

IN TOUCH MAGAZINE


BAROS
MALDIVES



APR, MAY,
JUN 2024

Step into April with the latest edition of IN TOUCH, your portal to the marvels of Baros Maldives. Immerse yourself in the exquisite taste of the perfect London No. 1 Blue Gin cocktail or relish the culinary mastery of our award-winning chefs with our Salmon Stroganoff. Explore the kaleidoscope of marine life, from the captivating triggerfish to the tranquil depths, or surrender to tranquillity with a bespoke spa journey at Serenity Spa. Allow us to enchant you with the latest updates from our idyllic island sanctuary, keeping you spellbound with every turn of the page.



WELCOME TO BLISS

Dear Baros Guests,

Welcome to the latest edition of IN TOUCH, offering a tantalising glimpse into the world of Baros, with culinary delights, mixology tips, spa secrets and island adventures.

Try your hand at crafting the perfect London No.1 Blue Gin cocktail or indulge your senses with a delectable Salmon Stroganoff. Discover our latest spa experience, Serenity Healing Therapy, and submerge your senses in the rejuvenating ceremonies awaiting you at Baros's Serenity Spa, where every treatment is meticulously designed to nurture your mind, body and soul.

Explore the island's wonders aboard *Nooma*, our traditional Maldivian sailing Dhoni, and savour the romance of a sunset sailing excursion or an intimate dinner cruise. Delve into our rich maritime heritage and immerse yourself in the vibrant culture of the Maldives.

As you explore the pages of our magazine, we invite you to discover the essence of Baros - a sanctuary where luxury meets sustainability, and every moment is infused with wonder and delight. Welcome to our island paradise, where memories are made, and dreams come to life.

With warm wishes,
Shijah
General Manager



Content

Welcome Note	1
Bon Appétit Salmon Stroganoff	3
Mixology The London No.1 Blue Gin	3
Discover Baros Aboard Nooma	4
A Brief Maldivian Language Guide	5
Our Heritage Seafaring in the Maldives	5
Baros Underwater Captivating Marine Wonders: The Triggerfish	6
Spa Secrets Submerge your senses by Elemis	7
Baros News Serenity Healing Therapy	8
Get to Know Shuga (Fathimath Shuhaina)	8
Did You Know	9
Get in Touch	10



Salmon Stroganoff

Ingredients

Fresh salmon	90g
Cooked linguine pasta	150g
Gherkins	15g
Boiled beetroot	25g
Heavy cream	80ml
Dijon mustard	10g
Fish stock	40ml
Brandy	15ml
Lemon juice	5ml
Butter	20g
Spring onions	5g
Garlic	5g
Parmesan shavings	10g

Method

In a pot of salted water, cook pasta for about eight to ten minutes, until al dente. Strain the cooked pasta and toss with a little oil to prevent sticking.

In a skillet, sauté garlic until fragrant, add in salmon and cook briefly. Next, flambé with brandy, then deglaze with fish stock. Stir in heavy cream, mustard, lemon juice and parmesan until smooth. Add gherkins and beetroot, and season to taste.

Lastly, combine pasta with sauce, gently tossing to coat. Serve immediately, garnished with spring onions, shaved parmesan and a squeeze of fresh lemon juice.

The London No.1 Blue Gin

The London No.1 Blue Gin pairs perfectly with the flavours of elderflower, cucumber, green apple and rosemary in this classic botanical adventure.

Ingredients

London No. 1 Premium Gin	40ml
Elderflower liqueur	10ml
Cucumber	4 slices
Green apple	4 slices
Rosemary	2 sprigs
Tonic water	Top Up

Method

Pour 40ml of London No.1 Premium Gin into a glass. Add a dash of elderflower liqueur, (approximately 10ml) for a subtle floral note. Arrange four slices each of fresh cucumber and green apple, for a refreshing twist.

Top off your glass with ice cubes and fill to the brim with tonic water. Finally, garnish with two sprigs of rosemary. Your meticulously crafted Gin and Tonic is now perfectly balanced and ready to be enjoyed.





Aboard Nooma

Step aboard *Nooma*, our enchanting traditional Maldivian sailing dhoni, where every voyage promises a tapestry of unforgettable experiences. With its sturdy wooden frame, private saloon and billowing lateen sail, *Nooma* epitomises romance and adventure on Maldives' waters.

Embark on a mesmerising Sunset Sailing excursion, where the horizon blushes with twilight hues. Glide effortlessly across the tranquil sea, sipping Champagne and savouring delectable canapés as the sun sets in a spectacular display of colours.

For those eager to explore beneath the surface, our *Nooma* Snorkelling Experience beckons. Sail to pristine snorkelling sites teeming with vibrant marine life.

Follow our expert guide through a kaleidoscope of coral gardens and exotic fish, culminating in a sumptuous picnic lunch served on deck.

Indulge in romance with our Private Romantic Dinner Cruise. Beneath a canopy of stars, dine on gourmet delights crafted by our award-winning chefs, serenaded by the gentle lull of the Indian Ocean. With a personal butler attending to your every need, immerse yourself in an evening of unparalleled luxury and intimacy.

A voyage on *Nooma* offers you the opportunity to savour blissful moments of romance and adventure together or to simply bask in the tranquillity of the sea. Whether it's a romantic interlude for two or a gathering of cherished friends, *Nooma* promises an enchanting escape filled with delight and wonder.



Seafaring in the Maldives

The Maldives boasts a maritime heritage as rich and vibrant as its azure waters. For centuries, the art of boating has been intertwined with the cultural fabric of these idyllic islands, embodying both practical necessity and profound tradition.

In the Maldives, boats are not mere vessels; they are lifelines connecting communities, livelihoods and legacies. From sturdy dhonis, with their distinctive curved prows, to graceful sailboats, each vessel bears witness to the skill and resilience of its seafaring inhabitants.

Diverse in design and purpose, the boats serve as versatile tools for fishing, transportation and recreation. The sturdy mas dhoni, with its robust frame, braves the open sea in pursuit of the day's catch, while the elegant bah'theli glides serenely through lagoons, carrying passengers and cargo with equal ease.

Over the centuries, the evolution of boatbuilding techniques has mirrored the Maldives' journey from an ancient seafaring society to a modern maritime hub.

A Brief Maldivian Language Guide

Boat

Dhoni

Sail

Riyaa

Tiller

Hungaanudhooni

Mast

Kun'bu

Rudder

Hungaanu

Travel

Dhathuru

Beautiful

Reethi

Currents

Oivaru

Beach

Gon'dudhoh

Main sheet

Dhan'maanu

Yet, amidst this evolution, the essence of seafaring remains unchanged — a testament to the enduring spirit of exploration and adventure that defines Maldivian culture.

In times past, sea transport was the lifeblood of the Maldives, connecting remote atolls and islands with vital resources and communication.

In modern Maldives, speedboats have become essential for guest transfers, island commuting, excursions and water sports. Today, a diverse range of boats is witnessed across the country, serving both practical and recreational purposes. Despite the advent of modern infrastructure like airports, boats remain indispensable for transport within the tiny islands, serving as a bridge between tradition and progress, heritage and innovation.

At Baros, guests can marvel at a unique collection of nautical paraphernalia and images in the Maldivian Lounge and the Sails Bar or embark on their own fascinating journey aboard Baros's very own traditional Maldivian sailing dhoni, *Nooma*, or its luxury yacht, *Serenity*.

Captivating Marine Wonders: The Triggerfish



Triggerfish are undoubtedly one of the most eye-catching fish to be found on the coral reefs around Baros.

With large eyes and an unusual way of swimming, these fish, belonging to the family Balistidae, draw the curiosity of divers and snorkellers alike. With colourful and distinctive patterns along their bodies, they tend to lean on their side when they swim, adding to their unusual appearance. Despite this, triggerfish are not easy to identify as they vary significantly in appearance from one species to another.

For instance, the Clown Triggerfish, found at varying depths on the reef, has beautiful white spots covering its black body as a juvenile, which become larger and more concentrated along the belly of the fish as they grow into adulthood.

The Picasso Triggerfish is another notable species displaying colourful markings similar to the work of the famous artist from which it derives its name. These fish are usually found in shallow waters protecting their 'hole-homes' with determination and performing routine housekeeping.

The Titan triggerfish, also known as Giant Triggerfish and renowned as the largest of the triggerfish family, captivates many with its striking colours and unique appearance, complete with prominent buck teeth. This marine marvel is known for its spirited character, especially when safeguarding their eggs. During these times, divers and snorkellers are encouraged to keep their distance, as the Titan may perceive them to be a threat. Triggerfish warn intruders away from their nests by expanding their large first dorsal fin, thus coining their name.

Another commonality among the various species of triggerfish is that they like to crunch on corals, picking algae and small creatures from rocks and sand. One of the fish's favourite meals is a very particular sponge which appears to have a narcotic effect. When ingested, they display strange and comical behaviour, approaching divers as if to greet them, while swimming upside down.

Submerge Your Senses by Elemis

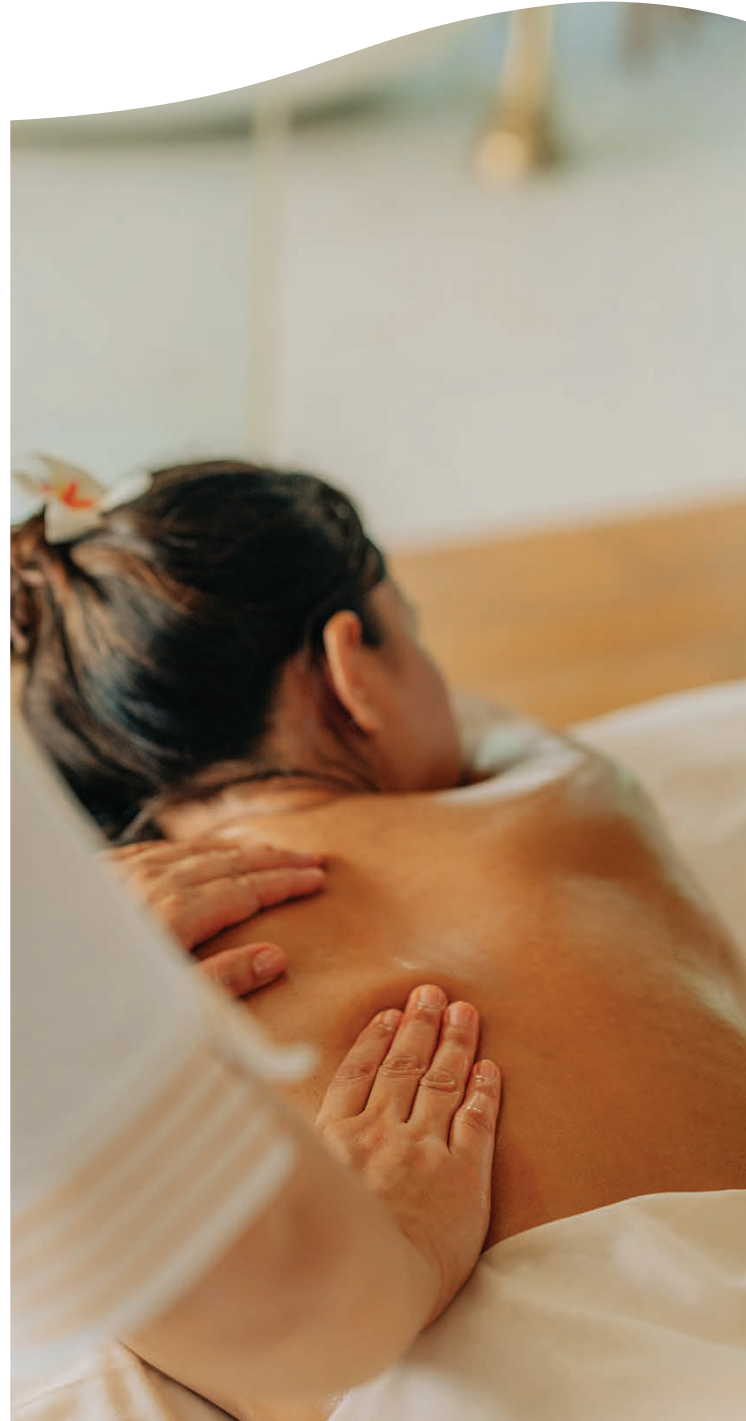
Nestled within the serene confines of Serenity Spa lies the antidote to muscle tension and fluid retention, a sanctuary for holistic rejuvenation. Muscle tension, a common byproduct of stress, finds relief in our bespoke treatments. Our expert therapists employ a tailored approach to address this, using a blend of therapeutic techniques.

Embark on a journey of relaxation with our Muscle Relaxing Bath, a blissful immersion designed to alleviate tension and invigorate the senses. Enriched with birch, clove, lavender and blue chamomile, this aromatic preparation soothes aching muscles and enhances circulation. Paired with rejuvenating fruit juice and roasted coconut, it's a sensory indulgence like no other.

Delve deeper into relaxation with our Full Body Brushing ritual, a gentle yet invigorating experience that stimulates lymphatic drainage and promotes detoxification. Feel the stresses of the day melt away as your skin is enveloped in nourishing goodness, leaving it soft and supple.

The highlight of this invigorating spa experience is the intuitive full body massage, a transformative experience that surpasses the physical realm. Skilled hands work in harmony with aromatic oils tailored to your needs, melting away tension and promoting restful sleep. This holistic approach not only addresses muscular discomfort but also restores balance to your body's energy flow, fostering a sense of inner harmony and well-being.

At Serenity Spa, each treatment is meticulously crafted to provide a holistic healing experience, guiding you towards a state of equilibrium and tranquillity. Let the gentle rhythm of our therapies lead you on a journey of self-discovery and wellbeing, as you emerge rejuvenated, refreshed and ready to embrace life's challenges with renewed vigour.



Serenity Healing Therapy

Embark on an extraordinary journey of wellness with our newest spa experience - Serenity Healing Therapy. Our skilled therapists invite you to indulge in a transformative spa experience crafted to rejuvenate your mind, body and soul.

Begin your journey with a 45-minute water therapy session in the crystalline waters of the Baros lagoon. Under the guidance of Baros's resident yogi, immerse yourself in the aquatic symphony of Flotation and Immersion. Float effortlessly in the lagoon, shedding the burdens of daily life as your body achieves a state of buoyancy. Experience profound relaxation and tranquillity as your breathing becomes passive, allowing you to embrace serenity in its purest form.

Follow this deeply relaxing therapy with a 90-minute healing massage using poultices infused with fresh herbs like ginger and moringa from our lush botanical garden. Enriched with warm coconut oil and popular Maldivian spices of cinnamon and cardamom, this massage targets specific tense areas. Enveloping you in fragrant aromas, the Serenity Healing Therapy provides a holistic release and promotes muscle tissue recovery.

Join us at Baros for an exclusive sojourn, where the art of restoration meets the embrace of nature, offering a haven for those seeking balance and well-being.



Shuga (Fathimath Shuhaina)

Senior Marine Biologist

Meet Shuga, our beloved Senior Marine Biologist, celebrated for her warmth and wealth of knowledge. Hailing from the Maldives, Shuga's journey into marine biology began in 2011, at Baros, where she started as a Marine Centre Coordinator. She had a transformative moment in her career when she took part in a Catlin Seaview Survey expedition, further igniting her passion for the underwater realm.

With a bachelor's degree in environmental management, Shuga's devotion led her to work as a marine environmental surveyor, contributing to nationwide projects. Dedicated to coral restoration, she earned her diving instructor certification in 2021, expanding her expertise.

Shuga's role at Baros extends beyond leading snorkelling activities; she heads up the coral restoration programme, conducts nature walks and educates guests on marine life. Her dedication resonates with our guests, who praise her friendly nature and captivating storytelling.

As an ocean advocate, Shuga stresses guest involvement in protecting marine life. With every interaction, she kindles a desire to safeguard our seas for posterity. Join Shuga on a voyage of discovery and conservation on our blissful island.



DID YOU KNOW

...that the Maldives was dubbed the 'Money Islands' due to its cowrie shell trade?

..... that Maldivians have a diverse ancestry, including African roots, along with Dravidian, Arab, Sinhalese and Australasian ethnicities?

..... Maldives is named after its numerous islands, likely derived from Sanskrit, meaning 'garland of islands'?

..... that the white-breasted waterhen is the national bird of 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.



Shijah,
General Manager, Maldivian
ibrahim.shijah@baros.com

Comber,
Resort Manager, Australian
john.comber@baros.com

Shazeel,
Executive Assistant Manager, Maldivian
ibrahim.shazeel@baros.com

Ken,
Executive Chef, Botswana
ken.gundu@baros.com

Naseem,
Front Office Manager, Maldivian
naseem.ibrahim@baros.com

Domi,
Guest Experience Manager, Indonesian
guestexperience.manager@baros.com

Arsini,
Spa Manager, Indonesian
spa.manager@baros.com

Ambra,
Dive Base Leader, Italian
ambra.dugaria@baros.com

Hanaan,
Assistant Marketing Manager, Maldivian
hanaan.rasheed@baros.com

Tel: +960 664 2672
reservations@baros.com

