

IN TOUCH

Magazine


BAROS
MALDIVES



JAN, FEB,
MAR 2023

We welcome you to the new year with the January issue of IN TOUCH, our in-house magazine that keeps you “in touch” with Baros Maldives. Learn a little more about the history of your favourite romantic destination and read about the Maldivian heritage. Discover some of the best-kept Spa secrets at Baros and keep up to date with the latest news. Read the special recipes delivered by our award-winning chefs and make your own Baros treats at home. It is a pleasure to share these tidbits about our blissful island resort with you, and we look forward to staying in touch with you.



Hello 2023

Dear Baros Guest,

Bringing you the warmest wishes of a Happy New Year, we are honoured to welcome 2023 with the magical tales of Baros. This year will be filled with memorable moments and celebrations as we mark the 50th anniversary of our blissful island, Baros. We cannot wait to share the latest updates and news about your home away from home.

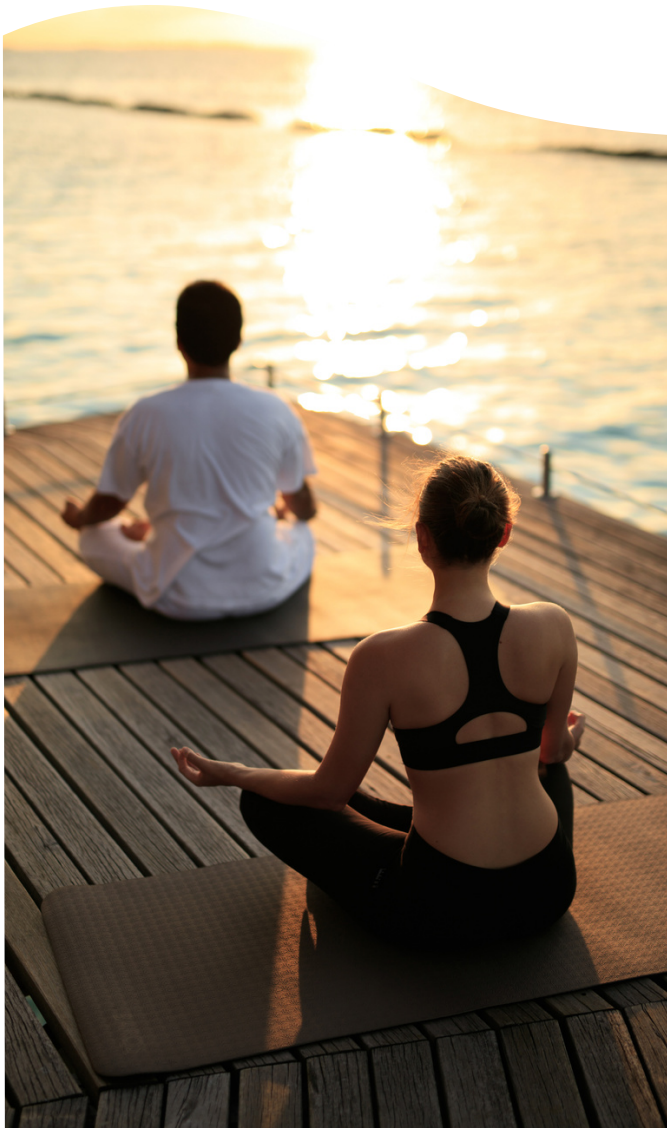
With this issue of IN TOUCH, we bring you the tantalising flavours of our Chef's special pan-seared Kobe beef steak with smoked BBQ Jack Daniel's jus. Discover the easy-to-follow recipe and re-create the Baros flavours at home.

This issue also brings you untold tales from the underwater world. Find out the key role reef sharks play in keeping the house reef healthy and flourishing. Our marine biologists present you the secrets of Baros' reef and its inhabitants.

Read more to learn about the Serenity Signature massage at our Spa and the most recent news from our blissful island. From the newly introduced Nooma Cruise to tidbits about our heritage, there is a lot to discover about Baros.

While we celebrate the honour of being awarded 'World's Most Romantic Resort' for the seventh time since 2012, it is a privilege to also be nominated for the World's Best Awards at Travel + Leisure 2023. We humbly request your support in the survey and for your vote to be cast for our blissful Baros.

With warm wishes,
Shijah
General Manager



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Kobe Beef

A classic pan-seared Kobe beef steak served with potato and truffle purée, seasonal baby vegetables, crispy kale and smoked BBQ Jack Daniel's jus.

Ingredients

Kobe beef	150g
Truffle potato purée	20g
Smoked BBQ Jack Daniel's jus	5ml
Baby vegetables	3g
Crispy kale	1pcs
Microgreens and edible flowers for garnish (if available)	50g

Method

Prepare the Kobe beef steak by seasoning it with salt, pepper and olive oil on each side. Heat the pan thoroughly on medium-to-medium-high heat and sear the steak on one side for 45 seconds and on the other for 30 seconds for a rare cook. For thick steaks, sear for one minute on each side. Allow the steak to rest for at least 5 minutes before serving and cut it into thin slices.

To make the truffle potato purée, boil the potatoes with thyme and garlic. Then remove the skin, mash it and pass it through the sieve. Add warm fresh milk and cold butter cubes and mix with a whisk. Finally, add fresh black truffle mushroom using a microplane, and season with sea salt.



For the smoked BBQ Jack Daniel's jus, begin by caramelising white onion, diced red bell peppers, thyme, and garlic. Once sautéed, add brown sugar and deglaze with balsamic vinegar. Cook until boiling point; add demiglace after reducing to half, and season with salt and pepper. Strain it and keep it in a container while hot, covered with double cling film, then double aluminium foil, poked with a small hole. Smoke with cherry wood for 3-4 hours and add a small cube of butter before serving.

To prepare the baby vegetables, select your choice of vegetables, clean them, and blanch them with boiled salt water, and soak them in cold water. Finally, sauté them with butter and season with salt. For the crispy kale, wash the leaf, season with olive oil, and salt flakes, and cook in a combi oven at 1600C for 5 minutes.



THE NOOMA EXPERIENCE

A truly unique offer

Nooma welcomes you to a truly unique experience. Our traditional Dhoni takes you on an escapade on the Indian Ocean, passing the isles of Maldives.

Imagine dining in the most beautiful lagoon in the world with the ocean as your backdrop. It is a new kind of experience, where you can spend a whole evening enjoying a spa adventure, curated food and drinks, among the unparalleled views. On this one-of-a-kind adventure, we offer a specially curated spa treatment and menu with the choice of Maldivian, Sri Lankan and Indian cuisines, and experiences.

The unique offer invites you to experience South Asia, unlike any other journey. A personal therapist accompanying your voyage presents

you with your choice of a Maldivian, Sri Lankan or Indian Abhyanga and Shirodhara Spa treatment. While the waves billow beneath Nooma, reignite your romance with a couple's spa adventure with the ocean set as your backdrop.

Begin your culinary journey on the cruise with Maldivian, Sri Lankan or Indian gourmet canapés and cocktails before moving on to your dinner of choice with a four-course menu.

Savour the sunset as Nooma drifts past the North Malé Atoll, and enjoy a delicious cuisine created just for you by our chefs as you create special moments with your partner that you will cherish for a lifetime. Join us on board to take your palate on an exquisite journey with dishes created especially for you, both vegetarian and non-vegetarian, it is the perfect adventure to embark on with your loved one.



A history of kindness and genuine hospitality

Made up of islands scattered around the archipelago, Maldives has been an irresistible location for visitors for decades.

The spellbinding beauty of the islands, with the crystal-clear waters and white powdery sands, has been the allure for many visitors over the years. However, beyond the natural splendour of the island country, there is another distinctive quality that makes the destination stand out. The unwavering hospitality of the Maldives.

The small country of Maldives has been shaped and formed with the influence of many others. Travellers passing through the Maldivian seas over centuries have each left their mark.

A BRIEF MALDIVIAN LANGUAGE GUIDE

Love

Loabi

Magic

Jaadhoo

Star

Thari

Moonlight

Han'dhuvaru

Shore

Thun'di

Beach

Athiri

Coral

Muraka

Turtle

Velaa

Colour

Kula

Traveller

Dhathuru
veriyaa

With the history so close-knit with that of strangers who often travel here every now and then, one unswerving custom that developed over the years, and since became part of our roots is Maldivian hospitality. This is also what has laid the foundation for Baros Maldives.

While Baros's intimate luxury and timeless elegance are undeniable, it is the people, with their hospitable nature and community spirit, that makes our island your home away from home. Our genuine hospitality is rooted in providing a truly transformational experience by placing you at the forefront, tailoring to your personal needs and expectations with a spirit of true generosity.

Carrying on ancient traditions, we constantly strive to deliver the perfect balance of formality and informality with our service. We bring warmth and friendliness with every service, offering a sense of personalisation and exclusivity woven into tradition. Regardless of who you are travelling with, and for how long you stay here, kindness is inherent at Baros.



Images Angelina Cecchetti, Getty Images

REEF SHARKS: THE RESIDENTS OF BAROS HOUSE REEF

Reef sharks play an essential role in the health and well-being of a house reef. Baros's world-class house reef has an abundance of sea life all year round, with various species of corals and numerous marine creatures. The rich biodiversity of the reef is mainly owing to the presence of three different sharks species; Black Tip (*Carcharhinus melanopterus*), White Tip (*Triaenodon obesus*) and Tawny Nurse Shark (*Nebrius ferrugineus*).

Known as "residents of the reef", the sharks swim only a few kilometres around the area and rarely migrate, given the general conditions of the environment remain unchanged. The main source of food for the reef sharks are injured and dead fish around the reef. It is important that humans don't feed the sharks as this disrupts their cycle, prompting them to seek out more food and hunt healthy fish. Thus, losing the natural balance of the environment and disrupting the natural food chain.

The Black Tip sharks, no bigger than 1.8 meters with a small black triangle on top of their dorsal fin, prefer shallow lagoons. These non-stop swimmers often patrol along the top reefs and can be seen resting at night, when their swimming slows down.

As part of the *Carcharhinus* family, the species continuously needs to be moving to keep the oxygen-filled water filtering through their gills. Unlike the Black Tip, White Tip and Nurse Sharks take their rest on the ocean bottom. While White Tips are a lot smaller than Black Tips, they have a similar triangle on their dorsal fin, but in white. On the other hand, Nurse Sharks are much larger and extremely photogenic due to their gentle glide.

All three species are a common sight at the Baros house reef and can be spotted on your dive, or while snorkelling. Select a comfortable location and wait for them to come by, a little curious and a little unconfident, but as soon as they realise we mean no harm, the sharks will let us continue our underwater exploration.

Revive your spirit with Serenity Spa signatures

The rich culture of Baros has an illustrious heritage, which plays a key role in Serenity Spa and its experiences. Whilst keeping the treatments with the traditions, the pampering techniques are carefully reinvented to keep up to date with your delightful journey.

Our team of expert therapists have combined some of the most unique and handpicked ingredients, paired with effective techniques to ensure utter relaxation blended with soothing and nourishing benefits. The signature treatments deliver an impeccable blend of novelty and tradition.

SERENITY SIGNATURE MASSAGE

Handcrafted by our expert therapists, Serenity Signature Massage brings you the perfect prelude to peace and serenity. Carefully designed techniques combining the best of the massage world will evoke a sublime sense of deep relaxation.

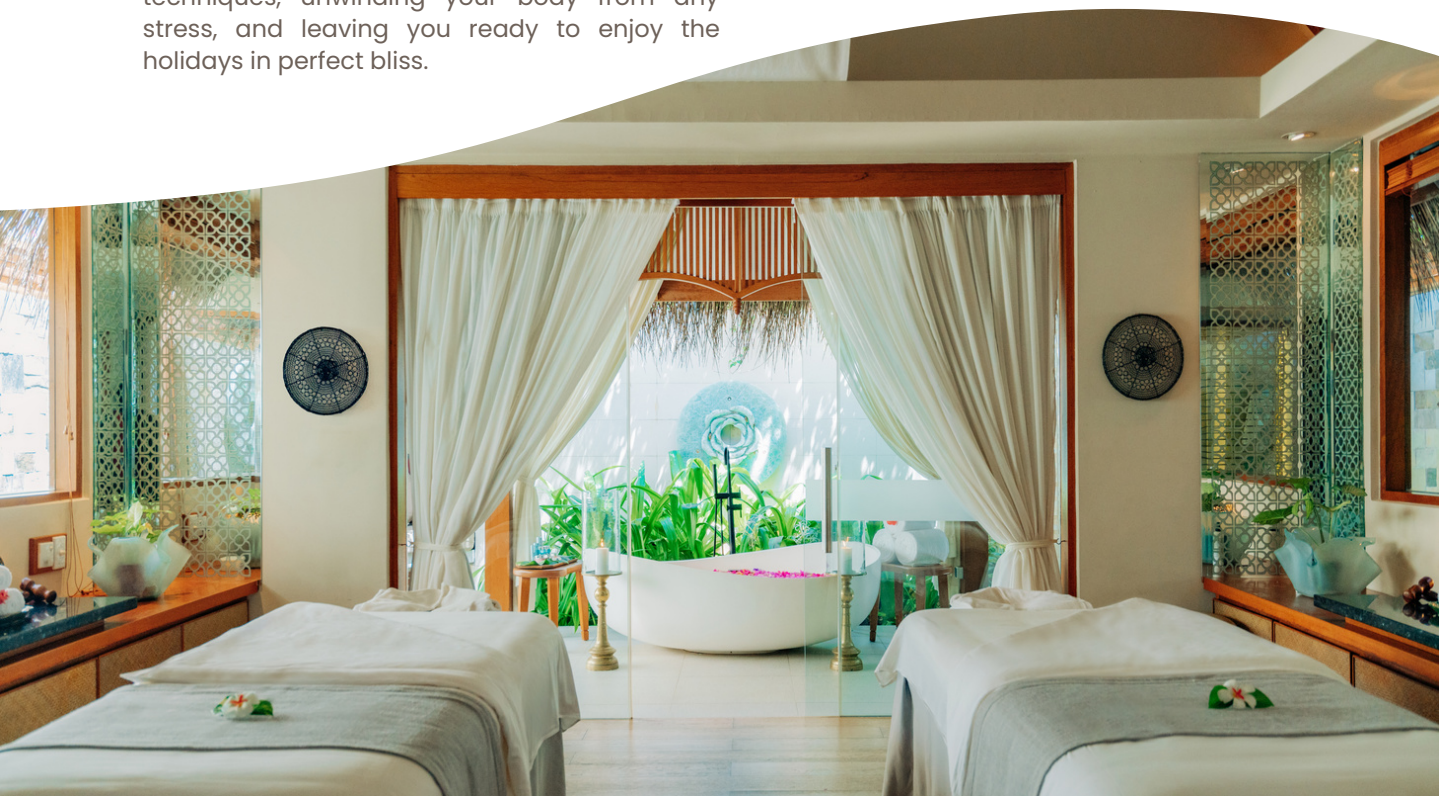
A soothing start with hot stones increases the circulation beneath your muscles, preparing them for an effective yet relaxing combination of movements. The treatment realigns your posture and eases you from any aches or pains while relieving all blocked energy from your tense muscles.

The Balinese movements work on the deeper levels of your muscles, melting away all your tensions. The finale is brought with Swedish techniques, unwinding your body from any stress, and leaving you ready to enjoy the holidays in perfect bliss.

SERENITY SIGNATURE COCONUT SCRUB

This winning homemade combination of all-natural ingredients cleanses, nourishes and gives your skin the desired silky softness. At the same time, it also prepares your skin for the most beautiful tan for your holidays.

The finest soft sands from Baros beach are collected at sunrise and applied on your skin to gently purify it. Following the scrub, the purest virgin coconut oil from Maldives is blended with coconut milk to deliver all the essential nutrients for healthy and glowing skin. With the treatments curated with you in mind, you will be pampered and taken care of at our haven of peace and tranquillity.



Cocooning intimacy at the 'World's Most Romantic Resort'

Baros curates the most romantic moments for you through personalised yet discreet services and unique experiences. We offer an array of choices for every kind of couple, whether you are seeking an intimate setup or an exhilarating adventure on a cruise to celebrate your love. Every space is designed to exude warmth and guarantees total privacy, enabling truly meaningful connections. Thus, it comes as no surprise, but a great honour to be recognised the 'World's Most Romantic Resort' as well as 'Indian Ocean's Most Romantic Resort' at World Travel Awards 2022.

Recognised for the exceptional romance delivered on the island, we constantly strive to live up to the promise of extraordinary service, private and elegantly luxurious villas, exquisite culinary offerings, and memorable romantic experiences. To keep the romance alive on the island, we bring you an array of tantalising experiences.

From honeymoons to anniversaries and all the special milestones in between, we bring you moments of magic enveloped in cocooning intimacy. You can treat yourself to absolute bliss with the multitude of romantic adventures provided at Baros.



Mohamed Ibrahim (Mode)

Supervisor, Cayenne Grill

Mohamed Ibrahim, or Mode, as addressed by his friends and peers, started his career in Baros nearly a decade ago. He joined the team in 2013 as a waiter. Having previously worked in the service industry, Mode brought his exceptional skill in delivering personalised services to guests.

His extraordinary work has been recognised by Small Luxury Hotels as well. During one of the SLH Mystery Inspections, Mode was awarded "Recognition of Excellence" for his outstanding service. He goes above and beyond to create the best memories for guests and ensures every moment at Baros is delightful. Currently serving as the supervisor at the iconic Cayenne Restaurant, he ensures all guests are served well and have the best dining experience.

During his free time, Mode enjoys watching food and beverage videos on the internet as a source of entertainment whilst also broadening his knowledge in the field.



DID YOU KNOW

...that Maldives lies in the heart of the spice route, making the country a frequented port for traders and sailors?

...that the name of the capital, Malé, comes from the Sanskrit word “mahaalay” meaning “big house”?

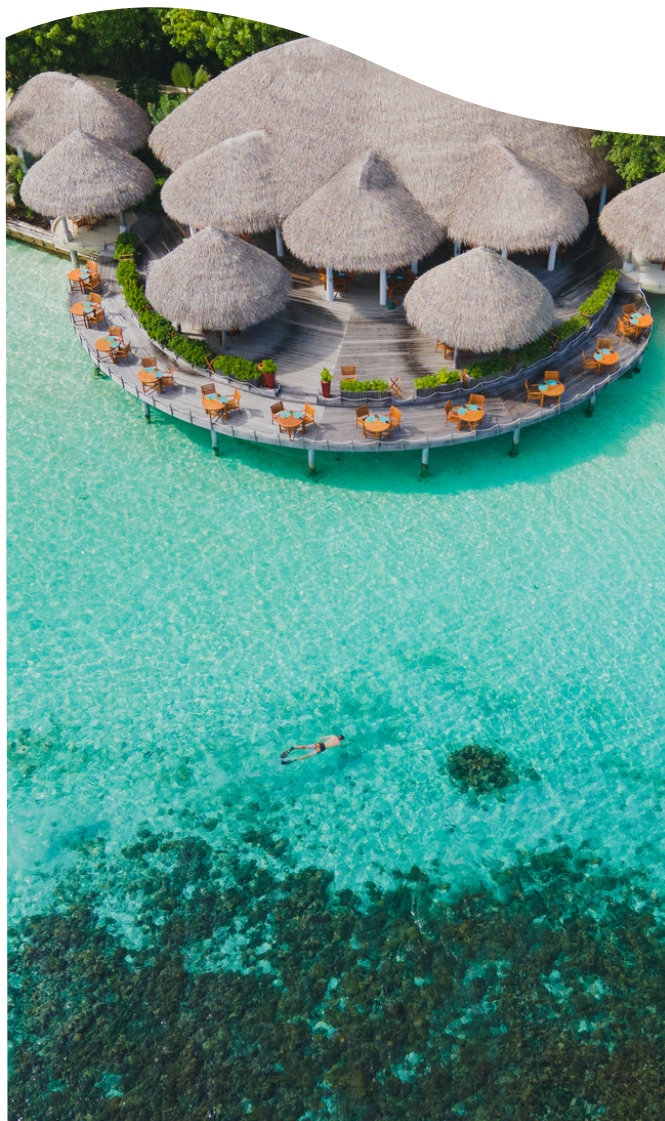
...that many local sailors in the Maldives still use ancient navigation techniques of relying on the stars?

...that the world's first underwater cabinet meeting was held in Maldives, on 17th October 2009?

GET IN TOUCH

*Share your thoughts, suggestions
and comments. Ask your questions,
and get in touch with us.*

We are eager to hear from you.



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