IN TOUCH
Magazine

BAROS
MALDIVES

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Welcome to the April 2023 issue of IN TOUCH, our in-house magazine designed to keep you "in touch" with Baros Maldives. With the fresh breezes of spring, we invite you to discover more about our bountiful island. Read up on Maldivian heritage and find out some novel titbits about Baros. Uncover some of the best-kept spa secrets and try your hand at preparing your own Baros delicacy at home with the recipes from our award-winning chefs. We are delighted to share these insights about our blissful island with you and hope you will enjoy keeping in touch with us too.

Hello Spring

Dear Baros Guest,

We welcome the spring months of 2023 with more stories from our blissful Baros. It is a delight to welcome you back, meet many new faces, and keep you all updated about our latest news.

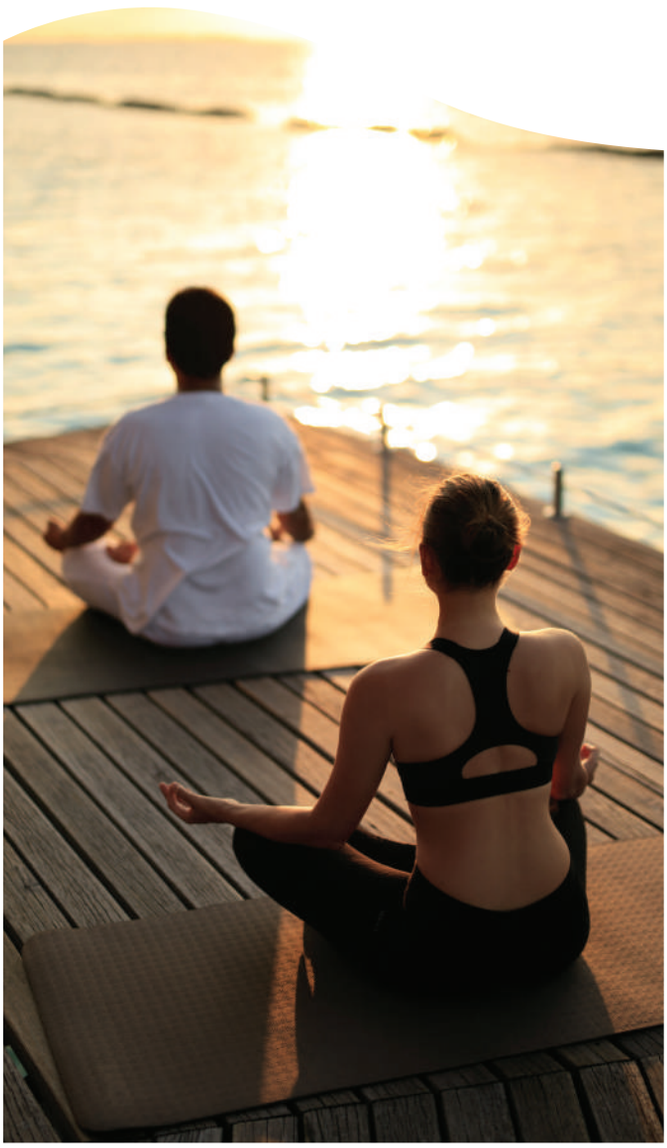
You can discover some untold flavours in this issue of IN TOUCH, as we bring the tastes of Baros right to you with the recipe for our Textures of Apple and The Passion Delegate.

If you're missing the exquisite waters of Maldives, we have just the gem for you. Peek into a world of aquatic life with our Marine Biologists, with facts and titbits about the extraordinary octopuses that inhabit the Indian Ocean.

Read more to uncover particular customs of traditional weddings, and learn more interesting facts about Baros — from creating the perfect magical moment as you renew your vows, to an exclusive new activity catalogue waiting for you at Serenity Spa.

Stay in touch and discover more magical tales waiting for you at Baros.

With warm wishes,
Shijah
General Manager



CONTENT

Welcome Note 1

Bon Appétit
Textures of Apple 3

Baros Mixology
The Passion Delegate 3

Discover Baros
Your moment of magic 4

Our Heritage
History and customs knitted into Nuptials 5

A Brief Maldivian Language Guide 5

Baros Underwater
Our octopus friends at the Baros house reef 6

Spa Secrets
The magic behind the Muscle-releasing Mud Wrap by TheraNaka 7

Baros News
Individual wellness immersions at Serenity Spa 8

Get To Know
Ahmed Naasir 8

Did You Know 9

Get in Touch 10

Textures of Apple

A fresh take on the green apple - an exquisite dessert flavoured with vanilla bean and served on a cloud of Chantilly cream.

Ingredients

Compressed green apple	50gm
Apple cream	30gm
Apple compote	20gm
Dried shiso leaves	1pc
Meringue shell	1pc
Chantilly cream	30gm
Micro herbs	2gm
Sugar syrup	30ml

Method

Compress thinly cut apple slices with sugar syrup and vanilla bean. Next, reduce the apple juice with vanilla pod, simmering to a broth. Then, cut an apple into small cubes and poach in sugar syrup. Finally coat the dried shiso leaf with sugar syrup, set it aside for garnish.

To finish, fill the meringue shell with apple cream, followed by Chantilly cream. Plate the poached apple cubes and transfer the cream filled meringue shell to the plate, top it with the compressed apple. Garnish with shiso leaf and micro herbs.

THE PASSION DELEGATE

An exotic mix of tropical flavours, delightfully fragrant and bursting with a citrusy tang. The perfect blend of Absolut Vanilla with passion fruit and orange juice.

Ingredients

2 Whole Passion Fruits	
Absolut Vanilla	40ml
Aperol	15ml
Passion Fruit Purée	30ml
Orange Juice	40ml

Method

Prepare the glassware for the cocktail. Fill the shaker with ice and pour the ingredients into the cocktail shaker. Shake vigorously in a horizontal motion over your shoulders. Once shaken, pour the cocktail into the glass. Fill up the glass with crushed ice and place a garnish and straw for the finale.

YOUR MOMENT OF MAGIC

An intimate ceremony of love

The natural beauty of Maldivian isles, surrounded by pristine sandy beaches and turquoise waters, presents an irresistible destination to celebrate love. Commemorate your love with an intimate ceremony, just the two of you or in the company of your family, friends and loved ones. With palms swaying gently in the tropical ocean breeze, the magic of the moment becomes palpable as you exchange vows and make promises to last a lifetime.

Baros offers a variety of alters where you can bring the magic to life; a castaway celebration on a sandbank, an intimate ceremony on our piano deck in the middle of the lagoon, or tie the knot on our blissful island — either on the sandy beach with the ocean as your 'something blue' or at the iconic The Lighthouse restaurant.

From your arrival at our bewitching island to every moment leading up to the celebration, each detail is handcrafted to bring you an unforgettable ceremony. With a sarong gifted as you step onto the island, the Baros team will guide you through the intimate celebrations. From the setup at the alter of your choice, to the bridal bouquet, the matching boutonniere and the memorable celebratory dinner, every second is tailored just for you. Newlyweds end their magical day with a champagne celebration at The Lighthouse restaurant or on the piano deck, and take home a farewell gift as a memento from Baros.

Surrounded by the sights and sounds of the Baros lagoon and with the fabled equatorial sunset as a backdrop — there's arguably no better place on earth to tie the knot.

History and customs knitted into Nuptials

The islets of Maldives, spread over 820 kilometres of the archipelago in the Indian Ocean, carry with them a rich history dating back to the 5th century BC.

With the country being populated by travellers of the spice trade route, the islands' culture derives influence from around the world — most prominently from South Asian countries, and some even from East Africa. One occasion where we can see a cornucopia of the history and culture of Maldives is at the weddings and events leading up to the ceremony.

The surreal beauty of the islands, surrounded by the clear waters, has played a key role in marriage ceremonies through the ages.

A BRIEF MALDIVIAN LANGUAGE GUIDE

Congratulations	*Island*
Maruhabaa	Rah
Marriage	*Shoreline*
Kaiveni	Athirimathi
Celebration	*Boquet*
Munaasabathu	Maa bon'di
Ceremony	*Tea*
Haflaa	Sai
Life	*Shorteats*
Dhiri ulhun	Hedhikaa

Historically, women would step into the waves breaking on the pristine shorelines before they were led to the ceremony by a percussion, playing the timeless rhythms of Bodu Beru. Wearing the traditional Libaas, adorned in Kasabu woven with silk, cotton and metallic thread, the brides met their groom at a thatched cabana made from the leaves of Maldivian coconut palms. The reception concluded with tea, served with sweets and delicacies, to all guests in celebration of the new union.

These traditions and costumes are closely knitted into the celebrations today as well. The symbolic weddings at Baros encompass them, with the tailormade wedding arch set up by the shores and a picturesque backdrop crafted purely by nature, just as it had been for weddings on the islands centuries ago.

The traditional Maldivian Bodu Beru rhythms guide the bride and groom to the altar, where the vows are shared. Ending the evening with champagne and sweet delicacies, the ceremony draws inspiration from the many nuptials that took place on the isles for years.

Image: richcarey, Getty Image

OUR OCTOPUS FRIENDS AT THE BAROS HOUSE REEF

While the Maldivian seas are brimming with aquatic life, the octopus is among the most acclaimed and sought-after marine animals. These incredible creatures, with their extraordinary features, peculiar living style, exotic behaviour and physiological characteristics, are a wonder to behold, study, observe and encounter as you glide below the waters. Whether you are snorkelling or diving, you can encounter these cephalopods – meaning "head with feet" – belonging to the vast group of invertebrate Mollusks.

Octopuses often hide in burrows to protect themselves from sharks and other predators, but can still be spotted in their coves. During the early winter months or the southwest monsoon, they breed in shallow waters, gifting snorkellers and divers with an elegant courting stretch — where the tentacles reach for one another, a graceful mating dance.

The female octopuses lay nearly 400,000 eggs and watch over them with complete devotion and care until they hatch. Once the little octopuses are out in the seawater, the female octopus dies, and the male octopus follows its mate a few months after. These marine animals are known to live fast and die young.

The life of an octopus, though short it may be, is busy and fascinating. Their ability to camouflage with any surrounding, along with their intellect, attracts the scientific community to research and analyse their lives. Researchers have observed intriguing situations where these solitary animals corporate with other marine life – even with completely different species, such as the groupers. Octopuses hunt for crabs and small fish alongside these vibrant yet aggressive swimmers. When groupers signal the location of their prey, the tentacled swimmers glide their way to them, enclosing the area around the coral and capturing their meal.

While their agility and intelligence are noteworthy, perhaps the most interesting fact about these ocean floor dwellers is their camouflaging ability. With their evolved array of tricks, octopuses often match the colour and texture of their surroundings and hide in plain sight.

They also defend themselves by releasing a cloud of black ink, which obscures them and dulls an encroacher's sense of smell. These simple, yet interesting facts allow us a peek into the interconnectedness of the marine ecosystem, and help us discover more about the captivating life underwater.

The magic behind the Muscle-releasing Mud Wrap by TheraNaka

Muscle tension is a frequent cause of back pain and aches that occurs when the muscles in your body remain semi-contracted for an extended period. It results from the physiological effects on the body due to stress. It changes the 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, resulting in muscle tension, spasm, and back pain.

When you're enjoying a blissful escape on the shores of paradise, the constant strain and ache are not a company you want to keep. Muscle relaxing treatments such as heat therapy and massage therapy, ease away the tensions in your body.

Serenity Spa has crafted the best treatment, starting with the marula and sandalwood sugar buff. This is a cleansing preparatory body scrub made with a 100% natural blend of marula oil and sandalwood which effectively eliminates dead skin cells from your body, leaving silky soft and radiant skin.

The treatment then proceeds with the application of a Muscle-releasing Mud Wrap. The creamy textured, mineral-rich mud contains Kaolin to purify, and Vetiver and Cedarwood that improves circulation, creating warmth to relieve muscle tension.

While you are cocooned during the treatment, our team enhances the healing process with an Indian head massage. Your body is further plunged into a relaxing comfort with an indulgent back, neck and shoulder massage by your Spa therapist. This firm, deep-pressure massage combines a variety of techniques, allowing the muscles to move more freely as their elasticity increases. Your body's muscles often become inelastic due to the tissues being restricted, causing muscle tightness.

The massage uses an 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. This invigorating blend helps to stimulate circulation whilst relieving muscle tension.

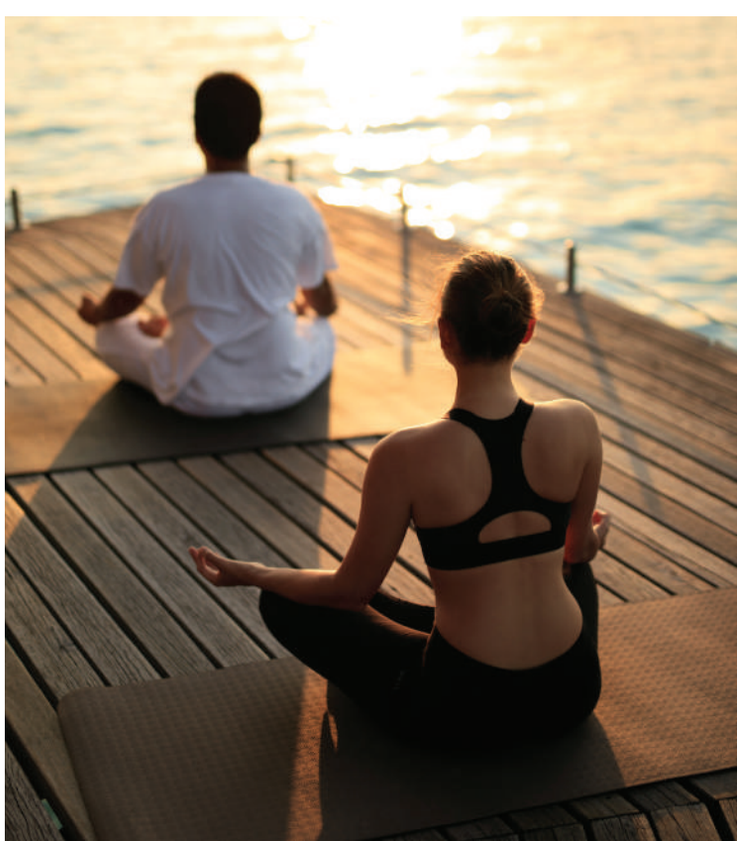
Individual wellness immersions at Serenity Spa

Baros welcomes you to a haven of wellness and healing at our Serenity Spa. With a newly crafted activity catalogue, our blissful island embraces the art of meditation and yoga alongside many other dynamic exercises and practices.

Starting with yoga Asana, the practice rooted in a 5000-year-old history, embraces a tradition of healing mind and body. This ancient Indian philosophy spans many branches, encouraging one to control their spirit and to enhance the body's well-being. With a variety of yoga practices and private sessions, Baros opens a doorway to enriching your mind, body and spirit.

Whether you are looking for a relaxing and rejuvenating time or to refresh your body with exercise, Serenity Spa has crafted it all. From sound healing meditation, where the vibrations resonating from the crystal singing bowl nurtures your mind, to surrounding yourself with the beautiful nature as our resident trainer guides you on a morning jog.

We have also created a personalised rehabilitation programme — designed to ease physical and psychological challenges with the combination of modern and holistic yogic wellness practices. This spring, we invite you on a journey to heal yourself and find peace.



Ahmed Naasir (Dive Ahmed)

Dive Master, Divers Baros Maldives

Ahmed Naasir, also known as Dive Ahmed by his friends and peers, has always had a special connection with the boundless seas of Maldives. It is where he began dreaming, with the colours borrowed from the enchanting underwaters. His career in the tourism industry goes all the way back to 1987, when he started his work at Fesdu Island. Ahmed joined Baros as a Dive Master in 2001, and has since become one of the longest-serving members at our Dive Centre.

Ahmed puts in extra effort to bring the magic under water to the visiting guests and receives numerous praises from them on various platforms. He guides them and teaches them about the unique wonders of life underwater with a never-wavering fun personality and professional assistance.

In addition to reading and crafting, Ahmed also loves entertaining himself by watching movies and browsing YouTube and other social media apps. However, his true passion still lies with the ever-blue oceans, and he continues to make new memories and explore the world beneath the surface further.

DID YOU KNOW

...that all of the parts of a coconut tree, from the palm fronds to the bark of the tree, are used in different forms in the Maldives?

...that the majority of Maldivian cuisine is made up of tuna and coconut?

that traditionally, a palm eakle broom was what Maldivians used to sweep the ground?

...that there are different dialects of the Dhivehi language spoken across the atolls?

GET IN TOUCH

Ask your questions, share your thoughts, suggestions and comments and get in touch with us. We look forward to hearing from

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