

IN TOUCH

Magazine



BAROS
MALDIVES



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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 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

Our current programme to redefine, and refine, just what Baros is all about has put us in touch too, not only with you but also with modern trends. You can see what this brand enhancement has achieved on our newly created website. This features an amazing 360 degrees virtual tour of our blissful island resort.

Yes, although we are bringing Baros up to date to fulfil all the demands of today's discerning travellers, we will not change any of the enchantment that is part of our resort's DNA. All of us at Baros are dedicated to deliver our established excellence in service and improve on the high standards honed over our 45 years of existence. We promise that your stay at the revitalised Baros will be just as blissful and enchanting as ever.

We are achieving this soothing change in subtle ways that you will barely notice but that will enhance the impression that, although Baros is a legend, it is a modern classic in captivating hospitality.

We hope you will enjoy this marvellous holiday experience that only Baros can offer.

Warm regards,

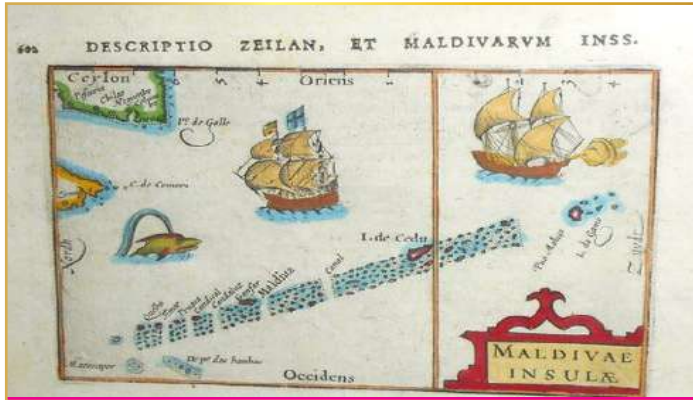
Your Baros Maldives team



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A View of Our Heritage



A rich heritage of culture and a fascinating past binds the islands of the Maldives together as a nation. Early settlers came from many countries some by accident as shipwrecked mariners, others as adventurers and merchants guided by the stars, word of mouth and crude charts etched on vellum. With them they brought their culture and habits, adapting what they found in the islands to help them survive.

A tribute to the early pioneers is maintained at Baros where replicas of ancient household items, lacquered containers, antique stands for cradling the Quran, and other implements and curios are displayed in an inspiring manner.

A writer for Forbes magazine was so impressed, he wrote: "You'll find a special treat above the sand-floor Sails Bar, where the Maldivian Lounge is home to a well-curated little museum of sorts on Maldivian culture. Utilitarian objects of all kinds are on display, from lovely wooden lacquered bowls to ancient drums. Of special interest are a series of gorgeous regional maps produced by European colonial powers from the 17th–20th centuries."

These maps are displayed in a large frame of lacquered wood hanging on the wall by the entrance. They give a fascinating insight into how the Maldives was imagined by ancient cartographers who based their charts on accounts from mariners and traders sailing in the Indian Ocean.

The oldest map in the collection is "Maldivae Insulae" by Petrus Bertius (1565–1629), printed in 1609 and first published in Middleburg in 1598, with Latin text. It is interesting that although the top caption refers to Zeilan, the portion of Sri Lanka shown is named Ceylon. The Equator is correctly positioned although the islands are a representation rather than an accurate geographical rendition (and this format was copied in many subsequent maps). The map is laid out east (top) to west (bottom). It is one of the prettiest early maps of the islands and is enhanced with sketches of galleons in full sail and a spouting whale.

A later map (by Rigobert Bonne, 1740) is amazingly accurate considering it was drawn nearly 300 years ago before the invention of modern mapping methods, internet and space photography. It shows Southern India, Ceylon, the Andamans, and the Maldives in great detail with many islands named and with arrows indicating the trade winds. The same display case also features genuine antique prints showing the way Maldivians dressed in the Middle Ages.

Our Maldivian Lounge is a quiet place for reflection, introducing you to a view of the history and heritage of these holiday islands that is often overlooked.

A BRIEF MALDIVIAN LANGUAGE GUIDE

Good morning

Baajjaveri hendhuneh

Good evening

Baajjaveri haveereh

Good night

Baajjaveri reygande

Goodbye

Vakivelan

Goodbye (informal)

Dhanee

Excuse me (Begging pardon)

Ma-aaf kurey

I'm sorry

Ma-aafu kurey

Do you speak English?

Ingireysin vaahaka dhakkan ingeytha?

I don't understand

Ahannakah neyngunu

Where is the toilet?

Faahanaa kobaitha?

Help!

Salaamai kurey!

BON APPÉTIT!



Fresh Mahi Mahi Fillet, Lobster and Purple Potato Puree with Red Pepper Sauce

This colourful dish tastes as good as it looks, combining local and imported ingredients in delicious fusion. Sand Lobster is also known as Slipper Lobster while Mahi Mahi is the Hawaiian name for Dorado, not to be confused with Dolphin. Purple Potato is a French variety of gourmet tuber.

Ingredients

Sand Lobster	150gr
Mahi Mahi	150gr
Baby Corn	80gr
Lemon Grass	80gr
Broccolini	100gr
Coriander	15gr
Olive Oil	50ml
Salt	2gr
Pepper	3gr
Purple Potato	30gr
Butter	10gr
Cream	10gr
Basil	2gr
Coconut Cream	20ml
Red Pepper	50gr

Method

Mahi Mahi

Take the fish and make cuts behind the head, at the tail, and work the knife back along the body then fillet both sides. Lay the fillet down flat and working from the tail end, carefully cut the meat away from the skin.

Pat the skinned fillets dry with paper towels, season both sides and place in a sauté pan over medium heat. Sear until golden brown with the edges curling away from the pan, about three to four minutes, then sear the other side. Check the temperature

in the centre of the fillet using an instant-read thermometer. It should read about 135 degrees Fahrenheit.

Lobster

Clean the lobster tail and embroider with red pepper and coriander sauces, coat the meat with butter, and lightly sprinkle with salt and pepper. Grill until almost fully cooked.

Purple Potato Puree

Boil whole purple potatoes in a large saucepan in abundant salted water until they become fork tender. In a smaller saucepan, heat the cream and butter together. When the potatoes are tender, drain and return to the pot and mash them using a masher or ricer. Add the heated coconut cream and butter and mix until creamy. Test for seasoning, adding more salt and pepper if needed.

Pepper puree

Grill the peppers, flipping every one to two minutes until all sides are blistered, about eight minutes. Transfer them to a large bowl and seal with plastic. Let cool for about 20 minutes and then peel off the skins, remove the stem, scoop out the seeds, and discard the peppers' juices. Don't rinse the peppers at any point, as this will wash off much of their sweet flavour. Put the flesh in a food processor or a blender and add the olive oil, lemon juice, coriander and paprika. Purée on high until the mixture is smooth and shiny then season with salt and pepper to taste.

Chef's Tip

If the potato puree is too stiff, add more cream and butter. If you prefer a smoother pepper purée, force the mixture through a fine sieve.

LET'S COCKTAIL

El Presidente

For this issue of IN TOUCH we reach out to another tropical island, Cuba, for a cocktail classic, the "El Presidente." It earned its acclaim in Havana, Cuba, in the 1920s becoming the preferred drink of the Cuban upper class.

A variation of El Presidente, the Clipper Cocktail consisting of golden rum, vermouth and grenadine was served on Pan Am airlines at the time.

On Baros we use the original 1920s recipe then mature the mix in a 3-litre French oak barrel for a week to add more layers of flavour.

Ingredients

(Matured)

40ml Flor de Cana Rum

20ml Cointreau

10ml Cinzano Bianco

Glass

Martini classic cocktail glass

Garnish

Twist of orange peel

Method

Pour and stir the matured concoction along with a few drops of Grenadine and fresh cubes of ice in the glass. Add garnish.





SPA SECRETS

Muscle Releasing Mud Wrap by Theranaka

Here's an unusual Spa Experience for added body benefits while staying at Baros.

Muscle tension, when muscles of the body remain semi-contracted for an extended period, is typically caused by the physiological effects of stress and can lead to episodes of back pain.

Stress may change the body's nervous system by constricting blood vessels and reducing blood flow to the soft tissues, including muscles, tendons, and nerves in the back. This process causes a decrease in oxygen and a build up of biochemical waste products in the muscles, leading to muscle tension, spasm, and back pain.

At Serenity Spa, we are committed to help you with this problem and recommend the perfect treatment for it: muscle releasing mud wrap by Theranaka, the ideal therapy to improve circulation and relieve aches, pains and muscle tension.

Treatment begins with a Marula and Sandalwood sugar buff, a cleansing preparatory body scrub made with 100 per cent natural blend of Marula Oil and Sandalwood. This method effectively eliminates dead skin cells, resulting in silky soft and radiant skin.

We follow this with the Mud Wrap Application of creamy textured mineral-rich mud containing Kaolin (to purify) with Vetiver and Cedarwood to improve the circulation and create warmth to relieve muscle tension. While being cocooned in the Mud Wrap, you will be treated to an Indian head massage.

Then it's time to let your body relax in the hands of our skilled therapist and indulge in a Back, Neck and Shoulder massage of firm, deep pressure. This deep tissue massage allows muscles to move more freely as their elasticity is released. Allowing muscles to move more freely by reducing inelasticity of the tissues helps to relieve muscle tightness. Meanwhile our African Vigour Body Oil -- a powerful synergy of Rosemary, Pine, Black Pepper and Marjoram combined in a unique satin smooth Almond and Wheat Germ oil base -- helps to stimulate circulation whilst relieving muscle tension.

What an inspiring way to re-energise, purify and rejuvenate your body and senses!

UNDERWATER

Spinners Are Tops

Spinner dolphins are small cetaceans (marine mammals) commonly found in tropical and subtropical waters. They are known for being highly social animals, moving in pods of up to several hundred individuals. The species can inhabit pelagic niches (open water environments) and also those found in shallower waters (coastal/atoll). Although their appearance can vary according to the geographical location, they generally display a pattern comprised of three colours; a dark-grey cape, light-grey sides and a white belly. The species is tops with those taking part in dolphin watching and swim-with activities worldwide.

Spinner Dolphins are pan-tropical, occurring in waters around the world between 30–40°N and 20–30°S. Near Baros they can be found on the south-eastern areas of North Male' (Kaafu) atoll, and are regularly seen by boats cruising to and from Baros.

The English common name ("Spinner Dolphin") comes from their ability to perform a highly acrobatic aerial spinning behaviour. To do this the dolphins accelerate to the surface, jump out of the water and turn around a longitudinal axis up to 14 times before splashing back on the surface. The reasons for this behaviour are not clear but it could be a function in intra-group communication, with the splashes acting as an

'exclamation point' to the previous activity. It may also be a way of demonstrating or teaching playful activity to juveniles. The textbook reason is that they ridding themselves of skin parasites; while this is a fact, it is not the only reason for them to spin.

Like whales, dolphins have the ability to use echo-location. This process involves the release of sound and detection of its echo. The sound is emitted from the head region and subsequently focused and modulated by the melon, a mass of adipose tissue that acts as a sound lens. The received echoes pass through highly adapted sound conducting tissue, found in the lower jawbone, to the inner ear. The sounds emitted are able to be carried for miles, and travel one mile per second.

Spinner dolphins are frequently seen in the waters around Baros as they cross from one side of the atoll to the other.





GET TO KNOW

Supratik Maitra

Supratik Maitra, whom we know as “Supi” is a key member of the Baros family, although one whom guests seldom meet. His official title is “Cluster Revenue and E-Commerce Manager” and his main duty is Revenue Analysis.

Supratik Maitra joined Baros in November 2017 to assist management behind the scenes with the business side of Baros, to ensure that everything runs smoothly. Previously he worked in city hotels in India, Bhutan, Doha and Dubai. With a post graduate diploma in Guest Services Management from the prestigious Oberoi Centre for Learning and Development in Delhi, he brings to Baros rare expertise and professionalism.

“Supi” believes in delivering quality results and his exceptional communication and networking skills working under pressure and multi-tasking gained in city hotels, help sustain the momentum that even a private island paradise like Baros needs to function smoothly. He says he is extremely motivated and will be utilising his ability to come up with innovative ideas to make the Baros experience even more rewarding.

He says: “It took some time for me to adapt to the resort life but I still do what I used to do with my previous hotels. Being on Baros is a very delightful experience, it gives so much of an opportunity to learn about the local people, culture, lifestyle, etc., as well as the special needs of resort guests.”

He looks forward to meeting guests during the weekly Management Cocktail party and learning about how they booked their holiday, and their opinions about Baros.



Baros Maldives Launches a Brand New Website

The first edition of a new website promoting our boutique resort of Baros Maldives has just been launched.

Baros was only the third resort to open in the Maldives and during more than four decades of caring for guests with heartfelt hospitality, Baros has acquired an enviable reputation as the benchmark for the captivating luxury that is the essence of a holiday on Baros.

The new website has been designed to reflect the island’s enticing charm based on well-honed experience, with its lush, natural beauty; enchanting, handcrafted villa accommodation; its gourmet cuisine; spa and marine programmes; warm hospitality and personalised attention to every guest’s needs.

Stunning new photographs of Baros feature on the website, providing click-on links to pages about accommodation, dining and excursions. The content has been thoughtfully designed to take website visitors on the Baros Journey, creating a visual experience that showcases the island’s classic charm.

The photographs and text are complemented with videos of the underwater world around Baros. Included is an amazing 360° aerial view of the island together with virtual tours of the interiors of each of the six Villa categories and of the Baros Residence, as well as of the Serenity Spa, the expansive infinity swimming pool and the resort’s marvellous, open-sided sea-view restaurants. The overall impact is phenomenal, conveying not only the beauty and blissful tranquillity of Baros but also capturing the island’s bewitching allure.

More fascinating details including restaurant menus, fact sheet, hotel brochure, excursion programmes, information about spa and marine activities, and price lists, are being added to the website so that potential and regular guests can experience a foretaste of the legend that is Baros by simply going on-line at www.baros.com.

BAROS MALDIVES

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. Reef snorkelling adventures, sunset sailing or romantic dinner cruises for two, our little Nooma is the perfect vessel for an authentic local experience. She features a sundeck, a private saloon lounge and an air-conditioned double bedroom – everything at your fingertips for a jaunt across the waves.

Enjoy a sunset cruise on our traditional sailing dhoni, a romantic activity for a couple or an ideal get-together for a group of friends or family. Cruise the clear waters of the atoll to reach the open sea, where the colours of the evening sky dance on the waves. Enjoy Champagne, canapés and the glorious Baros sunset seen from the comfort of your private sailing dhoni. If you wish, bring your camera along to capture postcard-perfect photos, or simply enjoy the journey and bring back memories of this amazing experience.



DID YOU KNOW

... the Maldives Islands were briefly ruled by Portugal in the 16th century?

... a rebellion led by a Maldivian patriot, Mohamed Thakurufaan from the island of Utheem in the north, ousted the Portuguese after 15 years?

... our island of Baros was never inhabited but was cultivated as a coconut plantation until becoming a resort in 1973?

... the traditional name of this island is Kodhdhipparu-Bandos?

... a bridge is being built that will make it possible for vehicles to drive from the international airport direct to the capital, Male'?

... on cruises by boat from Baros to spot dolphins you can sometimes see whales as well?

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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