

A VISUAL TOUR OF
TUSCANY WITH
**YOUR OWN
PERSONAL
MASSAGE
THERAPIST**

FROM THE EXCITING
HEALTH® SERIES



REBEKAH MORRISON



Handwritten labels and tags are attached to the top shelves, likely identifying the various packaged goods and their prices.

Multiple rows of small, uniform packages are neatly arranged on the shelves, each with a small white tag attached to the top.

Several bottles of oils, vinegars, and other condiments are hanging from the wall, showcasing a variety of flavors.

A vertical string of garlic bulbs hangs prominently in the center of the stall, adding to the fresh produce display.

Shelves in the background are filled with more packaged goods, including breads, pastries, and jars of preserves.

Large baskets of fresh grapes, including dark purple and light green varieties, are prominently displayed in the center of the stall.

At the bottom of the stall, several baskets and crates are filled with fresh produce, including oranges, tomatoes, and strawberries.

A sign on the right side of the stall features colorful location markers and the year '2011', possibly indicating a special event or anniversary.

LET ME INTRODUCE MYSELF...

I'm a Remedial Massage therapist, which means I've spent several years helping people reduce their pain, feel great and improve their daily outlook!

I've grown a Massage Practice, I've grown a Massage School, I'm a big fan of DIY and I love to travel & experience new things... and I have so much love inside me that sometimes I fear that I will burst!

But enough about me - ;) This book is about you...! Well, it's actually ALL about me but YOU can use everything in here too! Maybe help make each and every one of your days a little more comfortable and be inspired by some gorgeous visuals along the way!

So I wanted to combine my love of travel and seeing new places, with my love of helping people and this passion that I have for 'DIY'. Yes, I love to do everything myself, and if I can do it from scratch - even better! Whether growing and cooking food, making skin care products, learning things online or in person, writing books - I love it all and I love the fact that in today's society, you can literally do anything you want from wherever you want!

So today I find myself in Tuscany, Italy, and I think to myself - this is such a picturesque spot, I'd love to capture this in a coffee table book... But not one of those ordinary coffee table books - one that is actually useful for more than just propping up your laptop screen...

And so here we are - a practical guide to Self Massage in some classically gorgeous surroundings!

...and just be aware that you can actually flick through this book and do your self massage at the same time!! :)







SELF MASSAGE

How many times have you walked past a massage clinic and thought – oh I really need a massage... but I don't really want to go in there..?

Or how many times have you rung all the massage clinics you know and been turned down because there's no free space, or they're closed when you finish work?

Wouldn't it be awesome to just strap a little massage therapist to your back to be able to wander everywhere in the world with you and give you a little massage whenever you felt like it?!

Well you could, and pay an absolute fortune to have a personal Massage Therapist ...

Or you could become your own Personal MT!

Whoa –

Hang on –

That sounds like an awful lot of work ...

...and that's the last thing I want to do when I'm already sore or tired..!

Well, I'm about to teach you a way to be your own massage therapist with very little effort – whenever and wherever you want to!

I'm not saying you have to study up and get things perfect- you will find the general, simple advice in this book so simple, easy to do and so effective that I bet you'll find yourself using the techniques if not daily, at least once a week!

Don't worry, it's not physically demanding, doesn't take a lot of effort or time but it does have remarkably good results in a surprisingly short time..!

Sound good? Well then, lets get started!

WHY MASSAGE?

So – Why is massage effective? To make it really simple, sometimes your muscles get a bit tight – all your muscle fibres can bunch up and get stuck together and they just stay that way.

Imagine a piece of string - this is a muscle fibre. Then wrap that piece of string in a thin coating of lightly-oiled cling wrap. This is your connective tissue. Now imagine thousands of these pieces of string bunched together - this is your muscle, which is also wrapped in cling film. Ideally, each piece of string moves independently, but when the muscle is overused or overworked, things may not glide as they should - they can get stuck!

I don't know if you've ever had troubles trying to unstick clingfilm, but this is basically what can happen with your muscle fibres. Now the way to get out of this dilemma is to relax your muscle fibres to allow them to slide properly again. And there are 3 great ways you can achieve this: through Pressure, Heat and Stretch!

Enter Massage... and Self Massage! We can achieve all this with a range of simple techniques you will soon have up your sleeve!

So, what actually causes our muscles to tighten up in the first place?

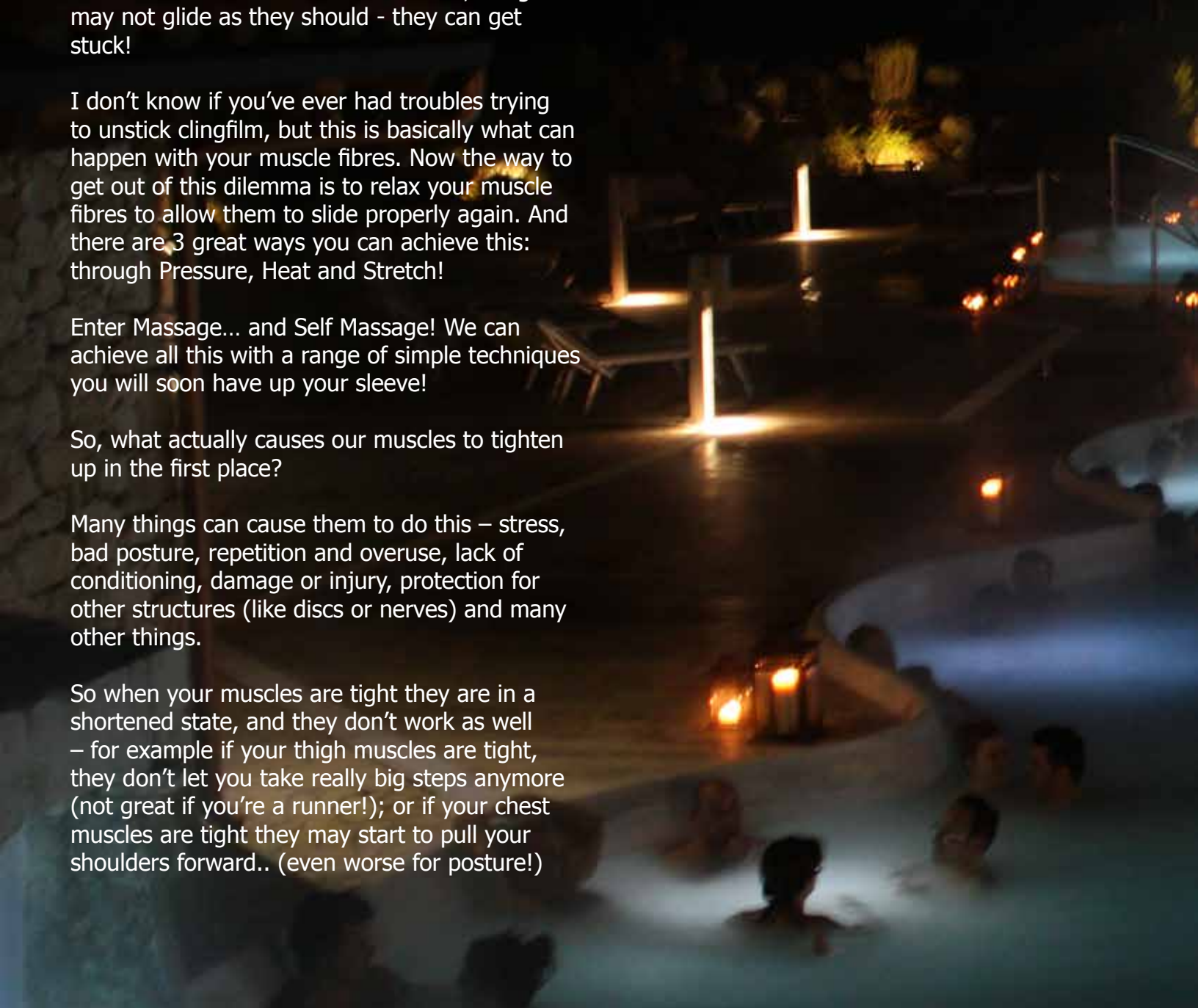
Many things can cause them to do this – stress, bad posture, repetition and overuse, lack of conditioning, damage or injury, protection for other structures (like discs or nerves) and many other things.

So when your muscles are tight they are in a shortened state, and they don't work as well – for example if your thigh muscles are tight, they don't let you take really big steps anymore (not great if you're a runner!); or if your chest muscles are tight they may start to pull your shoulders forward.. (even worse for posture!)

If your muscles are tight, they don't react as quickly. The nerves that send messages between your brain and muscles can get a little confused or squashed up in all the cling wrap and not function properly.

If your muscles are tight, they might get really tired really quickly because they're not using all of their potential. And you can get tired and sore easily.

So ideally we want our muscles to be nice and relaxed so that they can move as far as they can, as quickly as they need, and for as long as they should be able to!





WINE

HISTORY

Tuscany is so alive with its culture, its history and its people! You can't go a mile without seeing buildings that were built at least hundreds of years ago - from Medieval Forts to Walled Cities to Etruscan ruins.

The Countryside is alive with heritage and the Cities harbour centuries of life, death and turmoil!

Now I can't draw a complete parallel to Massage here, but rest assured, it has been around since before the Romans! It's even said to be one of the earliest health remedies of human kind.

Massage is also said to be the most natural and instinctive means of relieving pain and discomfort. When a person has sore, aching muscles, abdominal pains, a bruise or wound, self massage is a natural instinct. How often have you rubbed your sore neck? Held a sore tummy? Or rubbed your thigh after you just banged it against the corner of a table?

Even in prehistoric times, men and women rubbed herbs and oils on their bodies as healing and protective methods.

In almost all ancient civilisations there has been evidence of some form of touch or massage recorded in medical history. Not only has it been used for pain relief but also to improve well-being and even physical appearance!

BENEFITS OF MASSAGE

Almost everyone at some point succumbs to a physical condition that can be improved by massage!

"A sense of relief"

"A weight off my shoulders"

"At long Last!"

"Finally..!"

"I feel so much lighter"

"Aah..!"

That wonderful feeling when you feel like you're walking on clouds, or you're floating through the day! That's what massage can help you do! When your muscles are all tight and bunched up, you start to feel all tense and bunched up! When your muscles are lengthened, released and totally relaxed – that automatically transfers to the way that you feel..!

Not only does your wellbeing benefit from massage but many physical conditions are made better with a little bit of hands-on love!

- Muscle Pain
- Joint Pain
- Muscle Tone
- Flexibility
- Physical performance
- Poor Circulation
- Digestion
- Headaches
- Metabolism
- Relaxation
- Nourishment to cells!
- Renewed energy & ambition
- Stress! (Your adrenal glands have a whole heap of consequences on Blood sugars, Cholesterol levels, Infertility, Obesity, Sexual dysfunctions, Panic and Anxiety, Poor Digestion, Hypertension - worth a mention!)

Although Massage is a fantastic way to improve a lot of conditions and discomforts, there are some instances when you don't want to massage as it may be more harmful to massage the area. So don't! :) In some instances, you can massage other areas away from the condition or just leave it until the injury or illness passes! Just a note - always err on the side of caution and if you are unsure consult a medical professional!

Please use common sense – if there is something that you think that will be worse if you rub it, please don't! For example, you don't want to go rubbing things like open wounds, lacerations, broken bones, swelling, infectious diseases or rashes, warts and fungal infections or the like!

New sprains and strains are when tissues are injured or torn and need to heal. If you rub these, you will set back the healing time and you'll take longer to get back to normal life. You can generally rub these injuries later on when there is NO pain left at all! (this is when the tissues have healed)

If you have a diagnosed condition please ask your health professional if massage is OK before you start any Self Massage! The brief list below is not a complete list but it does give you an idea of the conditions where you'd be smart to get clearance from your Doc!

- Varicose veins
- Cancer and other diseases
- Epilepsy
- Frail Elderly People
- Recent Operations
- Conditions Involving Weakened Bones - e.g. Osteoporosis
- Numbness, Paralysis
- Recent Whiplash Injuries
- Shock or Concussion
- Atherosclerosis
- Acute Inflammation
- Bleeding disorders & Anti Coagulation drugs
- Unidentified pain or Worsening Conditions



CLEMANTINE		50
TAU'IA	CAJIBO	CATEGORIA
€ 2.58		al Kg.





**HOTEL
BELSOGGIORNO**



EFFLEURAGE

When you think of Effleurage, think of the rolling hills of Tuscany - long, even strokes that glide over the skin.

These can be done lightly or firmly and are a long stroking motion. If you are sitting down and run your hand from your knee to your hip, this is an effleurage stroke!

What is it good for?

- Promoting flow of venous blood and lymph
- Promoting nutrition to local areas (feeding your cells to make them healthier!)
- Increasing the elimination of waste products
- A light effleurage can be very relaxing for the nervous system
- Improve the skin by increasing the glandular activity

A very, very light touch is great for helping to move swelling and excess fluid – working with your lymphatic system.

A firmer touch is great for sweeping tension from muscles. You can use your hands/palms, knuckles, forearms, knees and tools like tennis balls, foam rollers and rolling pins..

How do I do it?

Simply place your hand or the tool that you will use onto your muscle, apply some pressure and move in a straight line from far to near – it's not the case of the firmer the better – a very, very light pressure toward the heart will help to increase the flow of lymph (the fluid of your lymphatic system). This is because the lymphatic system is very very superficial so it needs to be very light!

A moderate to firm pressure when you are effleuraging will help to separate and relax those muscle fibres (remember the cling wrap?) Ultimately, you're helping all that cling wrap to move against each other!

**** TIP**** Don't massage bone! There is no point – it is not helpful at all and will be painful!

LYMPHATIC FOR ANKLES

Give this one a go to help remove fluid from the ankles. Although if swelling persists, check in with your Health Professional!

- Elevate your ankles – this uses gravity to assist in your lymphatic drainage!
- Lightly effleurae from your toes to your knees, then again from your knees to your groin.

By doing this, you're helping all the lymph move toward your Lymph Nodes - the Lymphatic System's 'collection points'. In this case they are located behind the knee and in the groin, so you want all your strokes to lead to those places!

And just to give it a final helping hand, we'll help to pump it along...

- Bend your knee several times and then bend at your hip to help mechanically pump the Lymph fluid back to the Heart



FOAM ROLLERS FOR FIRM EFFLEURAGE

Foam Rollers are perfect, however in lieu of a roller on holidays, I found myself with a plastic canister instead!

- Lay on your side and place the Roller under your Thigh
- Support yourself on your hands and feet
- Roll back and forth, adjusting to a suitable

pressure (something that you can feel but not so horrible that it's making you tense up!)

You can also Roll your glutes (bum!) with your legs flat or your knee up (your knee up will put your glutes on stretch so it will be a little more intense!)

And, of course, the front or backs of your legs - your Quads, Hamstrings and Calves can get a great massage from Rolling!





ROLLING THIGHS

Once again a Foam Roller works well, however should you find yourself without one, a Rolling Pin (which most Tuscan Kitchens seem to have) or a bottle of Wine (again, always available here!) will suffice.

- Sit with your knees bent. Your quads are in a lengthened position here so you can reach as much of the muscles as possible!
- Roll a Roller, Bottle or Rolling Pin back and forth along the tops of your Thighs. You can hold it firm and simply glide it across your thighs which can give quite a firm pressure, or you can physically roll the roller for a lighter pressure.



KNUCKLES FOR YOUR NECK

Your Scalenes are some of the muscles at the side of your neck. There are 3 of them and they attach at different spots so if you turn your head to different positions for this massage, you'll get

all aspects of the muscles!

- Sitting comfortably, use your knuckles to gently stroke the sides of your neck from your ear to your shoulder and back again
- You can use different parts of your knuckles to increase or decrease the pressure as you wish, but always start lightly for the neck!



TENNIS BALLS FOR YOUR BACK

The object of this is to massage the muscles of your back that lay on either side of your spine. A tennis ball is great because you can roll it along their length, however an apple or something not so round is also fine according to what you have available - just make sure it's not sharp!

- Place a Tennis ball against your back in the spot where you'd like the massage
- Hold the tennis ball in that spot and lean back until it is held in place by the wall or the floor
- Gently lean into the ball, using the rest of your body to increase or decrease the pressure as you wish
- You can hold it on a tight spot or also roll up and down against the ball if it's easy enough!











KNEADING & PETRISSAGE

Kneading and Petrissage are the names used to describe when you pick up, squeeze and squash muscles.

Think of a Tuscan Nonna kneading the dough for her magnificent sweets or daily breads...!

Squeezing and squashing the muscles helps to push the blood (which contains all the nutrients your muscles need like oxygen, proteins and energy) through the muscles!

Imagine a garden hose, if you squash one part of the hose then let it go, the water in the hose moves along to the next section a lot quicker!

So if you are feeling sluggish or tired, this is the best technique to use!!

What is it good for?

- Promoting the flow of nutrition
- Increasing the elimination of waste produce
- Softening the muscles (like when you knead dough!)
- Improving the skin by increasing nutrient flow

How do I do it?

Simply grab a chunk of muscle in your hand and lift it away from your body, squeeze it between your fingers and thumb (try not to pinch because it doesn't feel very nice) and then let go! (imagine squeezing the hose and then letting go!)

Another way to do it is to place your hand on your muscle and squash/massage it against your bone!

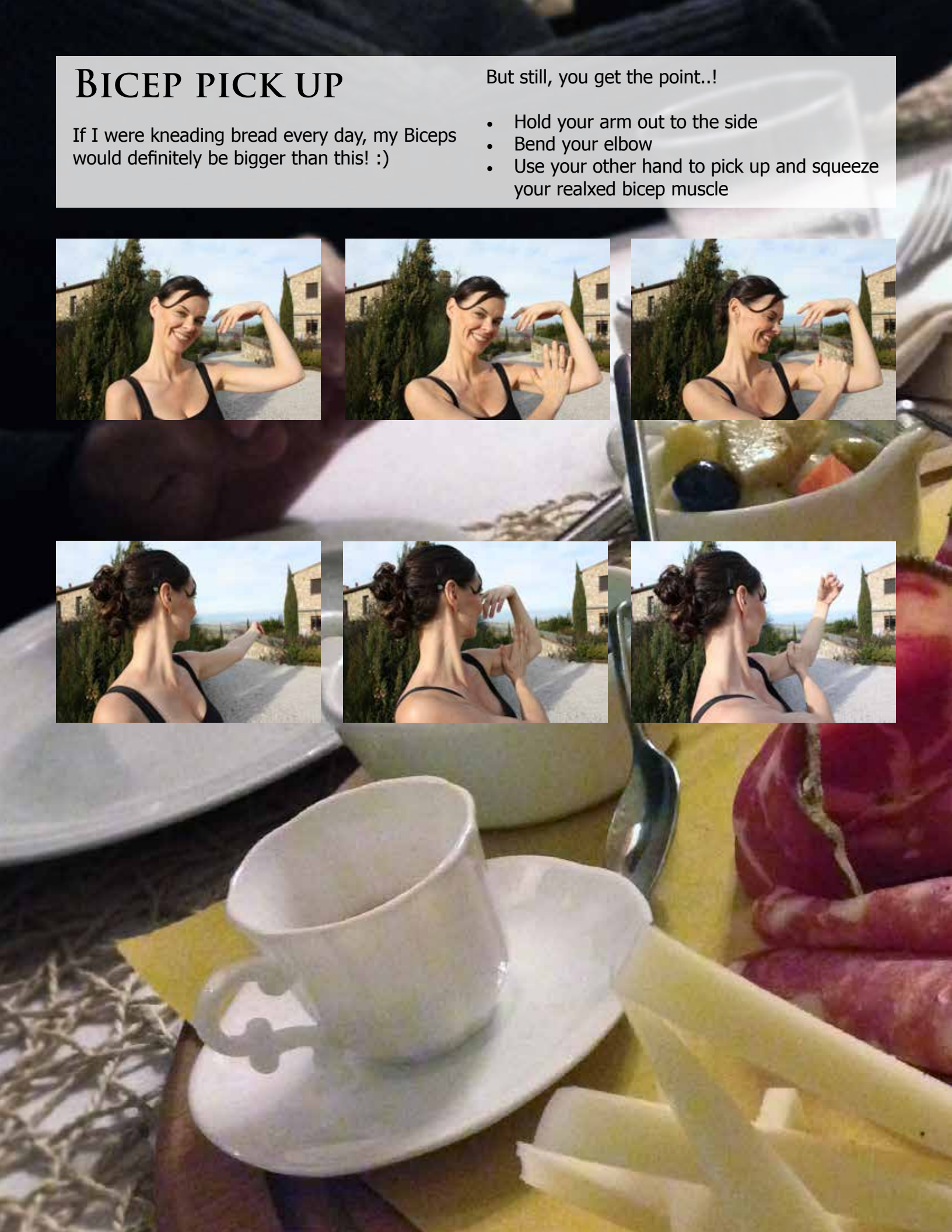


BICEP PICK UP

If I were kneading bread every day, my Biceps would definitely be bigger than this! :)

But still, you get the point..!

- Hold your arm out to the side
- Bend your elbow
- Use your other hand to pick up and squeeze your relaxed bicep muscle



SHOULDER SQUEEZE

This one is great to use while you're at the computer - just a couple of squeezes and you're good to go again!

- Use your opposite hand to squeeze the muscles at the tops of your shoulders



THIGH WRINGING

Use your whole upper body to do this - it's easier than just using your hands!

- Place both hands on your leg – one on

either side of your thigh, fingers facing each other toward the middle of your leg

- Lay your hands flat on either side of your muscle and then push them together
- Your hands will travel towards each other as they squish your quads (thigh) muscles together



CALF SQUEEZE

Nice and easy to do while you're watching a sunset or sitting on the bus!

- Sit with one leg raised, ankle resting on the opposite knee
- Squeeze your calf muscles between the fingers and thumbs of both hands








BANCA
CR FIRENZE

ALBA

ALBA

CISTERN



TAPOTEMENT (PERCUSSION)

Beating, hacking, cupping, slapping and tapping!

Sounds fun doesn't it? It's super stimulating, gets the blood flowing and leaves you feeling energized! Great to do on large, fleshy muscles – don't do it where there are bones close to the surface!

What is it good for?

- Promoting blood flow
- Exciting the muscles – getting them ready for action
- Stimulating the nervous system – great if you're feeling fatigued or lethargic

How do I do it?

First choose if you are going to beat, hack, cup, slap or tap. Then, with floppy wrists, move your forearms up and down so that your wrists flap up and down. On the flap down, you want your chosen hand surface to strike the muscles you've selected!

Experiment with the hand positions & surfaces and you will find that you can actually make it range from quite relaxing to totally invigorating! Enjoy!

SPECIALITA'
VERO
CANNOLO SICILIANO
all'IPARANCIO



BRUCIATE SICILIANE
il Padrino
SPECIALITA'
CANNOLI
SICILIANI

BRUCIATE SICILIANE
il Padrino
SPECIALITA'
SFOGLIATELLE
alla Mandorla



BEATING THIGHS

Apart from a great massage, this is also a fantastic way to get rid of some excess energy!

Make sure you don't spend all your time in one

spot - travel up and down the countryside - I mean your leg - to make it really effective!

- Use loose fists to gently Beat your muscles
- Try to keep your fists firm but your wrists loose - so that your fists can move freely



SLAPPING HAMMIES

And this one is just plain fun!

- Place your hands behind your legs and use flat palms to Slap your hamstrings at the back of your legs.



TAPPING JAW

Use a few fingers and feel your lower jawbone. Now walk them slightly above to feel the muscles there. When you move your jaw, you should feel

the muscles beneath your fingertips moving.

- Use your fingertips to gently Tap the muscles in your cheeks just above your bottom jawbone
- Try closing your eyes to relax



CUPPING GLUTES

Cup your hand as if you were going to scoop some wheat or hold some water in your palm.

To ensure your hand is in the right position, clap

both cupped hands together. You should get a loud, hollow, cupped clap sound.

- Maintain this Cupped hand position, and with loose wrists, slap them alternately against your glutes.









Ananas



JOSTLING

This technique is literally gently shaking your muscles back and forth!

A really relaxing, freeing feeling great for muscles that are not stuck too closely to the bone.

What is it good for?

- Waking up your muscles before you workout
- Relaxing your muscles between heavy workouts or heavy massage (giving them a total freedom break!)
- Cramping – keeps your muscles less likely to cramp
- Gently releasing Contractures

How do I do it?

Make sure your muscles are “OFF stretch” – What does that mean? Well, if you put your muscle into the position where it feels like a stretch, your muscle is all long and taut like a stretched rubber band.

When you take it off stretch, (let the rubber band go floppy) and place your muscle in the opposite position, it takes some tension away, is easier to make contact with, and so flaps around better!

Once your muscle is OFF stretch, gently clasp the belly of the muscle (the meaty bit) and gently toss it, quite quickly, from side to side, and up & down.

JOSTLING CALVES

Another great one for the train or the couch!

- Sit with one ankle resting on the opposite knee
- Place your fingertips underneath your calf muscles and quickly flex your fingers toward your palms so that your muscles Jostle!

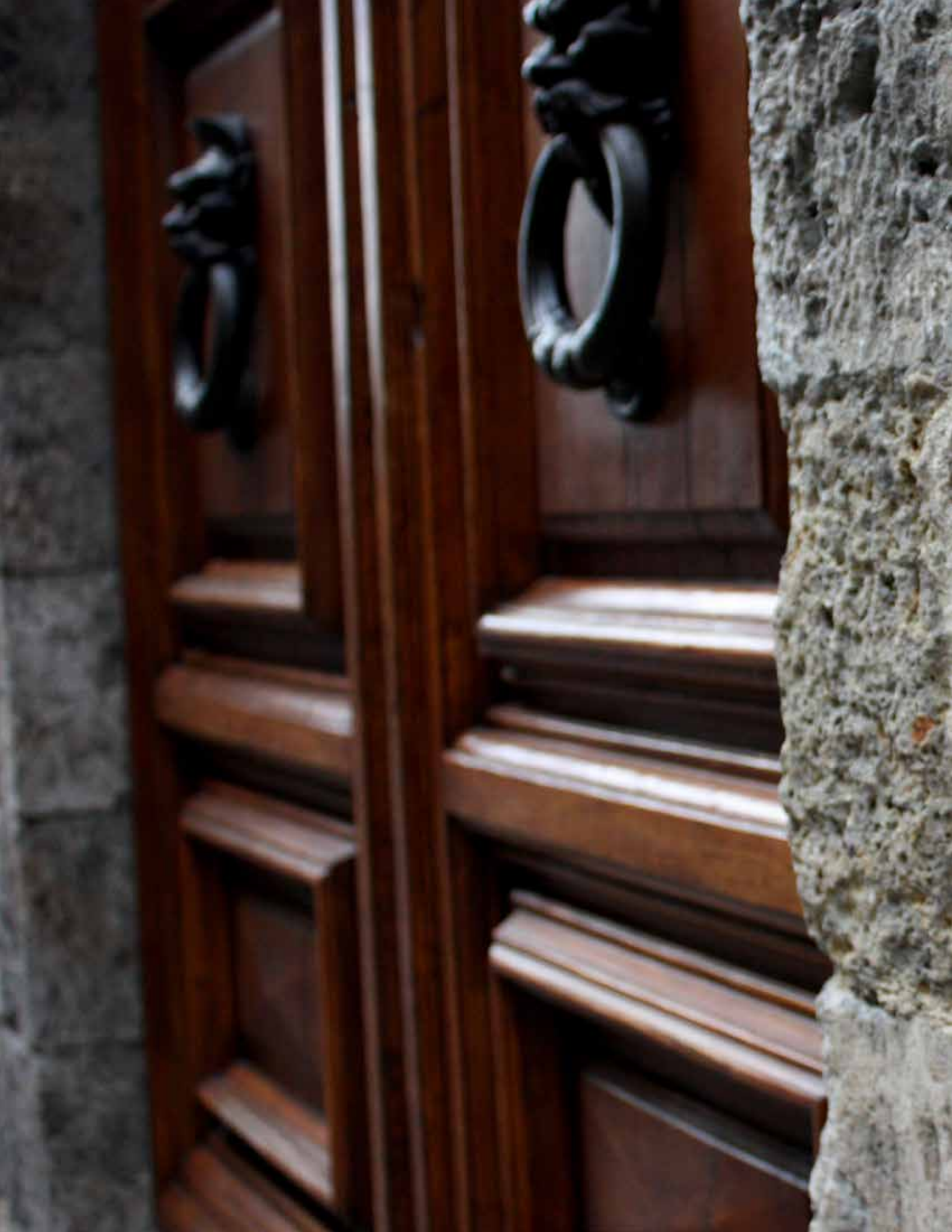


GLUTE JOSTLE

Think of a Harlem Shake! You want to jiggle and shake and flutter with the best!

- Spread your fingers wide and lightly grab a chunk of your glutes
- Shake it from side to side, baby!







MARTELLI

ARTELLI

MANETTI
ELYROS

Bracoli
Cialente

GAGGELLI
SALVI

CENTRO DI STUDI
SUL CLASSICISMO

TRIGGER POINTS

If you really want the definition of a Trigger point, well, here it is: Travel and Simons define it as a "highly irritable localised spot of exquisite tenderness in a nodule in a palpable taut band of muscle tissue".

Sounds pretty special, eh? Basically it is a part of that clingwrap that is really stuck together and really sensitive resulting in tightness.

It can magically make you feel like the pain is somewhere else (called referred pain) and can be pretty uncomfortable if you press on the tight spot.

The great thing about Trigger points is that you can use a really easy technique to get rid of them!

What is it good for?

- Freeing up tight bands of muscle
- Getting rid of referred pain
- Targetting those specific, often stubborn spots that give you grief
- Improving range of motion (ie. walking more freely, checking your blind spot in the car!)

How do I do it?

It's pretty simple – you want to feel around your muscles until you either find something that feels a little firmer than the rest, or feels more tender than the rest.

On a side note here, the best way to find a tight muscle is to feel your muscle section by section with the pads of your fingers.

When you find your spot, all you need to do is put some pressure on it!

Easy!

You can do this with your own thumbs, or fingers but that gets a little tiring – especially if you have stubborn trigger points!

It's a lot easier if you use something like a tennis ball, or a golf ball, or if you're stuck with nothing you could try a pebble, a stone, or an apple..!


You want to hold pressure on the spot until you feel a discomfort rating of about 5 or 6 out of 10 on the intensity scale.

The aim is simply apply some gradual pressure until you reach that rating - avoid poking in as hard as you can, it is not necessary!

Simply hold your pressure and position - you don't need to roll around - until the intensity drops to a rating of 2 or 3 out of 10, or eventually disappears.

Now don't get disheartened if the pain doesn't go away right away! It may take a few minutes to recede. If you find the pain doesn't recede at all after a lengthy period of time, remove the pressure and book in to see a professional. There may be something else that is causing the pain that you can't get rid of with massage!

Please note - Don't use anything sharp! Or anything that will puncture the skin!



And what does a tight muscle feel like you ask? Well, here's a little trick you can use to become familiar with a loose or tight muscle feeling!

- Place your index & middle finger of your right hand onto the muscle at the base of your left thumb
- With your left palm out flat, this is a relaxed muscle
- Now keeping your two fingers on your thumb muscle, bring your left thumb and index finger together. You will feel the muscle beneath your fingers become a bit firmer. This is the same type of feeling you will feel if your muscle is a bit tight.
- Now relax and then bring the thumb and middle finger together and notice

the muscle becomes firmer again. This is generally how your muscle will feel if it's a little bit tighter again.

- Use the same process and touch your thumb to your ring finger and again to your little finger. The tension you feel in the muscle is similar to how a relaxed muscle that is "tight" would feel - and hence we refer to it as a tight muscle :)

So using the finger pads of your index and middle fingers, feel around on any muscle of your body until you find something that feels a little tighter than the rest. Not all muscles will have tight spots, but generally when you're feeling like you need a massage, you will more than likely feel some tight spots!

GLUTE TRIGGERS

If the pressure is too intense for you, try starting with a softer surface like the couch or on a cushion. A stone wall may be a little sore for starters! ;)

- Find a tender spot in your glutes by poking around with your fingers
- Place the tennis ball on the tender spot
- Sit, or lay, on the tennis ball so that it produces pressure in the tender spot
- Support your body with your feet, legs & arms to make sure the intensity stays at around a 6/10 to start with



TRIGGER FOR PECS

You can also do this by holding the tennis ball against a corner of a wall, but sometimes corners are just too awkward!

- Hold a Tennis ball in one hand. Place the

- elbow of your opposite arm against the wall
- Position the ball over a tender spot in your Pectoral (chest) muscles
- Hold the ball in position and clasp it with the palm of your elbow-wall hand
- Lean your chest into the tennis ball to create the desired pressure



TFL TRIGGERS

Because Tensor Facia Latae (TFL) Triggers wouldn't fit! :)

To find the your TFL, firstly locate the pokey bone at the front of your hip. Then slide your finger down your leg toward your foot about 3 finger widths and then out to the side of your

hip about another 1-2 finger widths.

- Lay on your side
- Place the tennis ball at hip level on that spot
- Holding the tennis ball in place, roll over onto your tummy, bend you leg (on the opposite side to the tennis ball) and relax
- You can also roll yourself forward and backward if you wish



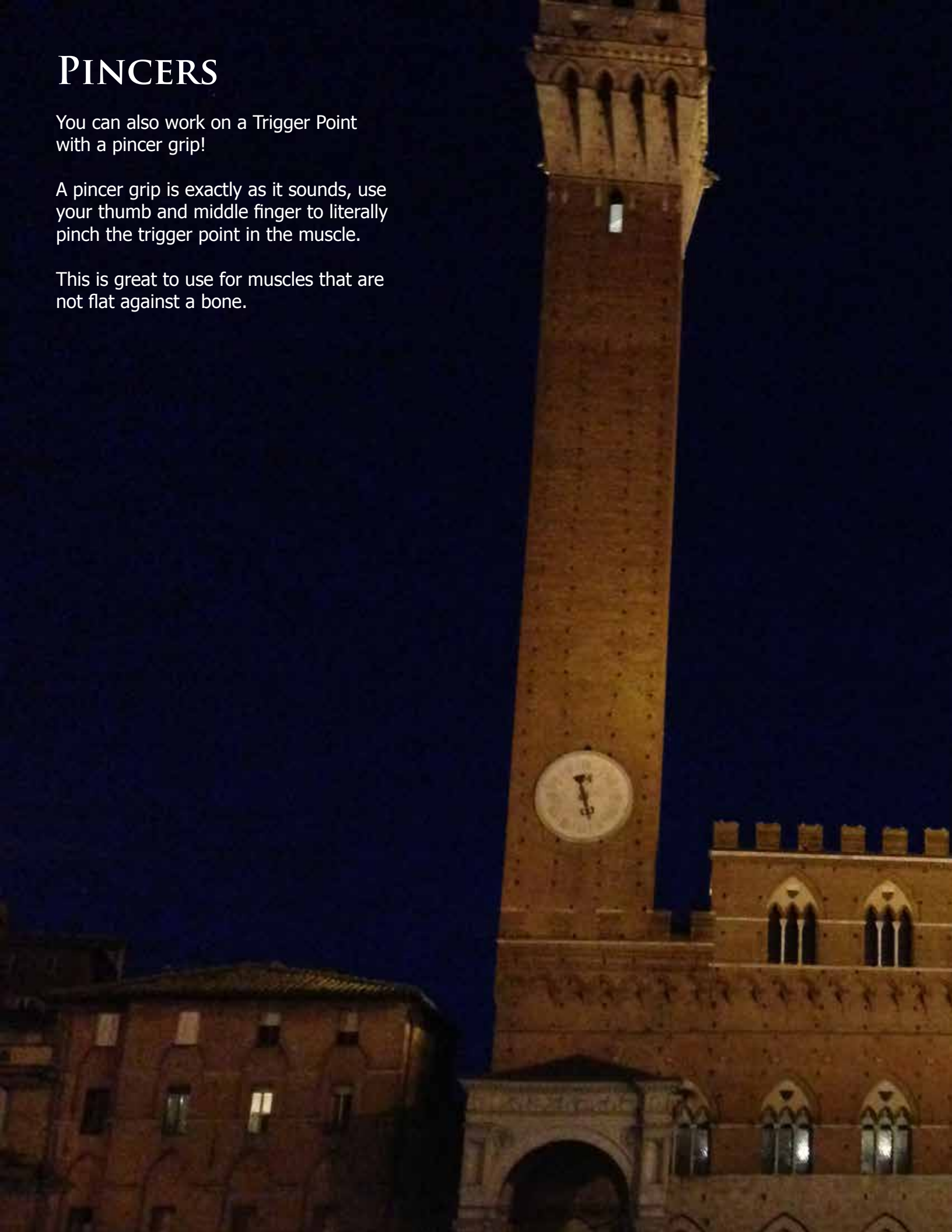


PINCERS

You can also work on a Trigger Point with a pincer grip!

A pincer grip is exactly as it sounds, use your thumb and middle finger to literally pinch the trigger point in the muscle.

This is great to use for muscles that are not flat against a bone.



SHOULDER PINCER

Great for tension headaches - and also another easy one for a computer break!

- Use your thumb and finger pincers to grab the muscles at the tops of your shoulder
- Pinch your fingers and thumb together to create the desired pressure
- You can turn your head right and left or stay centred depending on the intensity required.



PINCER LATS

There would have been plenty of well developed Lats back in the olden days of Tuscany! Your Latissimus Dorsi (Lats) is also known as the Bell-ringer's muscle (because it's main action is to pull down from above).

- Feel around the back of your armpit with the opposite hand
- Grab a chunk of flesh at the base of your armpit in the pincer grip. Lift the arm not in use until you feel the muscle in your pincer grip move.
- Keep your pincer grip firm and ring the bell!



SCM NECK PINCH

Your Sterno-Cleido-Mastoid muscle (SCM) sits at the front of your neck and attaches behind your ear.

- Turn your head to one side
- Feel the muscle in your neck as it becomes prominent
- Choose your position on your SCM - upper, middle or lower
- Apply the pincer grip
- You can turn your head from side to side to release the Trigger Point, or hold still





TIME TO SAY THANKS!

I'd like to say Thankyou for joining me on my trip through Tuscany!

I really hope that you find some of the techniques through this book helpful in keeping your daily life and your health at it's optimal level!

The paradigm around Health is changing and I am an avid supporter!

Future Health is about prevention, about integrating the old with the new, about being at peace with nature but above all about being personal. What works for one may not work for everyone.

And that is why I have put this book together. To offer a different perspective and a different way to present health that appeals to me..!

Maybe it resonates with you, maybe it doesn't. I urge you to think about how you want to view your health in your future years. This book is a part of my personal contribution to the world's shift in Health.

Every day we have our health means another day we can experience something new, see a new sight, hear a new sound, feel a new texture.

I am grateful for every single second I am here - oh, there goes that "so much love I'm about to burst" feeling again..! :)

In case you've been suitably inspired, I took these photos in Siena, San Gimignano, Asciano, Pisa and Rapolano Terma in Tuscany, Italy. ;)

Finally, a big Thanks to Matt, for being true to his purpose and dedicating his life to changing the Health of the Human Race. No - Really! It's ridiculously ambitious, but I know he will acheive it! :) He and his foundation ultimatehumanfoundation.org are truly inspiring!

And of course, a huge Thanks to Paola, Chris, Albert, Daniella, Guido, Ramona, Joelle and Martyn for being my companions amongst these beautiful sights in Tuscany!

If you'd like to follow me as I trundle about, keep your eyes on rebekahmorrison.com! :) And keep Smiling, the world is best that way!

Haha - I just cannot wait for the next adventure!

Rebekah xx