



BAROS MALDIVES AND EKATERINA MASLOVA; PRESENTING THE ULTIMATE DETOX JOURNEY

Baros has joined forces with renowned Russian nutritionist and author Ekaterina Maslova to create a customisable and holistic detox programme for Baros guests. In October 2021, Ekaterina shared her extensive knowledge and insights on current superfoods and advised on what would make for a successful, yet enjoyable, detox programme for Baros' discerning guests.

Ekaterina Maslova is more than a Certified Nutritionist; she's passionate about healthy living and nutrition. She's also well known for her books and guides on nutrition, healthy living and the immune system. Living between Russia and Thailand, her nutritional plans often centre on healthy, vegan dishes that strike a balance between Asian superfoods and Western flavours.

To enhance our recently released Post-Lockdown Detox Programme even further, we invited Ekaterina Maslova to Baros to share her expertise and recommend a programme for those specifically looking to slim down and flush out toxins. The result? A new and improved Baros detox programme, which perfectly combines physical activities, spa treatments and a nutritional plan for a holistic approach to healthy living.

The programme focuses largely on resetting the body and helping guests to get back to a healthy, balanced diet to keep insulin, glucose and energy levels in line with the requirements of a busy daily routine. Ekaterina Maslova explains, "To achieve and maintain a healthy and balanced lifestyle, the food we eat plays the most important role. Eating the right food at the right time on a regulated basis is essential. We need to learn to listen to our bodies again and to balance food and physical activity".

Guests can choose from a three-, five- or seven-day detox journey supported and guided by the Serenity Spa Manager, Arsini, and the Executive Chef Kenneth Gundu. Both Arsini and Chef Ken worked closely with Ekaterina to create the perfect detox journey for the Baros guests.

Spa treatments included in the programme range from body scrubs and massages to yoga and meditation classes. The detox menu centres on fresh Maldivian fish and vegetables and is also customised so guests can choose their start dates. Chef Ken understands how challenging it can be to stick to a detox programme. He says, "Of course 'detox' sounds tedious, however,





we have the best conditions here to make it as convenient, enjoyable and tasty as possible. We have the freshest fish here in the Maldives, and the warm climate encourages a slower pace naturally, making it easy to let go of stress. And, of course, the whole island is here to support and encourage the guests' efforts."



Guests looking to relieve stress, find balance and nurture mind, body and soul while flushing out the effects of lockdowns and challenging months are encouraged to try Baros' new detox programme.

Prices for guests staying at Baros for the three-day detox programme start from US\$ 1.255 ++, for the five-day detox programme, from USD 1.750 ++ and for the seven-day detox programme, from US\$ 2.515 ++. These rates are per person and include the spa treatments as well as the special detox menu. Accommodation is not included in the above prices.



Rates in October at Baros start from USD 733 ++ per night in a Deluxe Villa. For bookings and more information on the Baros Detox Programme, please visit www.baros.com, contact Baros directly at reservations@baros.com, or call +960 664 26 72.

ABOUT BAROS MALDIVES

The Maldives Icon - Baros is an award-winning luxury private island resort in the Maldives, a short 25-minute speedboat ride from Maldives International Airport. This tropical haven is home to 75 sophisticated villas framed by a seemingly endless powder-soft white beach and a glittering lagoon surrounded by a world-class house reef. It's paradise personified.



Welcoming guests since 1973, Baros has spent decades honing its services and cultivating its environment, making it the Maldivian Icon. An award-winning resort, and a member of Small Luxury Hotels Of The World, Baros is celebrated for its authentic spirit, legendary service, outstanding comfort and understated elegance.

