

INTOUCH Magazine



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IN TOUCH magazine — Baros Maldives. 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

All of us were thrilled that, as a result of comments that our guests made on TripAdvisor, our bijou resort of Baros has been named the Top Luxury Hotel in the World 2018. This is an amazing achievement for our small heritage island as it is public acknowledgement that our guests appreciate the ethos of Baros.

Coincidentally, we have embarked on a programme to redefine, and refine, just what Baros is all about. The lush landscaping, the understated luxury of the accommodation and all that is the essence of (and unique to) Baros will remain the same. However, the way this is presented is undergoing subtle changes while we continue to deliver trademark exceptional experiences, transforming moments into memories.

We recognise the qualities that people, whether they are one of our many returning guests or first time visitors, seek when they choose Baros for a holiday. The timeless magic that permeates the very atmosphere of Baros -- an enchanting realm of warmth and laid-back sophistication -- will remain as we evolve into a modern classic.

At Baros we are aware that each of our guests is a discerning individual and we are committed to ensuring that every guest enjoys a holiday of discretion that is both fulfilling and fun.

Warm Regards,
Team Baros Maldives

OUR ISLAND COSTUMES



The traditional costumes of Maldives islanders reflect the conservative culture and the tropical environment. Maldivians used to harvest cotton, spin thread and weave cloth on handlooms. The looms were fashioned from wood, bamboo and coir rope (made from the fibre extracted from coconut husks). Garments were made from this cotton but as the growing of cotton ceased and it was imported from India, the weaving of cloth locally continued.

Because of convention and climate, women became accustomed to wearing dresses that were modest and, as protection from the sun, covered the entire body. However, the explorer Ibn Battuta observed during his visit from 1325 to 1354 that the only garment for island women was an apron worn from waist to ankles, with the top uncovered. Today going topless, even when sunbathing on the beach at Baros, is banned.

The traditional Maldivian dress worn by women is known as libaas; this is a long-sleeved cotton garment that reaches from shoulders to ankles. It can have an elaborately embroidered neckline or the bodice can be decorated with gold and silver lace woven locally. The garment is then known as a kasabu libaas.

The dress for men is much simpler, inspired by practicality: a cloth sarong known as mundu. This is a length of cloth with ends sown together so it can be pulled on over the head and knotted at the waist and extends to the ankles. It is practical as it can be raised up to the knees for wading in the sea, and can also be used as a covering while sleeping.

A sarong-style garment worn by both men and women is called feyli. This is the equivalent of a wrap-around cloth which is knotted at the waist and hangs down to the ankles. Traditionally the feyli is black with two white stripes. Maldivian women used to wear this under a shortened libaas.

An authentic island feyli is woven from cotton on a handloom. The cotton thread is first bleached white by being washed in the sea and left in the sun to dry. Then it is dyed brown and black using natural dyes. A formal feyli will have both ends embroidered with gold thread and be starched to add stiffness.

If you take a sea trip on our dhoni, Nooma, you will see the crew wearing black and white striped feylis as part of their uniform. Traditional libaas and feylis can also be seen on display in the National Museum in Male'.

A BRIEF MALDIVIAN LANGUAGE GUIDE

Hello - assalaamu alaikum

Welcome - maruhabaa

How are you? - haalu kihineh?

Fine, thank you - ran'galhu,
shukuriyyaa

What is your name? - kon nameh
kiyane?

My name is - aharenge namakee

Nice to meet you - Baddhalu vee
thee varah ufaavejje.

Please (adverb) - Aadheys koffa

Thank you - shukuriyyaa

You're welcome - maruhabaa

Yes - Aan

No - Noon

Cocktail time!

Deep Sea Diver

This alluring cocktail is inspired by the beauty of the deep blue waters surrounding Baros. It is a sophisticated pairing of premium Gin, Crème de Menthe and Blue Curaçao. It inspires a tantalising and enduring mint freshness on the palate.

GLASS: Martini

INGREDIENTS:

30ml Premium Gin
15ml Crème de Menthe
20ml Blue Curaçao
10ml Lime Juice
5ml Sugar syrup

METHOD

Pour the ingredients into a cocktail shaker with ice and shake vigorously to combine all the flavours and slightly dilute the alcohol. Strain and serve into a martini glass. A slice of lemon or lime can be added as garnish.



Grilled Langoustines, Line Caught Seared Yellow Fin Tuna, Organic Beetroot & Pea Puree

Ingredients

80gm Langoustines
80gm Yellow Fin Tuna
5gm Lobster Butter
50gm Peas (green fresh)
40gm Butter
60ml Cooking Cream
80gm Sweet Potato, peeled and diced 2cm
5gm Salt
5gm Pepper
50ml Olive Oil
50gm Cauliflower
50gm Organic Beetroot
4gm Cuvee Pepper

Lobster Butter Method
5gm Butter
5gm Lobster roe

Mix together adding a splash of fresh lemon juice.

Bonito Stock Method
100gm Kombu (seaweed)
100gm Bonito Flakes
3 litres Water

Lightly wipe clean Kombu, then soak in three litres of cold water overnight. Take out expanded Kombu in the morning and bring the water to boil. When the water bubbles, place bonito shavings into the water and turn off the heat straight away. Allow the shavings to sink a little, then strain through a cloth

Method

Blanch Peas in Bonito stock for two minutes, remove from water. Blend Peas and pass through a fine sieve. Add Butter, Cream, Salt and Pepper to taste. Set aside and keep warm. Steam Sweet Potato until soft; blend and season with Lobster Butter, Cream, Salt and Pepper. Set aside and keep warm

Mix the Tuna with the Pepper Spice so all sides are covered. Heat the frying pan until hot and sear the Tuna on all sides for two minutes each side, keeping the centre raw. Remove from pan and let cool.

Blanch the Beetroots and Cauliflower in hot boiling water separately until al dente and then refresh in iced water bath. This will take four to five minutes.

Peel the Langoustines and remove the digestive tract and stomach. Slice the Langoustines into small pieces of approximately 2-3cm. Heat the olive oil in a frying pan and place the Langoustines back side down for one minute then turn to cook the other side. Season with Salt and Pepper.

Assemble and present the dish starting with the Langoustines and Yellow Fin Tuna and arranging all the other elements, finishing with edible flowers.



The rich culture of Baros has an illustrious heritage which Serenity Spa focuses on in all our spa experiences. The traditions at Serenity Spa are carefully adapted and brought up to date with pampering techniques for your delightful journey.

Our team of therapists have combined some unique and handpicked ingredients, together with effective techniques, to ensure utter relaxation blended with soothing and nourishing benefits.

We are thrilled to offer in our Spa menu these stimulating experiences.

SERENITY SIGNATURE MASSAGE

Our expert therapists have created the perfect prelude to peace and serenity. Carefully designed techniques combining the best of the massage world evoke a sublime sense of deep relaxation.

A soothing start with hot stones increases the circulation around your muscles, preparing them for an effective yet relaxing combination of movements. Stretches and acupressure relieve all blocked energy that your muscles are experiencing when tensed, acting as a great way to realign your posture and ease away any aches or pains.

Balinese movements work on the deeper levels of your muscles to ensure melting of all your tensions. To finalise, Swedish techniques relieve your body from stress, leaving you ready to enjoy your holiday to the fullest.

SERENITY SIGNATURE COCONUT SCRUB

We have created a winning and homemade combination of 100 per cent natural ingredients that will cleanse, nourish and give your skin that silk soft feeling, while preparing it for a beautiful suntan. The finest soft sand from Baros beach is collected at sunrise to gently purify your skin. The purest virgin coconut oil from the islands is blended with coconut milk to deliver all the essential nutrients for a healthy and glowing skin.

SERENITY SIGNATURE BATH & STEAM ROMANCE

Experience our exclusive and secluded gardens of peace and cocooned tranquility inspiring romance with a bath of flowers added to any of your treatments. A beautiful and nourishing flower bath is gently prepared for you while a signature ginger tea, fruits and chocolate platter awaits degustation. The scenery is secluded and divine while the relaxation is everything that you need!

Yoga

Low lunge – Anjaneyasana

Step-by-Step

Step 1

From Downward-Facing Dog (Adho Mukha Svanasana), exhale and step your right foot forward between your hands, aligning the right knee over the heel. Then lower your left knee to the floor and, keeping the right knee fixed in place, slide the left back until you feel a comfortable stretch in the left front thigh and groin. Turn the top of your left foot to the floor.

Step 2

Inhale and lift your torso to upright. As you do, sweep your arms out to the sides and up, perpendicular to the floor. Draw the tailbone down toward the floor and lift your pubic bone toward your navel. Lift your chest from the firmness of your shoulder blades against the back torso.

Step 3

Take your head back and look up, being careful not to jam the back of your neck. Reach your pinkies toward the ceiling. Hold for a minute, exhale your torso back to the right thigh and your hands to the floor, and turn your back toes under. With another exhale, lift your left knee off the floor and step back to Adho Mukha Svanasana. Repeat with the left foot forward for the same length of time.

Pose benefits

This is a great pose for athletes. It treats the typical sources of lower-body soreness, especially in runners: tight quads, hamstrings, and hips. Low Lunge may seem simple at first, but there are a plethora of benefits to this posture.

- Releases tension in your hips
- Stretches your hamstrings, quads, and groin
- Strengthens your knees
- Helps build mental focus





NATURAL CHARISMA UNDERWATER

The underwater world around Baros is full of intrigue and charisma as species change identity – and even sex – to escape predators or adapt to climate change. Our marine biologist is on hand to reveal some of the mysteries of lagoon life to scuba divers and snorkellers.

Marine animals come in all shapes and sizes, but only a few can actually change their physical shape during their lifetime. When an animal is about to be attacked by a predator, it has two choices: run or hide. Although it may seem like the easier option, fleeing may make the animal appear more obvious to its attacker. However, an animal that hides by changing appearance to look the same as its environment, may survive by this camouflage, thereby escaping the attention of its potential attacker.

For example, cuttlefish are capable of mimicking their background environment by changing the colour, pattern and texture of their skin. They do this by altering pigments in their skin to change the way it reflects light. As well as camouflaging themselves, cuttlefish can alter their skin to startle predators or to communicate with other cuttlefish.

The greatest shape-shifter of all is perhaps the mimic octopus. It too can alter the appearance of its skin. It is the only animal able to mimic a diverse range of species – at least 13 have been recorded so far – including lion fish, sea snakes, jellyfish and sea anemones. Not only cephalopods are able to camouflage themselves. Some diurnal fish species will express a different colouration at night to secure undisturbed rest. The Indian long-nose parrotfish for example puts on what resembles dark-patchy pyjamas after sunset, allowing it to blend in perfectly with the surrounding reef structures.

Some special crustaceans such as hermit crabs not only change their own carapace but also the house they live in. These crabs have a soft, asymmetrical abdomen, which requires them to wear an empty mollusc shell as additional protection. Although the hermit crab can grow larger, its scavenged home does not and so a replacement is required. Occasionally a vacancy chain of different sized individuals can be observed, rapidly exchanging shells in sequence, until each crab finds a larger shell.

Of all the animals, fish are the most sexually fluid. About two per cent of fish species display some kind of hermaphroditism; such species include wrasses. Sex transformation can be a response to environmental or energetic constraints, or to improve the organism's evolutionary fitness. In other marine life it is temperature that is the determining factor. For turtles, so often seen in the sea around Baros, the incubation temperature of their eggs determines the hatchling's sex; below 29 degree celsius will result in a male, above that will yield female turtles.

Baros abounds with enchanting culinary adventures.....

Piano Deck Dining

A magnificent culinary composition captures the lyrical moment of dining on a deck poised over the tranquil waters of the Baros lagoon.

White sheets billow in the Baros breeze. Sunlight glints on a sea of blue. A wooden deck sits on the lagoon, water below and all around. Just minutes from our island's shore you will find the Piano Deck – a wooden platform especially made to give you a dining experience unlike any other. You can choose your dinner in advance from our especially created gourmet menus.



Island Dining

Exquisite dining wherever you choose for an especially curated memorable meal anywhere on Baros.

A gentle breeze soothes and caresses as sand crumbles underfoot. Your own private waiter sets your table on the beach, just metres from gently lapping waves – another perfect dining experience on Baros. You can dine anywhere on the island – in the cocooning comfort of your villa, on your deck, on the beach or beneath the trees along the shoreline. Arrange a dining occasion just for you, wherever the mood takes you.



Staying
at the
top..

Following the recognition in December 2017 of Baros being the World's Most Romantic Resort 2017 by the World Travel Awards, in January 2018 we received the exciting news that our bijou island resort has been named the Top Luxury Hotel in the World 2018. This award is particularly valuable as it comes from our guests who posted comments on the world's largest travel site, TripAdvisor, as rated in the annual Travelers' Choice Awards.

Baros was also acclaimed by TripAdvisor as being among the Top 25 hotels in the world for service and for romance. In addition, Baros won several regional awards including Top for Romance in Maldives as well as the Top Luxury Hotel in Asia. The winning hotels were chosen from millions of reviews posted by guests during 2017 on the popular TripAdvisor website.

The hallmarks of hotels winning the site's Travelers' Choice Award are defined as: remarkable quality, service and value.

With an impressive total of 12 Travelers' Choice Awards this year, we have improved on our tally of nine awards in 2017. Last year Baros was rated Number 14 in the Top 25 Luxury Hotels, so all of us at Baros are greatly inspired by this achievement of rising to the top as Number One.

Our General Manager, Ahmed Jihad - Jay, comments: "We are delighted that Baros has been recognised in so many different categories by TripAdvisor travellers. We are grateful to our discerning guests for taking time to write appreciative reviews about Baros. I also thank our staff for their dedicated service and teamwork that enhances the luxury of our accommodation. We aim to continue to stay at the top in all we do and to improve even further on what we offer our guests."

Get
to
know



Ahmed Jihad - Jay
General Manager

Our General Manager at Baros since January this year is Ahmed Jihad - Jay.

Ahmed previously worked at Baros in 2010 as Operations Manager and feels his return here is like coming home. He brings with him a wealth of experience gained working at resorts throughout the Maldives.

He began his hotel career at Full Moon Maldives, after completing a degree in Hospitality Management at TAFE, Queensland, Australia. He started as Front Office Manager and worked his way up to Resident Manager. This was followed by a stint at Sheraton Maldives, before he joined the team at Baros for the first time in 2008. His career took him to Niyama Maldives in 2011, followed by Huvafenfushi, where he was Resort Manager for the past five years.

As Baros has become a legend in the Maldives, the resort has always been close to Ahmed's heart. He states: "I am delighted to return to my Baros family as General Manager and am thrilled to be a part of a resort and team with such strong Maldivian connections. The hotel being Maldivian-owned is extremely proud of its roots and culture, just as I am, so I am excited to take on this wonderful challenge."

Ahmed is looking forward to meeting new guests as well as returning ones so he can share the enchantment that is unique to Baros with all our guests.



Did you know...

... the Maldives is the world's flattest country?

... the highest point in the Maldives is only 1.6m above sea level?

...there are more than 800 uninhabited islands in the Maldives?

...the Maldives is 90,000 square kilometres in area but only 298 square kilometres is land, the rest being ocean?

...fishing is the main traditional occupation of the islands?

... the use of fishing nets is illegal in the Maldives?

... there is no fish farm in the Maldives?

... shark fishing is banned in the Maldives?



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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