

IN TOUCH

Magazine


BAROS
MALDIVES



JAN, FEB,
MAR 2024

Welcome to the January 2024 issue of InTouch, your gateway to Baros Maldives. Indulge in our anniversary celebration and explore the legacy of the coconut toddy in Maldivian heritage, with new and exclusive recipes for our anniversary version. Delve beneath the waves as you learn about fascinating and intricate relationships underwater. Stay connected for insights into our blissful island. Embrace the allure of 2024 with us, continuing the journey of discovery in our enticing paradise.



A Fresh Chapter

Dear Guests,

As we embrace the fresh start of a new year, we extend jubilant greetings and invite you to partake in our anniversary revelry.

Indulge in our exclusive Baros-inspired cocktail, a homage to our Golden Jubilee, harmoniously complemented by a special dessert canapé, and embark on a culinary journey at our gourmet restaurants, where distinctly curated menus echo Baros's rich history.

In this issue, plunge into the depths of Baros Underwater, discovering the fascinating alliances between anemones and clownfish or rejuvenate with a post-festive detox, the revitalising Clarifying Body and Senses ceremony at our Serenity Spa.

Join us in commemorating 50 years of excellence at Baros!

Warm regards,
Shijah
General Manager



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Anniversary Cocktail and Canapé

As we continue our anniversary celebrations, we are excited to present to you our exclusive anniversary cocktail, a splendid blend from our collaboration with No Idea Fine Dining Cocktail Bar in Zurich. Specially crafted for us, in honour of our Golden Jubilee, this Baros-inspired blend mirrors the essence of the Maldivian coconut toddy. It is impeccably complemented by a delightful canapé, reminiscent of a traditional Maldivian dessert.

Cocktail Ingredients

Oolong Cordial

Oolong Tea	1 sachet
White Sugar	30 g
Water	30 ml
Cardamom (crushed)	1 pinch

Milk Punch

Oolong Cordial	60 ml
Roasted Coconut Water	30ml
Lemon Juice	15 ml
Soy Milk	20ml
Ceylon Arrack	40 ml

Canapé Ingredients:

Shredded Coconut	450 g
Plain Flour	275 g
White Sugar	425 g
Coconut Milk Powder	50 g
Rose Water	50 ml
Eggs	3 eggs
Baking Powder	27 g
Exotic fruit compote for garnish	

Method

Prepare the Oolong Cordial by combining all the ingredients in a pan over medium heat, gently stirring until the sugar dissolves. Remove the pan from the heat and allow the blend to infuse at room temperature for two hours.

Once infused, combine the Oolong Cordial, roasted coconut water and lemon juice in a container. Gradually pour in the soy milk without stirring. Let it sit in the fridge for three hours, before straining it through a muslin cloth. Taste and adjust sweetness with more sugar syrup if desired. Add in the Ceylon Arrack and refrigerate. For a mocktail version, you can skip the Ceylon Arrack and refrigerate.



For the canapé, blend all the ingredients in a food processor until thoroughly combined. Grease a baking tray and pour in the cake mixture. Bake at 170 degrees Celsius for 45 minutes. Once baked, allow to cool and then remove the cake from the baking tray. Cut it into small discs, garnishing with a topping of either exotic fruit compote or powdered sugar.

Raise your glass to half a century of indulgence with us!



Gilded Culinary Delights

Savour Baros's Gastronomic Legacy

In commemoration of our momentous 50th anniversary, we are delighted to present a delectable array of culinary delights across our three distinguished dining venues.

At Lime, immerse yourself in a nostalgic voyage with a specially curated set menu, offering beloved classics that echo our illustrious history.

Cayenne Grill tempts grill aficionados with an exclusive degustation menu, intertwining timeless favourites with exquisite new additions. Delight in the succulent flavours of dry-aged meats for an unforgettable dining experience.

Experience a gastronomic journey at our signature The Lighthouse Restaurant, where French finesse meets international influences. Indulge in cherished dishes from Baros's glorious past alongside innovative new creations, embodying five decades of culinary mastery and a glimpse of the journey that lies ahead.

Baros's culinary excellence, a hallmark through the ages, awaits your discovery. Join us to relish the essence of history and brilliance in every dish, encapsulating our extraordinary journey through time.



A BRIEF MALDIVIAN LANGUAGE GUIDE

Toddy

Ruku Raa

Palm Tree

Ru'h

Fifty

Fansaas

Coral

Muraka

Sea

Moodhu

Matured Coconut

Kaashi

Crab

Kakuni

Anemonefish

Maagan'du Mas

Environment

Thimaaveshi

Shark

Miyaru

Toddy Tapping

Among the whispering fronds of Baros's towering coconut palms lies the tale of a vanishing art: toddy tapping.

Once a revered and proficient craft, mastered by skilled islanders, toddy tapping involved scaling coconut trees and deftly harvesting nectar from coconut flower buds. By creating a niche in the blossom and allowing containers to fill overnight, they collected the sap – this is the toddy, an integral part of Maldivian heritage.

The toddy, a mildly alcoholic beverage, held its place not only as a refreshing drink but also as a versatile ingredient in Maldivian cuisine. Its adaptability ranged from use as vinegar to a favoured dessert ingredient, offering a range of culinary possibilities.

Boiled into a thick syrup, called dhiyaa hakuru, it sweetened desserts and served as a condiment. Fresh toddy, known for its nutrient-rich properties, was valued for its health benefits, aiding hydration and digestion, boosting energy and as an antioxidant.

Today, this intricate practice is fading, surviving only in the weathered hands of older men on a handful of islands. Amidst Baros's palms, this tradition echoes a bygone era, paying homage to its past as a vibrant coconut palm plantation—a tribute to a dwindling art, a treasured piece of Maldivian history preserved in time.



ANEMONES AND CLOWNFISH

Remarkable Underwater Partnerships

The ocean harbours a world of interdependent relationships, where diverse species coexist in striking symbiosis. One notable example of this is the interaction between anemones and damselfish, particularly clownfish or anemonefish.

Anemones, part of the Cnidaria Phylum family along with corals, possess tentacles armed with nematocysts, cells which shoot a microscopic dart when coming in to contact with another surface, for example, fish or human skin. These cells defend the central mouth of the anemone used for food absorption. The pliant body of the anemone remains firmly attached to the seabed, capable of slow movements to adapt to changing conditions.

The striking *Heteractis magnifica*, with its vibrant hues of pink, purple, orange, green and blue – is a species of anemone commonly found across all reefs. Its beauty is best captured on overcast days when it retracts its tentacles, exposing its colourful body.

Clownfish have developed an immunity to the anemone's darts and have integrated into their ecosystem

The anemone's poisonous fronds protect the clownfish from prey while the clownfish helps to provide the anemone with food, rids it of harmful parasites, and chases away fish like the butterflyfish that feed on anemones. The eggs of the clownfish are often hidden within the anemone's structure, safeguarded from harm.

In the Maldives, various species of clownfish, such as Clark's Anemonefish and the native Blackfoot Anemonefish, form these intriguing alliances. Other sea creatures like juvenile damselfish and wrasses are also sometimes found among anemone tentacles.

Shrimps and crustaceans, including mantis and crabs, also engage in symbiotic relationships with anemones, offering cleaning services in exchange for food and shelter.

These fascinating partnerships highlight the complex interplay of life forms in the underwater realm. Exploring such relationships offers a glimpse into the remarkable adaptations and alliances thriving beneath the waves.

Clarifying Body and Senses: A Detoxifying Ceremony

As the new year rises on the horizon, there is no better time to prioritise your well-being. Our bodies often bear the brunt of environmental chemicals, impacting our vigour and vitality. Considering this, it is crucial to recalibrate and embark on a journey towards holistic well-being.

At Serenity Spa, we understand the importance of detoxification and its profound effects on overall wellness. Our Clarifying Body and Senses ceremony is meticulously designed to uplift and re-energise, especially after the indulgent holiday season.

This ceremonial journey begins with a steam bath, opening your pores and preparing your skin for a deeply nourishing full-body wrap, the Thousand Flower Detox Wrap from Elemis. This wrap utilises nutrient-rich ingredients like Green Tea Balm, to stimulate detoxification, promote skin health and eliminate toxins. It will leave your body revitalised, restoring balance and leaving you invigorated.



Completing this transformative experience is the Abhyanga Massage, a fusion of Ayurvedic techniques that provides deep relaxation and purification. This massage, believed to impart a sense of deep warmth and stability akin to being loved, uses warm detoxifying oils to release toxins and restore bodily balance.

At Serenity Spa, we are committed to aiding your wellness journey. Let us guide you in re-energising, purifying, and rejuvenating your body and senses, for a vibrant and refreshed start to the year.

Awards and Accolades

Renowned for our unwavering commitment to exceptional service, Baros continues to earn prestigious accolades. Recently, we were honoured in the Condé Nast Traveler Readers' Choice Awards 2023, securing a coveted spot among the Top 20 Resorts in the Indian Ocean. Adding to our distinctions, Baros proudly clinched the esteemed title of World's Most Romantic Resort by the renowned World Travel Awards 2023, reaffirming our dedication to crafting unparalleled guest experiences.

As the pinnacle of these celebrations, we are thrilled to share that our blissful island stands nominated for the revered Travel + Leisure Awards in the hotels category. We extend a heartfelt invitation to you, our cherished patrons, to cast your votes for us, a gesture that resonates with your trust in us for your dream getaways. Your vote symbolises the confidence placed in our endeavours. Let us come together to revel in celebrating our illustrious journey of half a century marked by excellence—a place where we, like every guest, have discovered a cherished home away from home.



Hanaan Rasheed

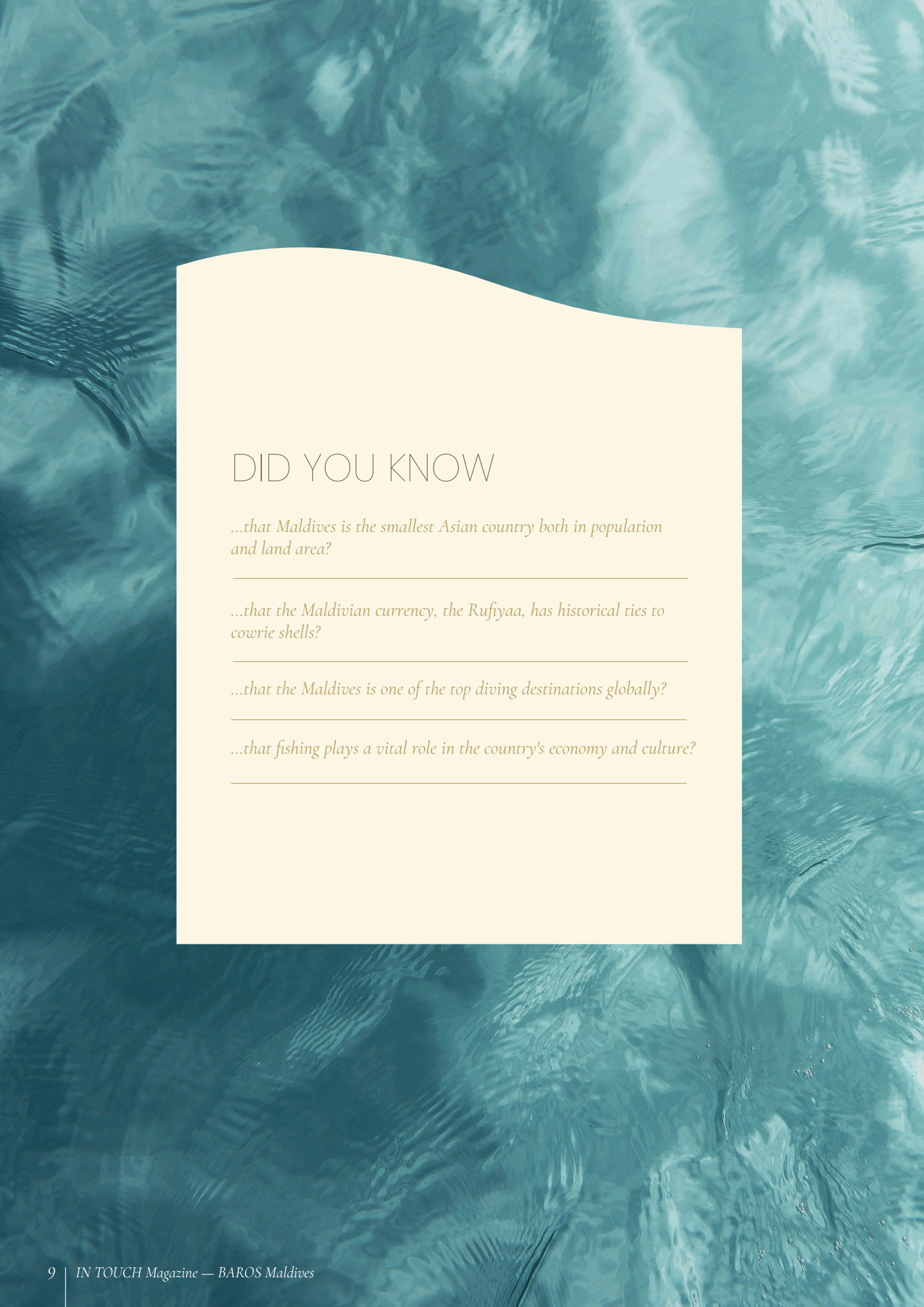
Assistant Marketing Manager

Meet Hanaan, our dynamic Marketing professional at Baros, who's been a valuable asset to the Baros team for nearly a year. Her primary focus has been orchestrating the grand 50th-anniversary celebratory events on our idyllic island and abroad. She's an integral part of our team, leading our island's PR and marketing related endeavours.

Hanaan's academic journey reflects her deep-seated passion for travel, tourism and sustainability. She completed her undergraduate studies in the Maldives and pursued a master's degree in Sustainable Tourism abroad. Her career spans tourism involvement with the Ministry of Tourism and product development with the Housing Development Corporation. She aspires to be a tourism consultant, driving sustainable tourism development in the Maldives, her beloved home.

Away from work, Hanaan finds solace in music, revels in exploring new destinations and embodies an affable, adventurous spirit.





DID YOU KNOW

...that Maldives is the smallest Asian country both in population and land area?

...that the Maldivian currency, the Rufiyaa, has historical ties to cowrie shells?

...that the Maldives is one of the top diving destinations globally?

...that fishing plays a vital role in the country's economy and culture?

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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