

IN TOUCH *Magazine*


BAROS
MALDIVES



OCT, NOV,
DEC 2023

Welcome to the October 2023 edition of IN TOUCH, our in-house magazine connecting you with Baros Maldives. Join us this festive season for a journey to our enchanting paradise beneath emerald foliage and glistening waters. Explore the Maldives' mesmerising architecture, uncover our latest accommodation updates, indulge in spa delights and master Baros recipes from our award-winning chefs. These glimpses of our blissful island await your discovery, keeping you innately connected with Baros.



A time for celebrations

Dear Baros Guest,

Welcome to the latest edition of our magazine, where we extend an invitation for you to momentarily revel in the serenity of our tropical haven, just as the crisp winds of winter begins to blow.

In these pages, we delve into the evolution of Maldivian architecture, highlighting the ingenious strategies employed in creating adaptable structures, and explore our newly designed villas, poised to embrace you in enchanting Baros style.

Read on to discover the allure of the elegant Lionfish, savour our highly sought-after Lobster Bisque and delve into our most popular spa treatments. Join us in our Golden Jubilee celebrations featuring thrilling events for the festive season and the upcoming year.

Stay connected to remain abreast of the latest developments and milestones in our Baros journey. As we celebrate this festive season, made even more remarkable by our 50th anniversary this December, we eagerly anticipate sharing the marvels of our island paradise with you.

With warm wishes,
Shijah
General Manager



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Lobster Bisque

In this special feature, we unveil our prized treasure: the renowned Lobster Bisque from our signature restaurant, The Lighthouse. A timeless masterpiece, cherished by our patrons. Attempt this culinary gem, and if it doesn't quite match the original, revisit our enchanting island for our chefs' expert rendition.

Ingredients

Lobster with shell	500g
Elle & Vire cooking cream	200ml
Cognac	30ml
Onion	50g
Chives	10g
Parsley	10g
Carrots	100g
Celery	100g
Leek	100g
Dill	5g
Parsley	5g
Tomato Paste	80g
Tomato	20g
Garlic, minced	30g
Salt & Pepper (to taste)	
Olive Oil	

Method

Prepare and finely chop the lobster, dividing the meat into small pieces.

Heat a small quantity of olive oil in a large pot and sauté the onion, celery, leek and lobster shell. Include tomato and tomato purée and cook thoroughly.

Add herbs and pour enough water to cover everything, ensuring it is five centimetres above the ingredients.

Bring the mixture to a boil, then reduce the heat and simmer for two to three hours, regularly removing any foam that rises to the surface. Allow the stock to rest for 30 minutes to infuse the flavours, then strain it.

Return the stock to the stove and reduce it by 70 per cent. Add in cream and bring it back to a boil. Taste and season accordingly. If you desire a thicker consistency, strain the mixture.

Heat a small amount of olive oil in a separate saucepan and quickly sauté a small quantity of onion, garlic and lobster meat. Season with salt and pepper to your liking. Flambé with Cognac. Add the bisque and bring it to a boil. Garnish with fresh cream and finely chopped chives before serving.





Introducing the New Baros Suites

Blissful Abodes at Baros

As we enter the final quarter of the year, we are thrilled to unveil our newly designed Baros Suites. These exquisite villas offer spacious living areas, an expansive bathroom featuring an outdoor garden shower, and a sprawling outdoor deck, beckoning you to return to paradise.

Equipped with state-of-the-art amenities ensuring your utmost comfort during your stay, the Baros Suites now exude an open and airy ambience. Alongside the sumptuous king-sized bed, you'll find inviting indoor and outdoor seating areas. The revamped patio boasts a swinging seat, inviting guests to while away the hours while gazing upon the uninterrupted azure beauty of the Baros lagoon.

As day transitions to night, the lights of nearby islands begin to twinkle on the horizon, mirroring the brilliance of the stars above. It's a mesmerising sight, and one that epitomizes the enchantment of Baros.

Prepare to immerse yourself in the epitome of luxury as you rediscover the allure of our newly refurbished Baros Suites. Your idyllic escape awaits, where relaxation meets natural splendour, and where every detail is designed to enhance your stay.



A BRIEF MALDIVIAN LANGUAGE GUIDE

Swing

Un'dhoali

Timber

Lakudi

Ceremony

Haflaa

Beautiful

Reethi

Year

Aharu

House

Ge

Scent

Vass

Lion Fish

Fanhaa mas

Day

Dhuvas

Star

Thari

Exploring the Timeless Charm of Maldivian Architecture

The Maldives, renowned for its enchanting archipelago of delicate ecosystems, faces relentless climate crisis challenges. Yet, the resilient spirit of the Maldivian people shines through their ability to adapt to a changing world.

One captivating aspect of this adaptation is reflected in Maldivian architecture. With an innate appreciation for aesthetics, Maldivians have always cherished their dwellings, showcasing the craftsmanship deeply rooted in their culture. From intricate wood and stone carvings to ingenious construction methods, their architecture tells a tale of resilience and versatility.

Through the ages, Maldivian architecture has undergone remarkable transformations. It transitioned from simple stick and thatch structures to robust wooden houses crafted with pegs, no nails or glues, allowing easy relocation – a necessity as islands shifted due to natural erosion and formation. Families often migrated with their homes in search of new habitable islands.

Traditional Maldivian homes featured separate kitchen, dining, and living quarters scattered within a compound. These open-sided abodes embraced lounging and entertainment areas adorned with woven loungers and swings, perfect for hosting guests.

At Baros, one can discern subtle tributes to Maldivian culture. Unadulterated wood, open-plan layouts, and open-air bathrooms draw inspiration from the rich tapestry of traditional Maldivian architecture. In a world grappling with climate change, the enduring spirit of the Maldives, etched in its architecture, is a testament to the islanders' ability to adapt and thrive.



AN EMBLEM OF ELEGANCE AND MYSTIQUE

The Intriguing Lionfish

With its captivating fan-shaped appearance and seemingly motionless demeanour, the lionfish have become the darlings of underwater photography enthusiasts exploring the tropical seas.

The Scorpaena family, to which the lionfish belongs, is a vast and intricate group, still shrouded in mystery with its numerous subfamilies and groups. While approximately 25 species have been documented in the Maldives, there's an anticipation that more await discovery. These fishes, averaging around 25 cm in length, include masters of camouflage like scorpion, stone and leaf (or paper) fish. However, the lionfish distinguishes itself with its lack of camouflage, making it a conspicuous presence in the underwater realm.

Although lacking camouflage, the lionfish has strong defense systems in place, relying on venom concentrated in its dorsal spines to protect it. Any unfortunate encounter with a lionfish, whether intentional or accidental, can result in a painful sting—a characteristic shared by all members of the Scorpaena family. Despite this potential harm, lionfish seldom approach divers or snorkellers with malicious intent. Instead, they gracefully swim away or perch steadily on corals.

Its elongated, spider-like dorsal and pectoral fins capture the observer's eye, while species like the Spotfin Lionfish (*Pterois antennata*) boast striking red hues that beckon photographers. While lionfish are primarily nocturnal hunters, snorkellers may encounter them at night when they actively patrol the reef's upper reaches in search of prey. Divers, however, have the privilege of spotting them during daylight hours as they seek refuge at greater depths or beneath coral blocks to evade the sunlight.

One of the most cherished moments for divers is when nutrient-rich currents suspend these graceful creatures in a state of neutral buoyancy above the reef. Their wing-like fins seem to beckon visitors, creating a truly mesmerising spectacle. Despite their presence being viewed as a potential threat in many marine ecosystems, the population of Common Lionfish and White-lined Lionfish in the Maldives remains stable. This balance ensures that there is no risk of overpopulation or disruption of the delicate food chain.

In the Maldivian waters, the lionfish continues to be an emblem of elegance and mystique, captivating the hearts of divers and photographers alike. Their alluring presence reminds us of the fragile yet resilient beauty beneath the ocean's surface.

Discover the Theranaka Treatment Rituals at Serenity Spa

Africa, a continent rich in exotic scents and herbs renowned for their healing properties, offers a sensory journey like no other. It's a place where natural beauty and profound relaxation converge in perfect harmony, and at the heart of this experience lies Theranaka—a mesmerizing and innovative body and senses-soothing safari that captures the essence of Africa's earthy scents and awe-inspiring landscapes.

At Serenity Spa, we understand the deep interconnection between humanity and the Earth. Theranaka has been carefully developed, using only the finest natural ingredients sourced from nature while respecting and honouring the delicate ecosystem surrounding us.

We are delighted to introduce you to a selection of our most popular Theranaka experiences from our Spa menu:

Theranaka African Wood Massage

Start on a journey of relaxation with a Theranaka ceremonial foot soak, using our foot cleanse concentrate. This ritual cleanses, disinfects, and refreshes tired, aching feet, setting the stage for a deeper state of relaxation. Following this, the Theranaka massage incorporates gentle stretching and specially designed body and facial wooden implements, creating a profound sense of relaxation and rejuvenation. Drizzled with warm olive and Shea butter ointment, this massage nourishes and heals dry skin, leaving you in a state of blissful relaxation.

Theranaka Awakening Massage

Inspired by the marula tree and African traditional healing beliefs, this indulgent full-body massage offers deep relaxation. Skillfully combining contracting and oxygenating breathing techniques, it awakens your senses and revives your body and mind. Choose your favourite scent from our selection of marula-herb infused fusion body oils to address your specific needs and preferences.



Theranaka Tri Scented Shea Butter Nugget Massage

Experience a unique ritual celebrating our connection with nature and the circle of life. Small blocks of aroma-infused shea butter are strategically placed on different areas of your body, aiding circulation, relaxation, and clearing areas of congestion. As the butter melts under your therapist's skilled hands, you'll feel soothing warmth envelop you, leaving you utterly relaxed with nourished and hydrated skin. The rich textured synergy of avocado butter and shea butter, combined with the purest essential oils, creates the Theranaka body nugget, a powerful tool in this treatment that eases aches and pains, clears sinuses and instils a deep sense of calm and relaxation.

Indulge your natural beauty journey at Serenity Spa and let Theranaka transport you to the heart of Africa's healing traditions.

Celebrating 50 Glorious Years at Baros: A Golden Jubilee Extravaganza

As the season of festivities draws near, there's a palpable buzz in the air at Baros, and this year, the celebrations carry an extra layer of significance as we mark our Golden Jubilee. It's been an extraordinary journey for our beloved island, intertwined with the staff and guests who have made Baros their cherished paradise. From our humble beginnings in 1973 with basic infrastructure, we've evolved into a haven of opulent villas and a legendary service honed over decades.

Our Jubilee celebrations commenced in September, graced by our esteemed partners and cherished repeat guests from across the globe, in key markets like London, Munich, Zurich, Moscow and Dubai. But the festivities continue; 2024 promises more jubilation with similar events in select locations. The pinnacle of our celebrations will unfold on the island itself on the 3rd of December, extending joy throughout the month. Our esteemed in-house guests, owners and founding families will join us, embarking on a grand celebration befitting this golden milestone.

With an array of special activities and exciting announcements scheduled throughout the year, this festive season at Baros promises to be doubly joyful as we extend our jubilations into the next year. Here's to 50 years of excellence and to the endless memories yet to be made at our paradise in the Indian Ocean.



Keith (Hassan Azeez)

Lighthouse – Restaurant Manager

Among the multitude of friendly faces at Baros, one name stands out – Hassan Azeez, affectionately known as Keith. He's a cherished presence, adored by both guests and colleagues alike.

Keith's passion for the hospitality industry has been unwavering over the past two decades. His journey commenced as an a Food and Beverage Attendant at Lhohifushi, and he's since undergone various trainings, gracing the teams of seven different properties before finding his home at Baros. With 12 years and counting, his tenure here has been nothing short of remarkable.

When he's not delighting guests with his impeccable service, you'll find Keith on the island's football pitch, indulging in his love for the beautiful game. It's one of his favorite pastimes, aside from his work, he'll tell you with a smile.

Keith can be found at our signature restaurant, The Lighthouse, during evening shifts. His amiable nature ensures that befriending him is effortless, as experienced by the many guests who have had the pleasure of doing so. Keith is more than a friendly face; he's an integral part of the Baros experience.

DID YOU KNOW

...that tourism in the Maldives only started in 1972

...that Baros is owned and operated by a 100% Maldivian Company

...that timber was a popular choice for building houses in the olden days of the Maldives

...that The Lighthouse Restaurant at Baros is the first two-storey structure built over water in the Maldives

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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