

IN TOUCH

Magazine



JULY, AUGUST,
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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

It is a great pleasure to bring you more exciting news and stories from Baros.

In this issue of InTouch, we introduce you to our energetic Assistant Food & Beverage Manager, Hardy, who has been with us for eighteen years and is a key member of the legendary Baros team. For our guests, Hardy is a friendly face and a character who adds to the enjoyment of your Baros holiday.

In June Baros was acclaimed as the Indian Ocean's Most Romantic Resort at the World Travel Awards. This is the seventh consecutive year that we have been recognised with this award and we appreciate our guests and travel trade professionals who continue to support us in our endeavours. Baros was also recognised in the TripAdvisor "Hall of Fame" for winning the Excellence certificate five years in a row. These recognitions are an affirmation of our success in creating memorable moments for our guests. Such awards motivate us to keep exceeding expectations, enhancing the Baros Legend.

We also feature more insights by our resident Marine Biologists on the turtles who reside around our illustrious house reef, learn some Spa Secrets to reduce cellulite, and our Executive Chef shares a recipe from the menu of the Lighthouse Restaurant, and we give a recipe for a drink that you can recreate while away from Baros.

As we prepare for the next quarter, all of us at Baros are dedicated to creating unforgettable experiences for every one of our guests. Like you, we are looking forward to your return soon to share once again the joy of a blissful holiday in true Baros style.

Sincerely,

Shijah

Resort Manager



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HERITAGE: LIYELAA JEHUN



Liyelaa jehun – what is it?

Lacquer work, or liyelaa jehun in Divehi language, is one of the most distinctive forms of handicraft in the Maldives.

Precision, imagination, mastery. It takes a very creative and skilled artist to engrave swirling patterns on an art masterpiece with elementary tools and without any guideline drawings; this is the magic of Liyelaa Jehun.

There are very few artisans who create these pieces using traditional tools and designs. Some examples of Liyelaa Jehun are in the Baros boutique. It is visitors to Maldives who have stimulated the demand that has kept this art form alive.

Liyelaa Jehun is the outcome of four distinctive stages; the preparation of Laa (lacquer), the sculpting of wood (Liyun), application of lacquer (Laa Jehun) and finally, engraving the designs on the handiwork (Laa Negun).

A Maldivian herbal medicine called fashurisseyo is used to obtain the yellow pigment and a substance called uguli is required to create the red colour, although other pigments are sometimes used.

Craftsmen create black pigments by heating a piece of ceramic tile with an oil lantern and collecting the black tar off the tile. Gold and silver dust can sometimes be used to add a more exquisite look to the design. Black is added so that the colours stand out once engraved.

After the colour is added, the lacquer is cut into the shape and size that is best for application. After the lacquer is applied, it is buffed with dried banana leaves or coconut palm leaves to give it a polished look.

Since ancient times, Liyelaa Jehun has been used to decorate building interiors as well as wooden household implements like containers. Coral stone mosques in the Maldives, six of which are on the UNESCO World Heritage Tentative List, are adorned with lacquered works that contribute to making them a universal wonder.

A BRIEF MALDIVIAN LANGUAGE GUIDE

Lacquer work

Liyelaa jehun

Handiwork/artwork

Aitheri masaykai

This is beautiful

Meethi varah reethi

Red

Rai

Black

Kalhu

Yellow

Reendhoo

Traditions

Sagaafai

Paradise

Suvaruge

Heritage

Aasaaree tharika

Lifestyle

Dhiriulhumuge vahatafaalhi

Ancestors

Kaan' bafain

Maldivian style

Dhivehi vantha

Talented

Fannuveri / Kulhadhaana

Role model / best practice

Laamaseelu namoonu

BON APPÉTIT!



Steam lobster Won Ton Ravioli with saffron sauce

Lobster Ravioli and Saffron sauce is a delightful treat as well as a creativity-boosting recipe, and pasta making aficionados consider it meditative and deeply satisfying. There is undeniable culinary romance in the idea of fresh pasta and Lobster Won Ton Ravioli with saffron sauce.

Lobster Filling

Ingredients

Grated Parmigiano Reggiano	50gr
Lobster meat	150gr
1 clove of minced garlic	
Chopped onion	10gr
1 tablespoon of chopped fresh herbs (thyme, basil, sage)	
Salt and freshly ground black pepper	
A pinch of freshly grated nutmeg	

Method

Chop the lobster and transfer to a bowl, add Parmigiano Reggiano, garlic and basil, and stir together until well mixed. Season with salt, pepper and nutmeg. Refrigerate until needed.

Fresh Pasta and assembling the Ravioli

For the fresh pasta, blend 2 eggs and 200gr flour in a food processor until it looks crumbly in texture, adding water gradually until the texture resembles wet sand. To ensure an appropriate consistency, the dough should stick to itself when pinched, although not to the hands. Seal the dough and let it rest for 30 minutes in the refrigerator. Roll the pasta dough, and cut the sheets into squares with a pastry cutter. Fill the sheets with heaped tablespoons of the lobster mix filling and seal the edges tightly using fingers. Cook the ravioli in slowly boiling water until al dente (3 to 4 minutes), drain and toss the ravioli in some melted butter in a small saucepan.

Pour the sauce on a platter and place the ravioli on top and sprinkle with grated Parmigiano and basil and serve immediately, giving it a final touch with a garnish of your choice – we recommend some fresh Salmon Caviar and fresh herbs. Bon Appétit!

Lobster saffron sauce

Ingredients

Saffron	1gr
Lobster stock	100gr
Minced shallots	10gr
Garlic cloves, crushed	2gr
White wine	30ml
Fresh thyme	1gr
Heavy whipping cream	50gr
Butter	10gr

Method

In a pot, cook a little oil over medium-high heat and sauté shallots, onions, and garlic. To the pot, add water and bring to a boil before adding lobster meat, cook for 40 to 50 minutes. Remove any lobster shell and strain the broth to discard solids.

Deglaze a pan with white wine. Add thyme and sauté for another minute before pouring in the lobster stock; boil with water covering the mix and simmer for 15 minutes.

Finally, whisk in heavy cream, butter and saffron and boil. Turn heat down to a simmer and cook.

BAROS MIXOLOGY

The Monkey 47

Monkey 47 is easily one of the most complex gins, and discerning its complexity in the atmosphere at Baros enhances every single note in a myriad of nuances. The 47 botanicals are a complex, olfactory adventure of citrus, floral, herbal or piney notes, such as juniper, hibiscus, lingonberries and rosemary, perfect for a sip while lazing on a hammock in our Palm Garden with the sound of waves lapping the beach and palms rustling overhead.

Ingredients

Monkey 47 Gin	40ml
Lemon Peel (skin)	2 pieces
Orange Peel (skin)	2 pieces
Cucumber Peel (skin)	1 piece
Tonic water	Tonic Top-up (in a decanter)
Iceball (lemon and lime or orange and strawberry)	

Method

Place the chosen ice ball in the glass, add lemon, orange and cucumber peel and pour the gin on top of the ice ball. Rub the rim with the orange peel and serve with Fever Tree tonic water in a separate decanter.





BAROS UNDERWATER

The Hawksbill Turtle

Hawksbill turtles are found in large numbers in this region, and also around the Baros house-reef. Currently, we have 20 hawksbills dwelling in our house-reef, the most recent one discovered a few weeks ago

The name Hawksbill comes from the shape of the beak which, thanks to a hooked overbite, is reminiscent of a hawk's bill.

Hawksbill sea turtles are omnivorous and will have a varied diet including small crustaceans, sponges and jellyfish. The result of this is a green tint to their flesh, although it is not visible as they are covered with a complex pattern of scales called 'scutes'.

The turtles around the Baros house-reef are distinguishable from other turtles due to their unique 'scute' patterns on the sides of their faces, but also due to other specific features like nicks in their shells or flippers. Pictured in this article is Bonthi, the friendliest and most photogenic turtle in our house reef, identifiable from the scute pattern near the eye, which resembles the tail of a whale. Guests can often see him wandering in the Playground reef behind the Water Villas.

Hawksbill sea turtles are currently listed as critically endangered on the IUCN Red List of protected species. Various types of pollution result in the turtles sometimes ingesting waste, rendering them sick and unable to

dive for food due to gaseous build ups. We do a lot at Baros to protect the marine ecosystem from harm, including recycling efforts, awareness and information presentations carried out for guests and team members, and coral transplantation to rejuvenate our house-reef.

As a result of our efforts, Baros is the only island in North Male' Atoll to have Hawksbill sea turtle nests found on its beaches. Our guests have been honoured with witnessing the spectacular hatching of hundreds of baby turtles and the moment they enter the sea for the first time.

As it requires a lot of energy for a turtle to drag itself onto the beach to dig a nest and lay their eggs, a turtle is unable to repeat the process every year. By using unique magnetic signatures created by nature along the coast, they will locate the beach they were born on and lay a couple of nests in one season, after which they return to the ocean. They then begin the process of foraging for food for one to two years to build the energy reserves to nest once more.

In the years 2015 and 2016, Baros was lucky to have three nests per year; however, the last two years have yielded no nests. So we are hoping some turtles will return to lay this year.

SPA SECRETS

Cellulite reduction treatment by Elemis

Cellulite is a normal occurrence, affecting almost 90 per cent of women and 10 per cent of men during their lifetime and is caused by a buildup of fat underneath the skin. Cellulite reduction treatment by Elemis is a treatment with a powerful blend of massage and detoxifying clay that tones and tightens the hips, thighs, abdomen and upper arm.

The session starts with a detoxifying full body brushing with the firm bristles of a special brush, giving the skin a thorough exfoliation while the pressure helps to stimulate the circulation and lymphatic drainage, which in turn is supposed to help the body eliminate toxins.

A steam bath will prepare the skin for the detoxifying process. When the body is under the approximate temperature of 47°C and 100 per cent humidity for a period of time (no longer than 15 minutes) skin pores open and all the products applied to the skin have a better effect on the deepest layers of cells. Hence, the immune system becomes more effective, the circulation stream increases, and built-up toxins are released.

The anti-cellulite massage breaks down the underlying fat in the affected areas. The massage therapist uses special techniques of pinching and rolling to break down the fat. Additionally, the therapy aims to increase blood circulation in the affected areas thereby accelerating the recovery process.

With the serum and mask application, the skin receives active ingredients combining the richness of the sea with the power of aroma, and this powerful synergy of sea buckthorn eliminates the toxins, helping to reduce the appearance of cellulite. Finally, Juniper essential oil causes the detoxifying and diuretic action that improves the removal of accumulated toxins.

We invite you to visit us at the Baros Serenity Spa for a consultation and to choose from a bespoke selection of deeply soothing therapeutic and beautifying treatments in the Spa's luxurious private suites. Our highly trained therapists will calm the mind, balance the body and soothe the soul.





Baros wins more awards

Baros has been acclaimed for the seventh consecutive year as the "Indian Ocean's Most Romantic Resort." at the 26th World Travel Awards ceremony held in June in Mauritius.

Established in 1993, the World Travel Awards are recognised globally as the ultimate hallmark of industry excellence. A series of regional gala ceremonies are held each year acknowledging award winners within each continent, culminating in a Grand Final for the Best in the World Awards. Baros was chosen by industry professionals and travellers for the seventh year as the region's Most Romantic Resort.

Earlier in May, Baros was also recognised in the TripAdvisor Certificate of Excellence "Hall of Fame" for winning the Certificate of Excellence for five years in a row.

The well-forged identity of Baros has been consistently enhanced and refined during its 45 years of hospitality. This bijou-island is designed with a cosy and intimate concept that ensures a blissful time in elegance and harmony for couples, honeymooners, or guests celebrating meaningful bonds with loved ones.

A renewal of vows ceremony arranged on the beach, a sunset cruise by Nooma, the island's traditional dhoni, private dining on a sandbank or on the Piano Deck set in the island's lagoon, are some of the romantic experiences at Baros for couples to enjoy.

Ahmed 'Jay' Jihad, the general manager, expressed gratitude for the Award on behalf of all those associated with Baros: "These recognitions are a high honour and we are very thankful for the trust that our colleagues in the industry and guests have in us. It motivates us to keep exceeding guests' expectations and advancing the Baros legacy of providing personalised experiences in intimate luxury with fastidious care."

Abdul Haadhee Waheed (Hardy)

Hardy is one of the most senior team members at Baros and has been dedicated to serving guests for 18 years. Hardy is a familiar face, as he builds a unique connection with everyone he welcomes, often leading to a special bond with guests as they return year after year.

Hardy started his career in the hospitality industry at an early age, working for five years at Olhuveli View Hotel before joining Baros in 2001. Simultaneously, he advanced his Leadership Development skills by following a course of studies in the Faculty of Hospitality and Tourism Studies in Maldives.

As the Assistant Food & Beverage Manager, Hardy plays an integral role in the renowned culinary offerings of Baros. You will often see him immersed in ensuring a memorable stay for Baros guests. He is proud of having witnessed the balance between continuous enhancement at Baros through the years, and the aim of preserving its essence.

Hardy believes that the genuineness of service comes from a deep passion and, according to him, attention to detail is a key element of creating a memorable experience for our guests.

Originally from Addu, in the south of Maldives, Hardy is a keen fisherman and he enjoys preparing whatever he catches to share with his colleagues, and also entertaining them with his musical ability.



DISCOVER BAROS

Full Moon Dinner at The Lighthouse

For several years, Baros has celebrated the romance of the night of the Full Moon as it casts its radiant rays on the island, illuminating the rich canopy of lush vegetation, reflecting and dancing on the shimmering lagoon. The romance of this majestic spectacle has inspired humanity for centuries, resulting in tributes with odes and poetry, and astronauts reaching it in 1969.

This has inspired our Lighthouse Restaurant to curate a special dinner for guests to celebrate romance and intimacy in a magical, celestial setting, as the Full Moon exhibits an entrancing display over the horizon, and you wine and dine on the deck of the Lighthouse.

During the Full Moon, the classic Lighthouse gastronomic experience shifts into a seven-course customised degustation menu. This lunar monthly gastronomical experience presents modern French cuisine with touches of Asian influence, delighting guests with new creations.

We invite you to stroll together in the moonlight to the Lighthouse, and start your evening with a flute of Champagne served in the Lighthouse Lounge. Then descend to the Lighthouse Deck where candles glow and an enchanting ambience is crafted for an exquisite evening.



DID YOU KNOW

*...sand on our beaches moves away and returns,
washed by seasonal currents during monsoons?*

*...there are 20 Hawksbill turtles who have made the
Baros house reef their home?*

*...Hawksbill turtles nest every two to three years
and lay 60 to 200 eggs every nesting season?*

*...In Liyelaa Jehun, intricate designs are made
without any stencils, making each artefact a unique
one in both design and shape?*

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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