

Hayat
zouina!!!

**Learn Arabic
(God willing)**



Marrakechis are accomplished linguists, and many of those you meet will speak English. Nevertheless they get very excited when outsiders try to speak Arabic. Even the smallest effort will be met with great enthusiasm in the souks, so try some of these phrases: "Lables?" (How's it going?) "Hayat zouina" (Life is beautiful) and "Inch'allah" (God willing). The latter is uttered during virtually every conversation, and can be used as a universal escape clause.



The drink /

MORROQUITO

A mojito but not as you know it. Le Foundouk restaurant's version of the Carribean drink uses local fig alcohol instead of rum; Moroccans are really into figs. foundouk.com



The spa /

FARNATCHI SPA

Hammams are everywhere in Marrakech - a welcome flipside to the in-your-face, moped-ridden mania of the souks. Some of the older ones tend to be dark and dungeon-esque but Farnatchi - which opened in 2016 - is airy and calm. Traditional cream-coloured, hand-carved plasterwork and stylish photography dominate the massage suites. A skinny man called Ahmed has truly healing hands. Possibly the best massage ever.

farnatchispa.com

The chef / SANA GAMAS

"In the beginning of my career, there were practically no female Moroccan chefs doing international cuisine - that was only for men," says chef Sana Gamas, who's been pushing through the glass ceiling in Marrakech's food scene for 15 years. Starting at Bô Zin, she spent time at La Mamounia's restaurant, and was involved in Café de la Poste's reopening in 2005, where she helped create a typically fusion menu. "I love mixing international cuisine with Moroccan spices like argan oil and fig eau-de-vie," says the chef, who now heads up the kitchen at Les Jardins de la Medina, earning a Gault & Millau toque this year.

lesjardinsdelamedina.com

LAMIA LAHBABI, ALAMY, GETTY, NICOLAS MATHÉUS, FARNATCHI SPA