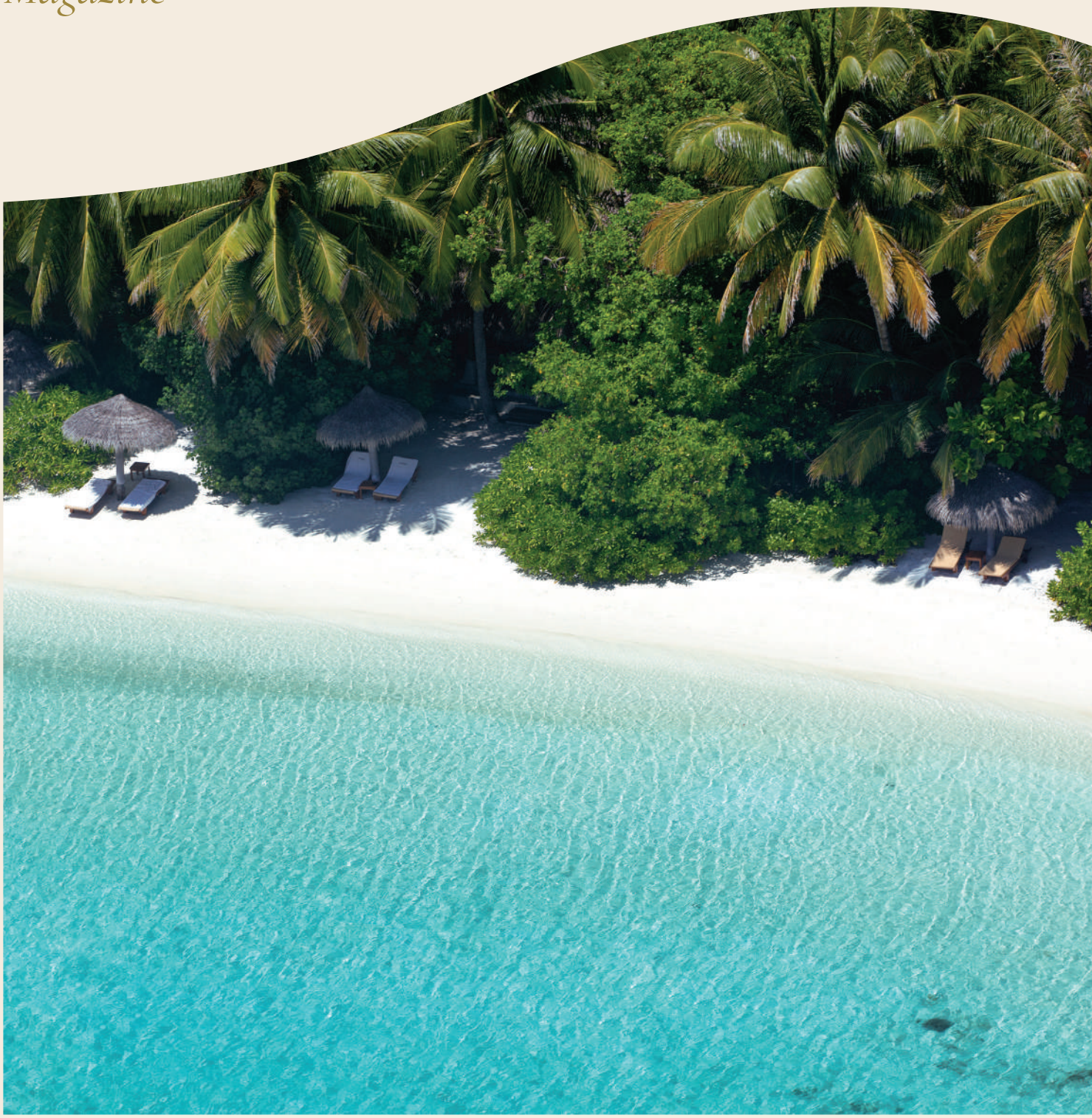
IN TOUCH

Magazine

BAROS
MALDIVES



OCTOBER,
NOVEMBER,
DECEMBER 2019

Welcome to this edition of IN TOUCH, our magazine created to keep you "in touch" with Baros Maldives. All of us at Baros Maldives look forward to being in touch with you every few months in this manner so we can provide you with valuable information on the Maldives and on our luxury boutique island resort. Imagine, we are even going to share some of our most delicious recipes with you and tell some of our best kept Spa secrets. We hope you will enjoy being reminded about Baros Maldives and that you will want to be in touch with us too.

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Dear IN TOUCH Reader

For the 2019 festive season, our blissful Island of Baros transforms into a magical setting combined with especially arranged festive escapades.

You can learn our best kept culinary secrets from our award-winning chefs during cooking demonstrations, sip champagne and “Dine under the Stars” with loved

ones on our beautiful sandbank, or set sail as the sun sets on Nooma - our traditional Maldivian dhoni.

In this issue, we take a look at our heritage with the Maldivian dhoni boat and feature our very own dhoni: Nooma.

Ibrahim Shazeel, our recently-appointed Front Office Manager, who started work here 14 years ago, is introduced to you. For relaxation while you are staying with us, we recommend our specifically curated Serenity Spa treatment, “Serenity Immersion.”

As our beloved Baros celebrates 46 years since opening as the third resort in the Maldives in December 1973, we continue to enhance our services to ensure we remain, as voted by the World Travel Awards, the most romantic resort in world.

We have created this IN TOUCH issue with festivity in mind; to delight you with the magic of Baros during this special time. As the festive spirit embraces our island in abundance, we wish you the most memorable stay that only Baros can create.

Sincerely,

Shijah

Resort Manager

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DHONI, THE TRADITIONAL MALDIVIAN BOAT

To this day, dhonis, traditional Maldivian boats, remain one of the strongest symbols of Maldivian heritage. Originally, dhonis were made of coconut wood because of its trusted robust nature and availability. Nowadays, dhoni vessels are mostly made from other timber.

The technique used to construct a dhoni was passed on orally from one generation to another. Construction used to be done without any plans or drawings, which made each individual dhoni unique. Dhonis are still made following the old design, but with plans and modern tools. Raa Atoll hosts the majority of dhoni builders.

A dhoni's shape makes it immediately recognisable, with the curved bow of the vessel extending into a curved figure head prow facing the skies. This creates a streamline form, helping the dhoni glide gracefully across a lagoon. Whilst the origin of its shape has never been fully explained, it is likely to have been inspired by the ancient Arabian sailing dhow which was commonly used as a trading ship in the Indian Ocean.

The dhoni was used as a fishermen's sail boat and had no engine. However, modern invention enabled a change to a motorised version. In recent years, the dhoni has been converted to create an authentic Maldivian experience for guests, such as by Nooma, our very own Baros dhoni.

A BRIEF MALDIVIAN LANGUAGE GUIDE

Waves
Baani

Front of the boat
Dhirun'baa kolha

Sail
Riyaa

Boat Crew
Falhuvein

Coconut
Kurumba

Thank you!
Shukuriyya

Please
Hiy-ruheynama

Have a nice day
Baajjaveri dhuvahakah

How are you?
Kinhinehtha

Welcome
Maruhabaa

BON APPÉTIT!

Confit Chicken Breast

Recipe

Ingredients

Breast of cornfed chicken	400gm
Truffle Oil	1ml
Squid Ink Linguini	100gm
Garlic	5gm
Cooking Cream	20gm
Butter (unsalted)	30gm
Salt and Pepper	1gm
Edible Flower	1
Broccolini	40gm
Thyme	1gm
Asparagus	40gm
Japanese Mushroom	10gm
Mushroom Jus	3ml
Baby herbs	10gm

Method

Marinate the chicken in truffle oil, garlic, thyme, salt and pepper. Place in the oven to cook. Sautee the broccolini, asparagus and Japanese mushrooms. Once sautéed, maintain the heat. Sautée the squid ink linguini with the cream and add in the butter at the end. Arrange the chicken, vegetables, linguini and pour in the mushroom jus, garnish with edible flower, baby herbs. Voila! It's ready to serve.

BAROS MIXOLOGY

Lagoon Breeze

This striking cocktail was inspired by our vibrant house reef and turquoise lagoon. Lagoon Breeze is a refreshing combination of freshly squeezed juice and tropical tones with coconut and vanilla. It awakens your palate with fresh pineapple leaving you inspired after another day on blissful Baros.

Ingredients

Bacardi white	40ml
Malibu	20 ml
Blue Curacao	20ml
Pineapple juice	60ml

Garnish

Pineapple slice

Method

Shake ingredients together and serve in a hurricane glass.

BAROS UNDERWATER

A Gift of Nature: The Baros Coral Sponsorship Initiative

Our Marine Centre offers a chance to give a unique gift: adopting your very own coral. An underwater frame surrounded with your coral will grow forever and contribute to the longevity and beauty of our turquoise lagoon.

We use only corals that won't survive on the seafloor for the transplantation process. Fragments of broken coral occur due to occur. Thus, we can use these otherwise redundant but living fragments and transplant them into new habitats for fish, coral and other invertebrates. Our marine biologist will dedicate an underwater frame to you, attach your customised name tag and transplant corals to it.

Our Coral Regeneration Project initiative began in Baros in 2009 and since then we have submerged a total of 365 coral tables. Complete and mature frames are brought to the nursery in The Lighthouse lagoon, where the Marine Centre team routinely maintains them. This involves cleaning the frames from algae and benthic dwellers such as tunicates which inhibit coral growth.

For two years following the creation and planting of your frame, the Marine Centre Team will send you updates on the growth of your coral frame every six months via email so that you can see how your "babies" are growing.

Of course, growth rates of corals are highly variable depending on a variety of factors such as species, location on the reef and age of the colony.

In 2018 we took a further step into coral preservation by creating a new 'Coral Lines' Nursery in the lagoon next to the Over Water Villas. There we rehabilitate coral fragments by nursing them on ropes. The coral fragments are left to develop naturally on the lines for several months. Once they have grown to a larger size they will be planted onto the natural reefs.

With this high-efficiency and low-tech coral reef recovery technique, we hope to speed up the growth of the most vibrant and fastest growing species of coral, called Acropora.

If you are interested in adopting your very own coral, we would be delighted to have you on board. Please contact our marine biologist for more information: marine.center@baros.com

SPA SECRETS

Special Serenity Immersion for The Festive Season

Experience heavenly Baros bliss at our Serenity Spa, open every day for guests to enjoy. You can choose from a bespoke selection of deeply soothing therapeutic and beautifying treatments in the Spa's deluxe private suites. Just for the Festive Season at Baros, the Spa offers "Serenity Immersion", a therapy designed to enable couples to explore the far depths of utter relaxation together. You and your partner immerse in a tranquil experience that eases away all tensions, leaving both of you refreshed and rejuvenated.

This heavenly treatment takes 150 minutes and includes Elemis Lime & Ginger Exfoliation, our legendary Baros Signature Massage, a choice of Coola Care Skin Shooter or Elemis Booster Facials and a luxurious Tropical flower bath to complete your exotic experience.

If you prefer to experience the Baros Serenity Spa alone, our Graceful Rejuvenation treatment is available. During 90 minutes of sheer relaxation, our Herbal Poultice Massage and Hair Coco Nourishment will transport you to utter Baros bliss.

BAROS NEWS

Our Blissful Festive Season

As Baros prepares for the festive season, we transform our blissful island into a magical getaway filled with festive escapades curated to provide cocooned intimacy and cherished moments for couples, family and friends. These experiences during this special time are beautifully crafted with the essence of giving in mind.

n Boxing Day, we encourage our guests to witness our rich culture during our live Maldivian Cultural Show. Showcasing various elements of our heritage including dance and song, this is a time we also celebrate 46 years of Baros.

Our Marine Biologists host nature walks and presentations during the festive season, teaching guests about the precious eco-systems of Baros, including our lush gardens and vibrant house-reef.

Guests are invited to visit our beautiful Palm Garden for a gastronomic experience. Our 'Grills of the World' barbeque or our 'Taste of Asia' and 'Maldivian Experience' buffets are held every week in an enchanting atmosphere accompanied by live music.

On 24 December, guests are welcomed to our Baros Gala Dinner, perfectly created with a festive ambience. On New Year's Eve, guests are invited to ring in the New Year with countdown and fireworks on the deck of our ocean-side Lime Restaurant.

Guests can choose to experience our luxurious Lighthouse restaurant enjoying a tantalising seven or nine course menu on the evening of 24 December and on New Year's Eve. Both occasions commence with sunset cocktails served on our private sandbank.

For the most intimate gastronomic festive occasion at Baros, we welcome guests to experience Destination Dining on our Piano Deck or on our traditional Maldivian dhoni. Our award-winning culinary team will demonstrate their skills as they share exclusive Baros recipes that guests can recreate at home to remind them of Blissful Baros.

Baros is delighted to welcome you to our blissful island during this festive season.

GET TO KNOW

Ibrahim Shazeel

Our Front Office Manager Shazeel joined Baros Maldives in 2006 as one of our trusted Guest Service Agents. He is a local Maldivian and became the Assistant Front Office Manager in 2016, ultimately becoming the Front Office Manager in 2018. Although Shazeel has been with Baros for 14 years, he brought with him established skills having previously been a Guest Service Agent at two other Maldivian resorts. In spite of having worked only in the Maldives, he has become an expert in the Front of House department looking after our international guests.

Shazeel's personal favourite activities are fishing and football. But, when he is working, his favourite part of his role is meeting our guests, sharing information with them and doing everything to make their stay at Baros perfect. He is happy to interact with guests and learn their preferences so he and his team can provide the superior guest service typical of this legendary island.

DISCOVER BAROS

Set Sail on Nooma

Sail billowing in the breeze, wooden prow pointed towards the horizon – Nooma, our Maldivian dhoni, gets you out on the water in the traditional way. Featuring a sundeck, a private saloon lounge and an air-conditioned double bedroom, our dhoni sets sail across the turquoise lagoon, for a wonderful voyage of ocean discovery.

Enjoy a sunset cruise whether it's a romantic moment for a couple or a get-together for a group of friends or family. While enjoying champagne and delectable canapés, witness the breathtaking Baros sunset from the private comfort of Nooma. Savour the sundown and dine under the stars with our Sunset Dinner Cruise. Tended by your own butler, you can feast on a gourmet menu prepared exclusively for you by our chefs.

Adventure beckons with our private snorkelling cruise too, ideal for couples or small groups. Our knowledgeable snorkelling guide will introduce you to one of the many snorkelling sites, home to a multitude of stunning variety of coloured fish. Allow our snorkelling guide to show you the way, giving you confidence, helpful tips and suggestions to make the most of your glimpse into the watery world. The cruise concludes with a delicious picnic served on board.

DID YOU KNOW

... the literacy rate throughout the Maldives is 98 per cent?

... the Maldives is the lowest country in the world? Its ground level averages just 1.5 metres above sea level.

... at any given time of the year, there are 10 to 12 different species of whales and dolphins that call the coral reefs of the Maldives their home?

... in 2009, the Maldives government held the first ever underwater cabinet meeting to raise awareness of climate change?

... the Maldives has over 1190 coral islands, clustered within 26 main atolls?

... some Dhoni captains and crews still use only the stars to navigate through the atolls?

GET IN TOUCH

Any questions, suggestions, comments? Get in touch with us at Baros Maldives, we are looking forward to hearing from you.

Ibrahim Shijah, Resort Manager, Maldivian
Ibrahim.shijah@baros.com

Jayadi Suwito, Executive Chef, Indonesian
Exe.chef@baros.com

Mustafa Burak, F&B Service Manager, Turkish
Mustafa.burak@baros.com

Ibrahim Afrah, Reservations Manager, Maldivian
Ibrahim.afrah@baros.com

Ellen Rose Budgell-Price, Asst. PR & Communications Manager, British
Ellen.rose@baros.com

Aishath Nisha Amir, Sales Manager, Maldivian
Nisha.amir@baros.com

Ni Wayan Panca Wahyuni, Spa Manager, Indonesian
Spa.manager@baros.com

Jasmine Stone, Senior Marine Biologist, British
Marine.centre@baros.com

Karin Spijker, Dive Manager, Dutch
Dive.manager@baros.com

PO Box 2015, Malé 20-02, Republic of Maldives
T +960 664 26 72 F +960 664 34 97
info@baros.com www.baros.com