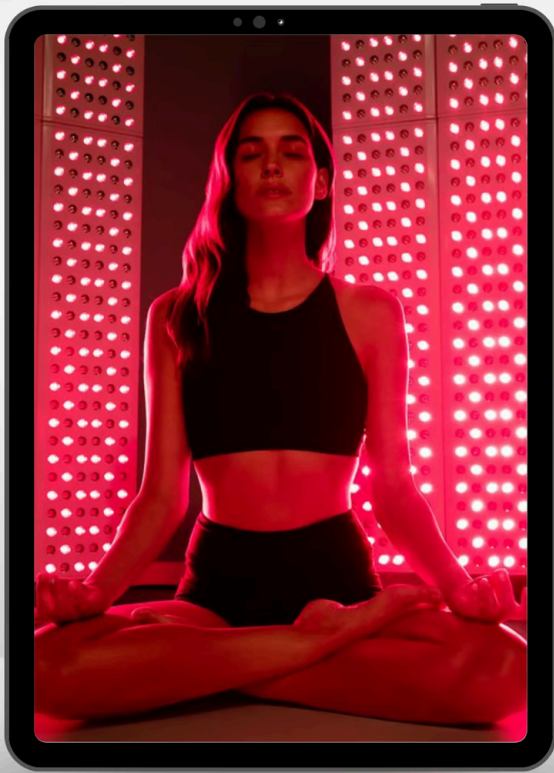


[CLICK HERE TO ORDER LIFEWAVE PATCHES](#)



# RED LIGHT THERAPY

RED LIGHT AND NEAR  
INFRARED LIGHT THERAPY



\$1 PER  
MINUTE

- 10 min
- 20 min
- 30 min



*Hil & Vil*  
Natural Wellness

WWW.HILANDVIL.COM

[CLICK HERE TO LEARN ABOUT RED LIGHT THERAPY](#)



*Hil & Vit*  
Natural Wellness

# Super Novo Chair Massage

**\$1 per  
Minute**

(10-Minutes Free  
w/ Session)

**60+ Massage Options**

[CLICK HERE TO LEARN MORE!](#)



TAMPA BAY  
WELLNESS  
NETWORK

BY HIL & VIL NATURAL WELLNESS, LLC

**WELCOME TO THE TAMPA BAY WELLNESS NETWORK,  
FOUNDED BY HIL & VIL NATURAL WELLNESS. WE  
ORGANIZE WELLNESS EVENTS AROUND TAMPA BAY.**

**WE ARE A NETWORK OF OVER 200 EXPERIENCED  
HEALTH PROFESSIONALS WHO OFFER  
WELLNESS TREATMENTS AND SERVICES.**

**HOST US**

**APARTMENT BUILDINGS**

**CONDOMINIUMS**

**CO-WORK SPACES**

**CORPORATE OFFICES**

**SPECIAL EVENT VENUES**



**LEARN MORE ABOUT BECOMING  
A VENDOR, SPONSOR, OR HOST**



**[CLICK HERE TO LEARN MORE!](#)**

**THANK YOU AGAIN & SEE YOU IN THE  
NEW SPACE SOON!**