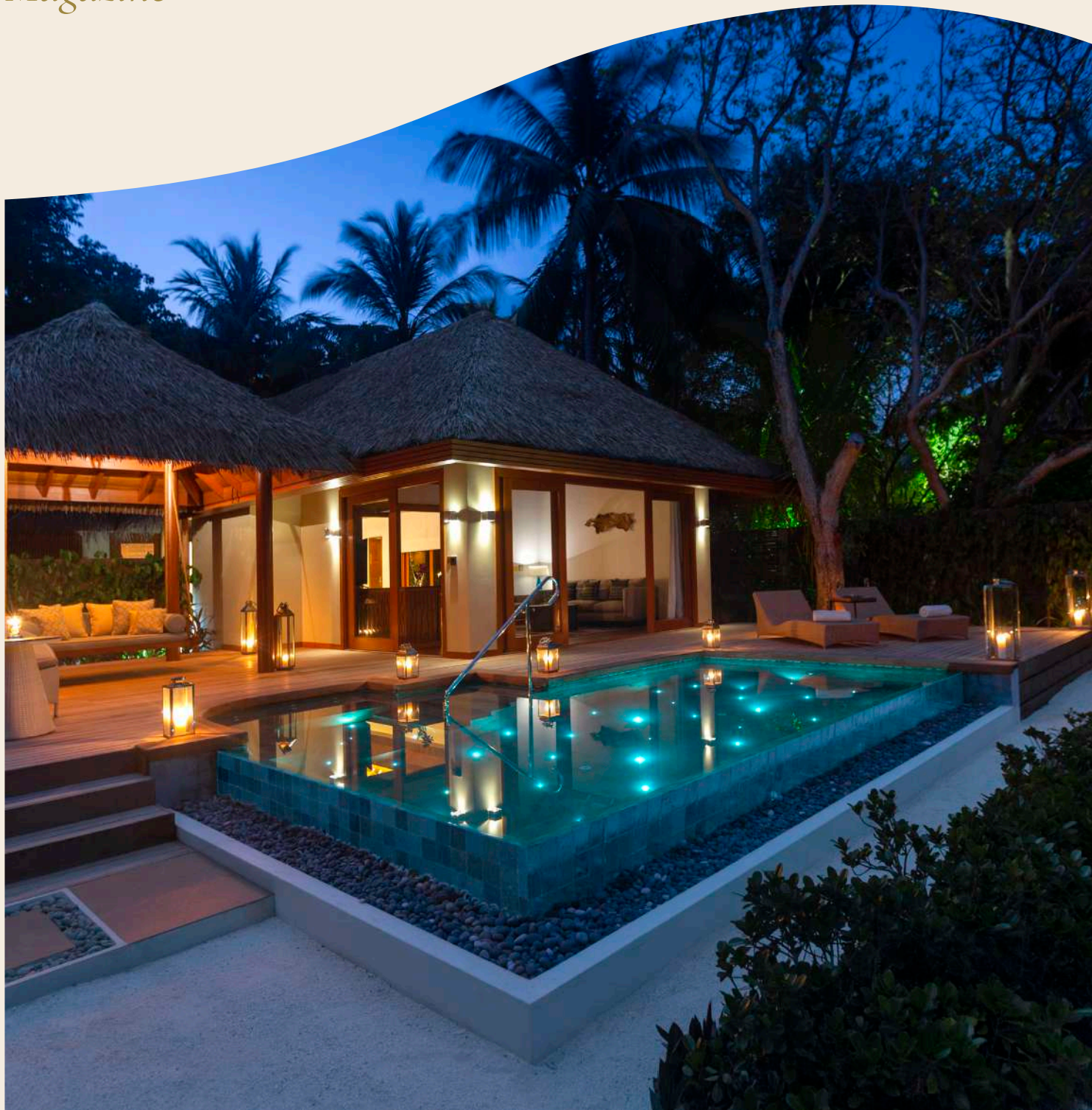


IN TOUCH

Magazine



BAROS
MALDIVES



JANUARY,
FEBRUARY,
MARCH
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

As 2019 advances, all of us at Baros feel especially inspired to create more memorable moments for our guests this year. We are motivated by the enthusiastic reaction from guests to the latest enhancements to our beloved Baros. The most notable of all is the new addition to our blissful collection of Villas – the Baros Suites. There is more information about the Suites in this edition of In Touch.

Baros was also acclaimed as “The World’s Most Romantic Resort 2018” by the prestigious World Travel Awards organisation, representing the views of travel professionals and guests’ recommendations. We have now won this annual award six times since 2012.

We are delighted with the addition to our team of a new Executive Assistant Manager, Ibrahim Shijah. Shijah is returning home to Baros where he is known by our repeating guests from the time he was our Front Office Manager for five years until 2017. The experience he brings to Baros of guest service and front of house operations adds to the resort’s enhancements.

At Baros, we never rest on our achievements. Every award we win inspires us to do better; every word of praise or suggestion we receive from guests, encourages us to do all we can to improve even more. It is our ambition to keep creating memorable moments for our guests. We wish you a wonderful stay at Baros

Sincerely,

Jay

General Manager



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OUR RELAXING HERITAGE



The Undhoali Story

Before tourism arrived in the Maldives in the 1970s, the islanders led simple lives in rural isolation. After a day fishing at sea or working at home, islanders would gather together to relax and talk.

Communal relaxation was done on a holhu-ashi, a raised platform of logs or planks usually located in a central part of the village. Men would gather to relax together on the platform, playing chess or cards, or just to snooze in the shade of its palm-thatched roof.

In the compound of homes, a householder would relax in a joali. This is a wooden or metal frame webbed with coir rigging to form individual bucket-style seats.

More formal relaxation took place on an undhoali – a bench seat made of wooden planks attached by a coir rope to a post slung between two A-frames, enabling those sitting on it to swing backwards and forwards. Every island village chief would have an undhoali in his compound where he would sit to preside over meetings.

The principle of the undhoali has inspired the comfortable swinging seat placed in a gazebo with thatched awning on the deck of the new Baros suites. With a gentle swaying rhythm as they rock backwards and forwards, they provide perfect relaxation for guests enjoying a view of the ocean where it stretches to the horizon.

We see the undhoali as a symbol of the philosophy of Baros to incorporate old traditions in a modern manner, encouraging guests to appreciate our Maldivian heritage.

A BRIEF MALDIVIAN LANGUAGE GUIDE

What is this?

Mee Koachehtho?

It's an undhoali.

Eii Undhoayyeh

How are you?

Kihinehtha haalu?

Very good

Varah Rangalhu

What is that island?

Eii kon rashehtho?

How many islands in the Maldives?

Raajjeyga onnany kithah rah tho?

Thank you for your help.

Thi dhevvi ehytherikamah varah bodah shukuriyya

BON APPÉTIT!



Crispy skin Tasmanian Salmon glazed with cherry tomato and red radish, tomato concasse, garnished with endive

Ingredients

Tasmanian Salmon	160g
Yellow Carrot	20g
Red Radish	15g
Endive	15g
Green Herbs	15g
Salt	5g
Pepper	5g
Olive oil	10g

Method

Place salmon, skin side up, on a plate. Drizzle with oil. Rub salt into skin.

Heat a large, non-stick frying pan over medium-high heat. Add salmon, skin side down. Cook for four to five minutes or until skin is crisp. Turn the fish over. Cook, covered for a few minutes until cooked to your liking.

Prepare ingredients to plate.

Tomato Concasse glaze

Ingredients

Cherry Tomato	30g
Balsamic Vinegar	15ml
Sugar	5gr
Salt	5gr
Black Pepper	3gr
Fresh Mint Leaves	2gr

Process

Bring a large pot of water to a boil.

Cut an X in the bottom of each tomato with a knife.

Place prepared tomatoes in the pot of boiling water and cook until the skins begin to peel off, 10 to 40 seconds.

Transfer tomatoes to a bowl of ice water and allow to cool for two to three minutes. When cool enough to handle, peel the skin off each tomato.

Cut each tomato in half crosswise and remove and discard the seeds; finely dice the flesh.

Mix with the Balsamic Vinegar and all ingredients; pour the glaze over the fish. Dot with chopped endive.

Chef's tip

To achieve the perfect crispy skin: Oil the fish, not the pan, to give the fish an even, crisp skin. If the pan is not hot enough the fish will stew and the skin won't get crisp. To test, splash a drop of water in the pan - if it immediately sizzles the pan is hot enough.

BAROS MIXOLOGY

Poppy Caramel

A cocktail that will remind you of your favourite film as you dream under the palm trees at our Sails Bar. This delectable concoction of Popcorn and Caramel is fortified with vodka, creating a cocktail which will tantalise your sweet tooth and set the scene for a memorable evening.

Ingredients

Danzka Vodka	40ml
Apple Juice	80ml
Caramel Syrup	20ml
Popcorn Syrup	10ml
Grenadine Syrup	5 Drops

Method

- Shake and strain the main ingredients into a Poco Grande glass.
- Add a few drops Grenadine to layer it down.
- Garnish with Lime Slice.



BAROS UNDERWATER

Coral Lines at Baros

In the second half of 2018, at Baros we made the conscious decision to take another step into preserving our treasured House Reef. For the last 10 years, the resort has run a Coral Nursery Sponsorship project, helping small fragments of living coral have another chance to grow on guest-sponsored metal frames. To enhance this effort, a new nursery was implemented in the lagoon, named the 'Coral Lines'.

Where this differs from the previous project is the sheer number of fragments that are propagated in a confined space, and the species of corals planted. Acropora coral is the chosen species for the Coral Lines, as it is this variety that was most affected by the warming sea temperatures two years ago. It is also the fastest growing species so is therefore very suitable for this method of propagation.

In 2016 the Maldives, and tropical reefs around the world, suffered from an increase in water temperature, caused by a weather phenomenon called El Nino. The result was a change in the orientation of oceanic currents, which brought and kept warm water in the tropics, meaning many corals lost their vital algae, which gives them 95 per cent of their energy, and their colour too. In a bid to save as much of our reef as possible, we rescued all the coral we could and placed it where the water was fresher and cooler. It is from those fragments that the new Coral Lines have been born.

The process involved stringing ropes between metal structures, with markers for even placement of the fragments. We use the braiding in the ropes to our advantage, and thread the corals through the twists by pushing the rope together, to form a small hole. Once released, the rope's tension holds the fragments perfectly in place, and removes the need for any excess materials such as cable ties, string or glue. The coral fragments are then left to develop naturally on the lines. Once they have grown to a larger size they will be planted onto the natural reef, a process that has been shown to encourage other corals to grow in the same area.



So far we have planted 1,500 fragments on our own Coral Lines structure, and the vast majority have seen a remarkably fast growth over a short period of a few months. Currently we have 24 lines with growing fragments that we regularly monitor for cleaning of sediment and algae, and to check for any signs of stress. Hopefully in a couple of years, we will be able to plant our propagated fragments and begin the process again to extend the longevity and resilience of our precious, world famous house reef.

SPA SECRETS

Piano Deck – A massage in the middle of the ocean

Inspired by the beauty of the sea, sun and sand at Baros, our wellbeing rituals are centred around relaxation and rejuvenation. Our philosophy combines nature's own beauty extracts with the latest research in cosmetology to nourish your skin and relieve tension from your body.

You are invited to unwind with a massage on our soothing Baros Piano Deck with aromatherapy massage oils. This encourages deep healing with pampering and is a supremely satisfying experience. This ancient holistic tradition from India and Bali is known as Abhyanga or Ayurvedic Massage and Balinese Massage.

Ayurveda oils are blended essential oils extracted from plants, trees and flowers that contain powerful anti-inflammatory, analgesic and detoxifying properties. These can bring pain relief to the muscle spasms and inflammation sustained from sports injuries or normal

joint and muscle pain,

Balinese Massage is a luxurious spa therapy that includes a variety of reviving techniques. It is a combination of acupressure, reflexology and aromatherapy. This deep tissue and muscular massage technique can cure all damaged tissues, relieving joint pain and strained muscles.

The evolution of Balinese Massage consists of a combination of techniques originating from various cultures that the Balinese adopted and adjusted for their own innovative bodywork creation.

Serenity Spa at Baros offers a holistic treatment menu with more than 30 therapies. Specialising in personalised programmes, experienced therapists use the curative powers of local herbs and plants, in conjunction with entrancing healing traditions from Asia and Africa, for treatments that relax, rejuvenate and restore.



BAROS NEWS



The newest addition to our blissful collection of Villas – The Baros Suites

We are proud to announce the addition of two distinctive new Suites to our blissful collection of Villas. Named as the Baros Suites, each suite of 200sqm features a spacious, luxurious bedroom, a concealed, semi open-air bathroom and a large living area with sliding glass doors opening on to a wooden deck with sun loungers and dining area, a swimming pool and a thatched gazebo with a traditional swing overlooking the ocean.

These Suites are designed to provide a haven of seclusion, especially created to maintain the utmost privacy and tranquillity with classic design, for guests to enjoy the freedom of space as well as the inspiration of tropical tranquillity and a chance to relax in solitude. The Baros Suites are located on the eastern shore of the island, within an easy walk to all facilities, yet perfectly private.

A winding pathway through the lush foliage leads to these exclusive Suites, which feature wooden floors and high ceilings in a traditional Maldivian concept. At the foot of the king-size bed is an ottoman concealing a television screen while on one side there is a work desk and on the other, a cosy reading nook. In the adjoining lounge, there is a 55" television with access to movies and Internet and a sublimely cosy sofa for relaxation. Sliding glass doors open on to an expansive wooden deck ideal for sunbathing or private dining under the stars beside a 19ft x 10ft swimming pool (which has a hot and cold Jacuzzi) adorned with fibre optic lights for a magical ambience in the evening.

To complement this inspired design, guests staying in a Baros Suite benefit from private transfer to and from the resort by luxury yacht, a dedicated Suite Butler on call at all times and a bottle of champagne and fruit platter on arrival. Guests who stay for five nights or more can have complimentary breakfast (after the fifth night) on the Piano Deck in the lagoon. Baros Suite guests also receive special complimentary amenities and a Baros souvenir the night before departure.

GET TO KNOW

Ibrahim Shijah

Executive Assistant Manager

Our new Executive Assistant Manager is an old friend of Baros. Ibrahim Shijah, known to his friends simply as "Shijah" was our Front Office Manager for five years until 2017.

Shijah started his career in the hospitality industry in December 2005 as a Telephone Operator at Conrad Maldives. At that resort, he collected extensive experience holding various positions both working front of house in the resort's reception and in the Human Resources department.

He joined Baros in 2008 for a year as the Guest Activity Coordinator. In 2012 he returned to Baros Maldives as the Front Office Manager, benefitting from already knowing the island and the team very well.

Shijah has worked at different resort islands to expand his knowledge. He says he is most impressed by Baros, not only for the concept and the way the island is operated, but also for the devoted management and the spirit of the whole team. He believes that it is the people of Baros that give the resort its special appeal to guests.

As Executive Assistant Manager, Shijah acts as Jay's right hand man, being second in command and looking after the operations, doing all he can to enhance the Baros experience for every guest.



DISCOVER BAROS

Piano Deck Dinner Melody

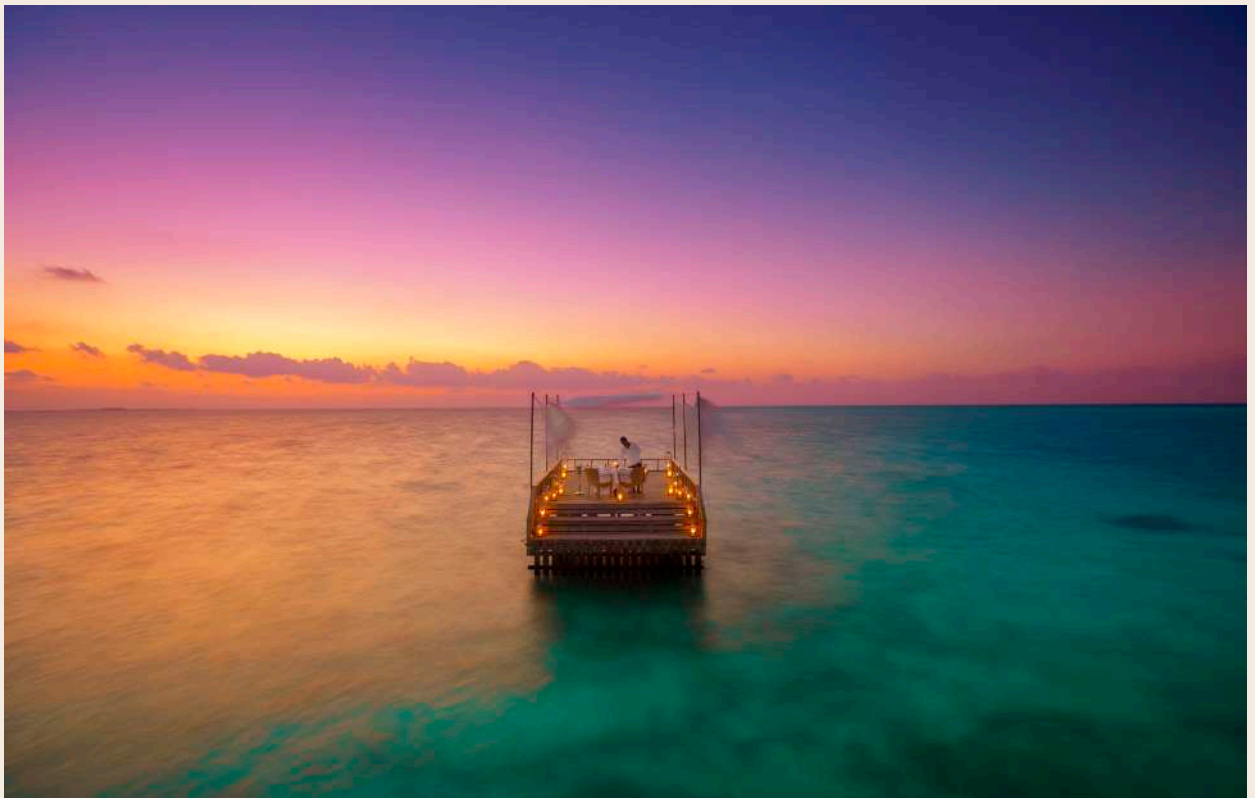
There's an enchanting melody to enjoy on the Baros Piano Deck – a symphony of fine cuisine served in exclusivity in the exotic setting of our own lagoon. This is a unique experience for guests who appreciate independence and tropical tranquillity: dining on a stand-alone deck isolated in the middle of our beautiful, turquoise lagoon. This deck, whose profile resembles a grand piano with wooden steps like a piano keyboard, is just minutes by boat from the resort's shore with access only through prior reservation.

With a muslin canopy billowing in the breeze and providing shelter from the sun, the Piano Deck has proved extremely popular with guests who want a different experience in sophisticated style. There is no permanent structure on the deck, making it possible to create the perfect backdrop for any occasion whether during the day or on a moonlit night.

While the Piano Deck is more frequently chartered for a

couple to share a romantic meal, whether breakfast, lunch or dinner in privacy, it has also been used as a venue for small cocktail parties, for yoga enthusiasts and for renewal of wedding vows for both newly married and couples commemorating a wedding anniversary.

Part of the appeal of the Piano Deck is the unique experience of being able to curate your own memorable occasion and being free to enjoy it as you wish. It's ideal for a melody of Baros cuisine discreetly served on the deck in the lagoon under the stars.



DID YOU KNOW

...there are approximately 1,200 islands in the Maldives archipelago?

...a sandbank becomes an island when coconut palm trees grow on it?

...bodu beru is a traditional dance that originated in Africa?

...the local hubble-bubble pipe is called a guduguda in Dhivehi?

...an attractive local souvenir is lacquerware?

GET IN TOUCH

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



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