

IN TOUCH *Magazine*


BAROS
MALDIVES



JUL, AUG,
SEP 2023

Welcome to the July 2023 issue of our in-house magazine designed to keep you IN TOUCH, with Baros Maldives. This summer, let us transport you back to our beguiling paradise under lush canopies surrounded by sparkling seas. Read up on the formation of idyllic coral islands of the Maldives and learn more about the fascinating topography of Baros. Uncover some of the best Spa delights and try your hand at preparing your own Baros delicacy at home with recipes from our award-winning chefs. We are delighted to share these snippets from our blissful island with you.



Hello Summer

Dear Baros Guest,

Welcome to another edition of our magazine, where we invite you to take a momentary escape and bask in the tranquillity of our tropical paradise as summer settles in.

In this issue, we unveil the mysterious formation of the idyllic Maldivian islands, shedding light on the ancient oceanic volcanoes that gave way to atolls. Discover the magic behind our pristine white sands, the lush canopy of our historic palms and the nurturing haven of our vibrant lagoon.

Learn of the fascinating frogfish, a true marvel of camouflage that has captivated many dive enthusiasts at Baros. Uncover the talents of our esteemed chefs as they share some of our favourite flavours for you to recreate in the comfort of your home.

Delve into the Lavender and Lime ceremony at our Serenity Spa, a transformative experience that exfoliates, detoxifies and rejuvenates both body and spirit. And join us as we celebrate our latest achievement: the Icon of The Maldives Award bestowed upon us at the prestigious HIDEAWAYS awards during the ITB 2023 travel trade show.

Stay connected to keep informed about our latest news and milestones, as we continue to embark on our momentous 50th year. We look forward to sharing the wonders of our island paradise with you.

With warm wishes,
Shijah
General Manager



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Goat Cheese Mousse

Indulge in the delightful harmony of Goat Cheese Mousse paired with a medley of fresh fruit textures.

Ingredients

Goat Cheese	350g	Compressed Apple Purée	
Fresh Milk	100g	Apple Juice	350ml
Gelatine Leaves	8g	Green Apple	200g
Apple Brunoise	20g	Clove	5g
Shallot Brunoise	15g	Mint Leaves	10g
		Thyme	5g
		Garlic	10g
Beetroot Purée		Raisin Jelly	
Unpeeled beetroot	5 pcs	Raisin	500g
Water	1.5l	Agar Agar	15g
Thyme	5g	White Vinegar	40g
Garlic	3pcs		
Lime juice	20g		
Extra virgin olive oil	30g		

Method

Blend goat cheese with half of the milk. Combine with gelatine leaves dissolved in remaining milk (warmed), and apple and shallot brunoise. Season and set in a mould for five hours.

Next, simmer beetroot with salt, thyme and garlic. Strain, purée, season and set aside. Marinate raisins in vinegar, blend to a purée, strain, season and set with gelatine for three hours. For the Compressed Apple Purée, boil apple juice, cloves, mint, thyme and garlic. Reserve half, vacuum-seal half of the peeled and cored apples in cooled stock, compress until translucent. Cook remaining apples to a pulp in stock, set aside, remove spices, blend to a purée, cool and decant.

Finally, garnish with Mache leaves, microgreens and thinly sliced mixed berries as illustrated.

BERRY SLING SHORT

An exotic mix of tropical flavours, delightfully fragrant and bursting with a citrusy tang. The perfect blend of dark rum with pineapples and berries.

Ingredients

Captain Morgan Dark Rum	40ml
Blackberry Purée	20ml
Fresh Pineapple	30ml
JuiceLemon Purée	20ml
Simple Syrup	10ml

Method

Begin the preparation by adding the dark rum, along with the blackberry purée and fresh pineapple juice, into a Boston shaker. Add the simple syrup and lemon purée for a sweet and sour twist and shake well before pouring the drink into a martini glass – garnished with a swirl of mixed berries and rosemary.





TIMELESS BEAUTY OF BAROS

A natural coral island

Step onto the winding pathways of Baros, and a sense of serenity instantly envelops you. The island's lush vegetation embraces you, offering respite from the sun's warm rays. While Baros, the resort, has a history dating back nearly half a century, the island of Baros itself has stood the test of time for centuries.

As a testament to its enduring authenticity, Baros boasts some of the finest powdery white sand beaches, velvety soft underfoot. On our enchanting island, you can wander barefoot, relishing the freedom to explore the winding paths that lead to our Serenity Spa, Dive Centre, Sails Bar and exquisite dining venues.

Over the years, Baros has carefully cultivated a botanical garden, showcasing a delightful array of local flora and rare plants that are unique to the Maldives, blending harmoniously to offer a breathtaking kaleidoscope of sun-dappled greens.

While the allure of the island is undeniable, the world beneath the sparkling lagoon is equally captivating. Baros boasts a world-class house reef teeming with a vibrant array of marine life that flits among the corals. Plunge in and you find yourself surrounded by bustling schools of fish or encounter the graceful glide of languid sharks. If you are lucky, you might even enjoy a magical encounter with one of the resident turtles that call our reef home.

Baros is not just an island; it is a living testament to a rich history and a captivating story. It is an old soul that whispers tranquillity to those fortunate enough to visit its shores. Come and immerse yourself in the timeless beauty of Baros, where nature's embrace and boundless wonders await.



Formation and Evolution of the Maldivian Coral Islands

The Maldives, revered for its pristine sandy beaches and crystal-clear waters, is synonymous with dream vacations for travellers worldwide. Renowned for its romantic allure, the natural splendour of these islands sets the stage for a seamless escape from reality, where tranquillity and serenity reign supreme.

Although relatively recently recognised as a tourist haven, these scattered gems in the Indian Ocean have existed for centuries. The idyllic low-lying islands characterising the country are the result of ancient oceanic volcanoes weathered over countless aeons. Gradually these islands have been shaped as fringing reefs transformed into barrier reefs, providing protection for the shallow lagoons against the relentless currents of the ocean. Marine life flourished along the outer edges of these reefs, while the inner reef underwent a natural decay process.

A BRIEF MALDIVIAN LANGUAGE GUIDE

Sandbank

Finolhu

Coral

Muraka

Development

Tharah'gee

Lagoon

Vilu

Reclamation

Hikkun

Reef

Faru

Sand

Veli

Flower

Maa

Fish

Mas

Ocean

Kan'du

The remnants of coral polyps accumulated in the shallow lagoons, forming the foundation of an island. Seeds, carried by wind and birds, found root in the sandy banks, leading to the evolution of lush tropical islands.

Comprising 1,192 such coral islands, approximately one meter above sea level, the Maldives boasts an archipelago distributed across 26 natural atolls.

However, with rapid urbanisation, the Maldives has seen a growing trend of island reclamation. Initially aimed at expanding existing natural islands, this practice has evolved into the creation of entirely new islands, with relatively large-scale reclamation projects.

These man-made islands are formed by dredging sand from the deep seabed. This sand consists of predominantly larger fragments of broken coral that have not undergone the natural refinement process. Lack of nutrients in this sand also makes it challenging soil for flora in which to thrive, leading to substantial investment in greening, despite which, they seldom achieve the lush ambience of their natural counterparts.



UNVEILING THE ENIGMATIC MASTER OF CAMOUFLAGE:

The Fascinating Frogfish

Exploring the mesmerising depths of the ocean, divers are continuously enchanted by the captivating array of marine life. From the graceful dance of schools of fish to the intricate hunting behaviour of smaller creatures, each encounter offers a glimpse into the wondrous underwater world. Amidst this rich tapestry of aquatic wonders, there is one peculiar creature that never fails to evoke awe and excitement among divers - the enigmatic master of camouflage, the frogfish. Within the family of Antennariidae, six species of these astonishing fish are said to inhabit the waters of Maldives.

What sets the frogfish apart is its unparalleled ability to blend seamlessly into its surroundings. Its exceptional camouflage is unmatched by any other animal, making it incredibly difficult to spot. The frogfish prefers to remain motionless, perfectly mimicking its environment, often resembling sponges in both colour and texture. This remarkable adaptation allows it to not only ambush unsuspecting prey but also elude potential predators.

As an ambush predator, the frogfish employs a unique hunting strategy. It possesses a modified dorsal fin that resembles a fishing rod, complete with a lure that mimics a tempting worm, shrimp, or fish.

By swaying this lure, the frogfish entices prey to come closer, seizing the opportunity to strike with lightning speed. In a dramatic display, it engulfs its prey whole, devouring anything that comes within its striking range in a matter of milliseconds.

Remarkably, the frogfish can also traverse the reef by employing its modified pectoral fin, which resembles a leg. This adaptation enables it to walk along the seabed in search of prey, further showcasing its astonishing versatility.

However, it is the sight of the frogfish relaxing its jaws or opening its enormous mouth in what appears to be a yawn that truly captivates the attention of divers. This distinctive behaviour adds to the allure of this fascinating creature, leaving divers in awe of its unique characteristics.

Encountering the elusive frogfish is a testament to the wonders of the underwater world. Its mastery of camouflage, ambush tactics, and peculiar behaviours make it a true marvel of marine life. The next time you delve into the depths of the ocean, keep a keen eye out for the enigmatic and captivating presence of the frogfish, and witness first-hand the incredible beauty and mysteries that reside beneath the waves.

Lavender and Lime Ceremony by Thera Naka

Welcome to a world of pure bliss and revitalisation as we invite you to take part in a mesmerising ceremony that will leave you feeling renewed from head to toe. This enchanting journey begins with a full-body exfoliation, using a 100% natural botanical scrub that gently eliminates dead skin cells and moisturises, leaving your skin irresistibly soft. This deep cleansing process sets the stage for a fresh start and rejuvenation.

Prepare to embark on a detoxifying voyage as you step into the steam bath. With its soothing warmth and high humidity, the steam bath offers a range of benefits, including improved circulation, a stronger immune system, relaxed muscles, and relief from joint stiffness. As your body absorbs the steam, your pores open, allowing the products to penetrate deeply and release accumulated toxins.

Take a moment to immerse yourself in our exclusive and serene gardens, where peace permeates the air. Enhance this experience with a romantic and nourishing flower bath, a delightful addition that heightens the sense of tranquillity and adds to the overall serenity.

Conclude this extraordinary ceremony with the Thera Naka East African Wood Massage. This unique massage technique combines gentle stretching with expertly crafted wooden implements, soothing and revitalising your tired body. The warm olive and shea butter ointment used during the massage deeply nourishes and heals even the driest skin, inducing a state of deep relaxation and rejuvenation.

Embrace this captivating journey of renewal. Unwind, rejuvenate and experience serenity at its finest.



Celebrating Excellence: Baros Honoured as “Icon of the Maldives” at HIDEAWAYS Awards

We are thrilled to share the exciting news that Baros has been bestowed with the prestigious “Icon of the Maldives” award at the renowned HIDEAWAYS awards held during ITB 2023 – the world’s largest tourism trade fair. The category of “Icon of the Maldives” was specially created to acknowledge our unwavering efforts and remarkable achievements in elevating tourism in the Maldives to unprecedented heights.

Baros stands as a pioneering force in the Maldivian tourism industry with a legacy spanning half a century. We have meticulously honed our services; building upon the visionary foundations laid by our founders and embracing innovative concepts that have set us apart.

We are deeply grateful to our guests who have played an instrumental role in our journey to success. It is your unwavering support and loyalty that have propelled us to this momentous achievement.

We invite you to join us in celebrating this milestone and experience the unparalleled luxury that defines Baros, The Maldives Icon.



Naseem Ibrahim

Assistant Front Office Manager

Naseem’s serendipitous entry into the hospitality industry quickly transformed into an aspiring career as he delved deeper into the realm of resorts. He started this journey in 2008 as a Guest Relations Officer. With extensive training from prestigious institutions, he steadily honed his expertise and gained experience, working with esteemed local and international hotel brands.

The allure of the industry for Naseem lies in his encounters with a diverse array of individuals, where engaging with them provides invaluable insights into different cultures and perspectives. He firmly believes that exceptional teamwork is vital for delivering extraordinary service, and takes immense pride in his team’s achievements, particularly when guests express their gratitude for the outstanding service they receive.

During his leisure hours, he indulges in his hobbies of fishing, football and diving. Naseem’s unwavering dedication and passion have propelled his career forward, enabling him to excel in the ever-evolving hospitality sector.



DID YOU KNOW

...that one adult Parrot Fish can produce 200 pounds of coral sand in a year?

...that Maldives was told that the country is not suitable for developing Tourism as an industry?

...that underwater volcanoes that develop into atolls are called seamounts?

...that Maldives has the world's seventh largest reef system, accounting for 3.14% of the world's reef areas?

GET IN TOUCH

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



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