

IN TOUCH

Magazine



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Welcome to this edition of IN TOUCH, our magazine created to keep you "in touch" with Baros Maldives. All of us at Baros 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 and that you will want to be in touch with us too.

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Dear IN TOUCH Reader

With this new issue of IN TOUCH, we wish you a blessed and happy New Year. We truly hope that 2021 will bring you joy and happiness with a prospect of settling into a new normal.

We are looking forward to welcoming you this year and hope you will have the chance to celebrate with us the 15th anniversary of The Lighthouse and try the Lighthouse Anniversary Degustation menu, curated with the all-time favourites of our guests. It has been 15 years since the first guests enjoyed magical sunset drinks in the Lighthouse Lounge and dinner on the deck, just above the lagoon.

In this issue you can get to know one of our popular staff members, Faruhad, the Assistant Executive Housekeeper, who has been with us for 23 years and is an essential part of the success story of Baros. Also, you can learn about what our Baros Dive team finds underwater after sunset when fluo night diving.

Let us stay IN TOUCH until we finally get to welcome you back to our tranquil tropical island.

Sincerely,

Shijah

Resort Manager



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Maldivian Dating

In February, Maldivians, being very romantic at heart, enjoy celebrating Valentine's Day by sending cards or flowers to the one they love. The Maldives islands are beautiful and serene and seemingly made for romance. But the islands are small, resulting in few opportunities for privacy for couples who are dating, hoping to start their lives together and want to be alone.

There are no secrets in a small island community so couples who are dating learn to be circumspect.

Four hundred years ago, island life was less restricted for lovers. A Frenchman, Francois Pyrard, who was shipwrecked in Baa Atoll in 1602, later wrote about courtship on a small island: "The women are strangely wanton, and the men are no better; but they have less of force and spirit."

Village islands do not have cinemas, bowling alleys or secluded space where couples can escape to get to know each other and spend time together. However, the islands offer the most romantic, scenic backdrop one could imagine.

Island couples enjoy walks along the beach during sunset or under the star-lit sky. They would usually prefer the area of the island called "Thundi", which is the name locals give to the nicest beach area of an island.

Maldivian couples are not immune to the magic of the Maldivian sunset, the powdery white sand and gently lapping waves that create the atmosphere for romance and planning life together.

The Maldivian man might take his chosen one to a remote, uninhabited island or sandbank for special moments such as a marriage proposal under the stars.

In developed residential islands couples might go on rides by motorbike to reach a beach away from the island's centre to find solitude and perhaps share a picnic in the sand by the sea.

The classic or traditional gifts between love birds are usually locally made. A tropical flower bouquet, palm leaf origami, wooden handicraft or an exceptionally beautiful shell from the beach can go a long way to create lasting memories.

A BRIEF MALDIVIAN LANGUAGE GUIDE

Wedding

Kaiveni

Proposal

Loabi Hushahelhun

Lapping Waves

Rhalhu Bhaani

Moonlight

Handhuge Ali

I love you

Loabi Vey

Kissing

Dhon Dhinun



BAROS MIXOLOGY

Baros Basil Grande

Recreate your Baros memories at home with this refreshing and fruity concoction of passion fruit, lime and basil. A true tongue teaser and preferred drink for a social afternoon with friends.

Ingredients

Absolut Vanilla	40 ml
Passion Fruit Liqueur	10 ml
Passion Fruit Puré	15 ml
Lime Juice	10 ml
Sugar Syrup	15ml

Glass

Martini

Garnish

Basil Leaves

Method

Pour all ingredients in a mixer, shake it well and strain it into a cooled Martini glass.



BON APPÉTIT!

Grilled Beef Tenderloin with Sweet Potato Purée, Garlic Butter Vegetable with Red Wine and Morel Jus

Ingredients

Beef Tenderloin	180g	until tender. Alternatively put in a saucepan and pour over just enough boiling water to cover the sweet potato, simmer for 15 to 20 minutes until soft. Drain the sweet potato and blend till smooth. Transfer the sweet potato into small pot and re-heat adding butter and cream. Cook for at least five minutes and season with salt and pepper.
Peeled sweet potatoes	150g	
Unsalted butter	2 tbsp	
Cooking cream	50g	
Dry red wine	150ml	
Beef stock or demi-glace	250ml	
Garlic	2 cloves	
Morels	60g	
Fresh rosemary	1 sprig	
Chopped garlic	1 clove	
Baby carrots	3 pcs	
Asparagus tips	3 pcs	
Unsalted butter or olive oil	1 tbsp	
A few pieces baby beetroot		
Fresh herbs (rosemary and thyme)		
Salt and crushed pepper to taste		

Method

The Beef Tenderloin

Season beef with salt, pepper and herbs

Grill steaks four to five minutes per side for rare to well-done.

The Sweet Potato Purée

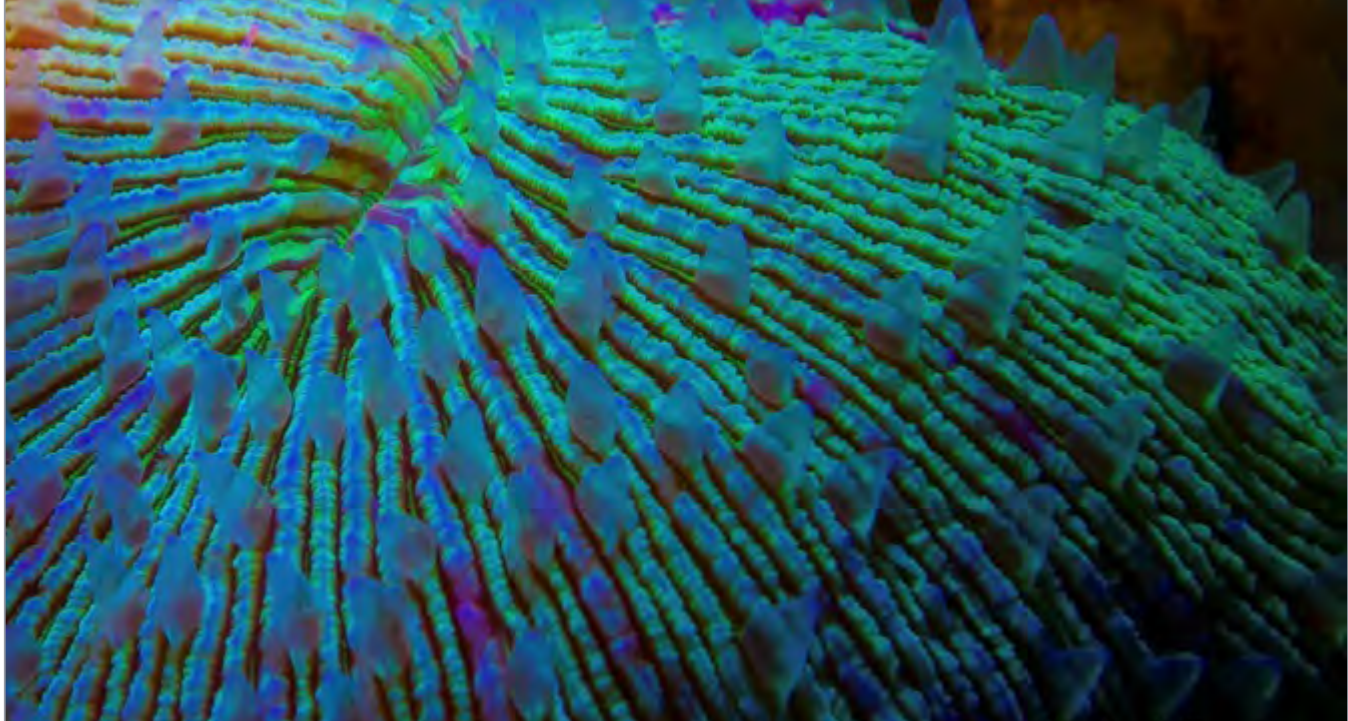
Put the sweet potato into a steamer set over boiling water and cook for 10 to 15 minutes

The Red Wine and Morel Jus

Heat small saucepan add garlic and pour in the wine; add morels, rosemary and black pepper corns. Let simmer until the volume has reduced by half. When reduced, pour in the beef stock or demi-glace. Let the sauce reduce by half, cooking over a medium heat. Strain through a fine sieve and save.

Garlic Butter Glazed Vegetable

Blanch all the vegetables separately until soft. Sauté the garlic in a pan with butter. Toss all the vegetable seasoning well with salt and pepper.



BAROS UNDERWATER

Fluorescence Night Snorkelling or Diving at Baros

A new dimension in underwater exploration has been introduced at Baros for snorkellers and divers. Not only is it possible to explore the reef at night with a torch but snorkellers and divers can also have a look at which creatures are sleeping and which are still awake. Equipped with special diving lights and mask filters, participants can discover a whole new colourful world with “Fluo” snorkelling and diving sessions at night in the sea off Baros.

“Fluo” snorkelling or diving involves lights that are specifically designed to generate the maximum amount of bio-fluorescence, known as blue light.

Certain marine life absorbs part of the blue light and emits a different colour. This effect is called fluorescence and reveals unusual yellows, greens, pinks and blues or purples when a special light is shone in the water. With a yellow barrier filter fitted over the snorkelling mask, the effect becomes visible and spellbinding. Some refer to it as being like a swim in an underwater disco. From all sides you will see shining neon coloured corals. Anemone fishes will lie nicely and comfortable bedded in their bright greenish Anemone. You could be lucky and see the lemon-yellow juvenile moray eel hunting for food in between corals.

Why are marine creatures fluorescent? For corals it may act as a sunscreen, protecting them and their symbiotic algae (which lives inside the corals’ tissues) against harmful UV radiation. It also allows them to transform the blue light in greater depths into such wavelengths that their algae can perform photo synthesis which gives them an evolutionary advantage for survival. Another theory states that the use might be for communication purposes.

The Fluorescent Night Dives at Baros are conducted in small groups with a professional instructor who is experienced and qualified in Fluorescent Night Diving. While only certified divers can take part in the diving, our marine biologists at the Marine Centre at Baros will also escort capable snorkellers to enjoy this unique underwater experience. Going out at night requires a little more planning and preparation than for daylight snorkelling, especially when using the special torches and filters. For safety, snorkellers are required to be adept, and should have been out on the house reef during the day time and preferably at night once before. After a safety briefing we equip everyone with the “Fluo” flashlight and filter which fits over the mask, before heading for a guided tour into the shining “dark side” of Baros.

SPA SECRETS

Eliminating Impurities – A detoxifying ceremony

The first months of the year are synonymous with a fresh new start, the beginning of something new, the opportunity and the perfect excuse to make a new plan. In one's professional path or on a personal note we all think about resolutions at New Year.

Whether it's the air we breathe, the water we drink, the food we eat, or the products we use, we are affected by the thousands of chemicals in our internal and external environment. These chemicals can inhibit the proper functioning of our bodies and make us feel run down. What's more, much of the food we eat today is low in minerals and nutrients, high in refined sugars and starches, and devoid of adequate fibre. Many common foods can produce inflammatory responses throughout the body which, over time, can degrade the quality of our digestive system.

The effects of a 'detox' go far beyond being just a physical cleanse or a good way to lose excess weight; it is a powerful way to make changes on every level of your being. When you make a change in your physical body you will see that change joyfully expressed in your mental, emotional and spiritual life too.

At Serenity Spa we are committed to helping you eliminate impurities and would like to recommend the perfect treatment: Clarifying Body and Senses to uplift and re-energise after all the indulgent events of December.

A steam bath will prepare your skin for a detoxifying full body wrap followed by a blissful bath. The benefits of the use of a steam room are numerous. When your body is under the approximate temperature

of 47C and 100% humidity for a period of time (no longer than 15 minutes) your pores open so that all the products applied in the skin have a full impact on the deepest layers of cells; your immune system becomes more effective, circulation is improved, accumulated toxins are released, muscles become more relaxed and joints less stiff.

Our Thousand Flower Detox Wrap, with the expertise of Elemis, is a nutrient-rich detox wrap that uses deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restores equilibrium to leave you feeling completely re-invigorated. Omega-rich Green Tea seed oil is massaged into the skin followed by the Thousand Flower, vitamin-packed, super nutritious earth wrap encouraging the body to surrender its toxins. A nourishing Green Tea balm, rich in minerals, proteins and omegas – the superfoods of the skin – is the final touch, leaving you feeling completely re-invigorated and the body firing on all cylinders.

To conclude the ceremony, let your body relax in the hands of your therapist for a deep-relaxation and purifying combination of techniques of the Ayurvedic world with an Abhyanga Massage. It is believed that the effects of Abhyanga oil massage are similar to those received when one is saturated with love. Like the experience of being loved, Abhyanga can give a deep feeling of stability and warmth. Warm oils infused with detoxifying plants will help your body to release and toxins and achieve an optimal balance.

Re-energise, purify and rejuvenate your Body and Spirit at Serenity Spa.





The Lighthouse is celebrating its 15th anniversary

The iconic, pinnacle-roofed building on the shore of our legendary Maldivian luxury island resort of Baros is visible from miles away. Its opening in December 2005 elevated dining in the Maldives to an unrivalled level. Since then the resort's guests have been able to enjoy the pleasure of epicurean dining in a unique over-water setting.

With its eclectic selection of succulent local seafood, prime imported meat, modern classics infused with exotic flavour presented and served with style, the Lighthouse Restaurant quickly won fame as an excellent dining destination in a breath-taking setting above the Baros lagoon.

Dining in The Lighthouse at least once and enjoying magical sunset moments from the gallery of the Lighthouse Lounge has become an essential part of our guests' stay.

To celebrate the 15th anniversary, the Lighthouse Chef, Nathif, has chosen the all-time favourites of guests to create an 'Anniversary Degustation Menu'. Many dishes that are featured have been on the menu since the very beginning of The Lighthouse, satisfying returning guests who request them.

The six-course 15th Anniversary Degustation Menu is a perfect way to discover the fine food served at Baros and is available only at The Lighthouse Restaurant for a limited period. The Lighthouse sommelier will assist guests with individualised wine pairing.

GET TO KNOW

Mohamed Faruhad

Mohamed Faruhad started his career in hospitality in December 1997 as a room boy in Baros and was soon promoted to more senior positions within the Housekeeping department and was recently appointed as Assistant Executive Housekeeper.

Faruhad says that the best thing about his job is being able to achieve guest satisfaction and win feedback about his attention to detail. He is proud of the comment from a repeat guest who is the Director of House-keeping for a major luxury hotel chain who praised him for his consistency and attention.

He finds it rewarding to cater for guests by anticipating their expectations and consistently maintaining the standards of Baros.

In his spare time, Faruhad likes to listen to music or go fishing.



DISCOVER BAROS

Our Love Song

"Food is music to the body, music is food to the heart." – Gregory David Roberts

White drapes flutter in the wind, the sun sets over the horizon, and the sky illuminates with a multitude of colours. A melodious blend of fresh seafood and caviar prepared for you by your personal chef.

Allow us to create a once in a lifetime experience for you on the Piano Deck, the standalone wooden deck in the Baros lagoon, shaped like a grand

piano. Indulge in a romantic evening as your private chef prepares a mouth-watering dinner in this magical setting of perfect harmony.

Afterwards, an intimate evening awaits you in your Villa, with a romantic decoration and a special gift from your Villa Host to remember the night forever.



DID YOU KNOW

...that special activities are being planned next year to celebrate the 50th anniversary of tourism in the Maldives?

... tourism began officially in 1972 when there were 1,097 visitors to the Maldives?

...that the first resort to open was Kurumba in October 1972, a sister island of Baros which itself opened a year later?

...that there are now over 132 resorts located on formerly uninhabited islands throughout the atolls?

...that tourism is the country's main GDP contributor?

GET IN TOUCH

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



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