IN TOUCH
MAGAZINE

BAROS
MALDIVES

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Welcome to the latest edition of IN TOUCH, where each turn of the page invites you to step into the dreamlike bliss and enchantment of Baros Maldives. In this issue, savour the exquisite Mahi Mahi, a celebrated local fish masterfully crafted by Baros chefs, or pamper yourself with our exclusive spa treatment. Embark on a thrilling dolphin cruise, where playful spinner dolphins promise unforgettable encounters. Delve into Baros, your island sanctuary, where every moment is magical. Stay connected and immerse yourself in the wonder of our blissful island to uncover more delightful experiences.

Hello, Sunshine.

Dear Guest,

Welcome to the July edition of IN TOUCH, where the enchanting world of Baros awaits you. Savour culinary delights, indulge in spa retreats and embark on island escapes that promise to captivate your senses.

Try your hand with one of our daily catch-of-the day special recipes of local Mahi Mahi fish, expertly crafted by the renowned Baros chefs, or rejuvenate with our exclusive Lift and Contour facial treatment at the Serenity Spa. Join us on an exhilarating dolphin cruise, where energetic spinner dolphins create unforgettable moments and learn more about these clever creatures.

Immerse yourself in the fascinating self-sufficient lifestyle of the Maldives, from innovative powerhouses and osmosis plants to the rich tradition of island farming.

Welcome to Baros, a spellbinding haven amidst the azure of the vast Indian Ocean. Read on and be captivated by the charm of our barefoot paradise.

Warm regards,
Shijah
General Manager

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Charred Mahi Mahi

With tomato fondue, Mahi Mahi mousseline, sauteed broccolini with amaranth pops and saffron beurre blanc.

We take immense pride in presenting our daily catch-of-the-day dishes, featuring sustainably sourced fish from pristine local waters. Our world-class chefs skillfully transform these fresh catches into innovative and delectable creations, showcasing their culinary mastery and our extensive gastronomic selection. Indulge in a sophisticated culinary delight with our exquisite Mahi Mahi, a celebrated local Maldivian fish, elegantly prepared with international flair. Discover the perfect blend of tradition and innovation in every bite at Baros.

Ingredients

Charred Mahi Mahi:	
Mahi Mahi fish fillet	180g
Olive oil	10 ml
Mahi Mahi mousseline:	
Mahi Mahi fish fillet	180g
Fresh cream	80ml
Egg	1
Chives	3g
Tomato fondue:	
Tomato	80g
Garlic	3g
Sugar	2g
Basil leaves	2g
Shallots	10g
Olive oil	20ml
Lime	1
Saffron beurre blanc:	
Fish stock	50ml
Fresh cream	50ml
Butter	50g
Shallots	5g
Saffron	7 - 8 threads
White wine vinegar	15ml
Broccolini	30g
Amaranth pops	5g
Olive oil	10ml
Red pepper gel	10g

Lime zest, salt and pepper to taste

Method

Season the Mahi Mahi fillet with olive oil, lime zest, salt and pepper. Grill each side for three to four minutes, until golden brown and the fish flakes easily.

Next, blend 40g of Mahi Mahi, salt and egg until smooth. Chill the mixture for 30 minutes and stir in the cream. Divide the mousse into buttered ramekins before placing in a water bath. Cover and bake for 10 minutes at 180 degree Celsius.

Meanwhile, heat olive oil in a saucepan, add chopped onions, garlic and thyme. Cook until soft, then add cubed tomatoes, juice, salt, pepper, sugar and lime zest. Continue to cook uncovered, for five minutes.

For the saffron beurre blanc, combine fish stock, shallots, saffron and white wine vinegar in a saucepan and simmer until reduced by half. Slowly whisk in butter until the sauce forms. Season with salt and strain.

Sauté broccolini in olive oil, season with salt and arrange on a warm plate along with the Mahi Mahi mousseline. Garnish with a crispy tuille. Place the Mahi Mahi fillet with the tomato fondue and finish off with amaranth pops, red pepper gel and micro herbs. Enjoy!

Experience Dolphin Watching at Baros: A Journey Into Serenity

For many visitors to the Maldives, the allure lies beneath the shimmering turquoise waters, where breathtaking marine experiences await. At Baros, our dolphin-watching excursions offer an equally mesmerising opportunity to witness these remarkable creatures in their natural habitat. Perfect for nature enthusiasts and those seeking a serene way to appreciate marine life without diving into the deep, these excursions promise unforgettable moments.

Imagine the delight as you see dorsal fins gracefully slicing through the water, playing a tantalising game of hide and seek. Sunrise or sunset provide the perfect backdrop for these magical dolphin-watching excursions. As dolphins are most active during these times, you can witness pods of spinner dolphins leaping alongside boats and riding the waves - a truly enchanting spectacle.

We offer group sunset dolphin cruises three times a week, accommodating small groups of four to eight guests on our sleek speedboat. Each cruise is a luxurious experience, accompanied by champagne, or your preferred choice of juices, and canapés. For a more exclusive adventure, you and your loved ones can book a private dolphin cruise aboard our luxury yacht, Serenity.

Observing dolphins in their natural habitat is a sublime way to connect with nature. Whether you are a seasoned marine enthusiast or simply seeking a peaceful way to enjoy the ocean, dolphin-watching at Baros promises to leave you in awe, making it feel like the first time, every time. To book your own dolphin-watching experience, visit our website our reach out to our team.

A Brief Maldivian Language Guide

Dolphin	**Rain**
Koamas	Vaarey
Wave	**Fish**
Raalhu	Mas
Small	**Ocean**
Kuda	Kan'du
Mahi Mahi	**Where**
Fiyala	Koba
Day	**Fresh**
Dhuvas	Thaazaa

Nurturing Self-Sufficiency in Paradise

The Maldives islands, whether inhabited by locals or adorned with luxurious resorts, embody a tradition of self-sufficiency deeply rooted in Maldivian heritage.

In days long ago, these islands were illuminated by the gentle glow of lanterns, while rainwater collected in tanks provided drinking water. Over time, modernity ushered in developments - generators hummed to life, casting a steady glow in place of flickering lanterns, and advanced reverse osmosis plants eased the reliance on rainwater collection.

What sets the Maldivian islands apart is their remarkable self-sufficiency, generating their own electricity and sourcing their own water. This ethos of self-sustainability extends beyond mere utilities, weaving its way into the fabric of agriculture and fishing. Historically, families tended to their plots, cultivating a variety of crops, and engaged in barter systems with neighbours, fostering a sense of communal support and interdependence.

In recent years, the resilience of Maldivian self-reliance has experienced a resurgence. The aftermath of the global pandemic witnessed a rejuvenation of local farming initiatives, breathing fresh vitality into communities across the archipelago. From remote islands to bustling urban centres, government-led urban farming projects have sprouted, rekindling a connection to the land and promoting food security. Even the idyllic retreats peppering the Maldivian waters are embracing sustainability with enthusiasm.

The ethos of self-sustainability woven into the Maldivian way of life is not merely a response to necessity; it is a cherished part of our heritage. It reflects profound respect for nature and our commitment to safeguarding the pristine beauty of these islands for generations to come.

Dolphins: The Ocean's Intelligent Acrobats

In the vast expanse of our oceans, dolphins stand out as some of the cleverest and most socially sophisticated creatures. These remarkable mammals, members of the cetacean family, captivate scientists and marine enthusiasts alike with their intricate behaviours and complex communication systems.

Renowned for their intelligence, dolphins possess large, complex brains relative to their body size, demonstrating self-awareness, problem-solving skills and even the comprehension of abstract concepts. Their communication is a symphony of clicks, whistles and body language, with each individual crafting a unique signature whistle, much like a human name. One of the most astonishing abilities of dolphins is echolocation, a biological sonar that allows them to navigate the ocean depths and hunt with precision.

In the idyllic waters of the Maldives, several species of dolphins find haven, including the playful spinner dolphins (Stenella longirostris) and the majestic bottlenose dolphins (Tursiops truncatus). Here, dolphins typically travel in small pods of about 20, that includes both adults and their young. Dolphin calves stay with their mothers for up to six years, learning essential survival skills and social behaviours, forming a bond that is as educational as it is endearing.

The spinner dolphin, a common sight in the Maldives, is known for its acrobatic spins and leaps. These smaller, more slender dolphins use their impressive spins not only to rid themselves of parasites but also as an energetic expression of playfulness.

Equally captivating are the bottlenose dolphins, larger and more robust than their spinner counterparts. Recognisable by their varying shades of grey and their sturdy build, bottlenose dolphins prefer the sheltered waters. Their calmer demeanour sometimes leads to magical encounters with snorkellers, who can witness their graceful movements up close, an experience that is both rare and deeply enchanting.

In places like the Maldives, where the marine environment remains relatively pristine, the opportunity to observe these incredible creatures in their natural habitat is a privilege that offers a glimpse into the delicate balance of our oceans. To learn more about these incredible creatures reach out to our resident marine biology team.

Sculpt and tone with the ELEMIS Pro-Definition Lift and Contour Facial

Experience the Pro-Definition Lift and Contour, a luxurious 75-minute Elemis facial at Baros's Serenity Spa, meticulously crafted to tone and sculpt the chin, cheeks and jowls. This rejuvenating treatment combines soothing massage techniques with a results-driven approach to reveal a youthful, smoother and firmer complexion.

Your journey begins with the gentle removal of makeup and a thorough cleanse using the Pro-Collagen Cleansing Balm, followed by toning and exfoliation. Once your skin is prepared, our skilled therapist applies the exclusive Amber Massage Balm, rich in amber and sweet almond oil, to invigorate the skin and enhance cell activation.

The signature Elemis jowl and cheek massage technique is then employed, designed to reduce fluid retention and puffiness with firm yet gentle pressure.

Next, the Pro-Definition Lift Effect Jowl and Chin Mask is applied and left to work its magic for 20 minutes, allowing the nourishing ingredients to deeply penetrate and lift the skin.

While the mask sets, enjoy the hydrating Hydra-Active Soothing Gel Eye Mask and a calming scalp massage to boost circulation and relaxation.

The treatment concludes with a tension-relieving neck and shoulder massage, followed by a multi-step moisturisation process featuring the Pro-Collagen Lifting Treatment Neck and Bust, Pro-Definition Facial Oil and Pro-Definition Day Cream. The result is skin that feels lifted, radiant and revitalised. To learn more or book your appointment, visit our website or reach out to the Serenity Spa team.

A Journey of Discovery and Preservation

Embark on a remarkable journey into marine conservation with our new Eco Explorer Experience. This immersive adventure is designed to deepen your connection to the ocean and enhance your understanding of its delicate ecosystems. Guided by our knowledgeable resident marine biologist, embark on a snorkelling tour of the vibrant Baros house reef and gain invaluable insights into the underwater world. As the sun sets, be mesmerised by the nocturnal wonders of the reef during our fluo-night snorkelling adventure where hidden marine marvels come to life, offering a breathtaking spectacle.

Contribute to coral rejuvenation by planting personal coral frames, under expert guidance, giving damaged corals a renewed chance to thrive. The Eco Explorer Experience includes engaging presentations on coral ecology, guided snorkelling tours focused on fish identification, immersive night snorkelling sessions and a personalised digital photo book. You will also receive a USB drive with photos and videos of your adventure, a certificate of participation and bi-annual updates on the progress of your planted corals for two years.

This package is not just an excursion but a call to action, inviting guests to play an active role in marine conservation. Dive into the Eco Explorer Experience at Baros and leave a positive mark on the underwater world. To find out more about the Eco Explorer Experience, visit our website or reach out to our team. Together, we can make a difference in safeguarding our oceans.

Ahmed Inaz

Housekeeping Supervisor

Inaz joined the Baros family in 2019 as a Housekeeping Coordinator and swiftly became an indispensable part of our team. His journey began with internships at prestigious resorts such as One & Only Reethi Rah and Soneva Fushi, where he honed his skills and cultivated a passion for excellence. Inaz's experience as a fire guide in Malé, with regular inspections at Baros, ultimately led him to our shores.

As the Housekeeping Supervisor, Inaz is the driving force behind our housekeeping department, overseeing the laundry, room attendant and public area attendant teams. His meticulous attention to detail ensures that all guest villas are impeccably serviced and that every section adheres to all administrative standards. Inaz's dedication to assisting his colleagues and his leadership as the manager of the Baros football team highlight his exceptional teamwork and commitment.

Outside of his professional responsibilities, Inaz enjoys badminton, videography, photography and editing. He frequently documents staff and island activities, showcasing his creative flair. Additionally, Inaz handles ad-hoc design requests and manages sound and lighting for staff events, earning him the title of our in-house technical guru. His multifaceted talents and unwavering dedication make Inaz an invaluable member of the Baros team.

DID YOU KNOW

..... that the Maldives is home to one of the world's largest populations of reef manta rays, offering spectacular diving and snorkelling experiences?

..... that the Maldivian national dress for women, called the *'Dhivehi Libaas'*, is usually adorned with intricate handwoven patterns and is a vibrant part of local festivals?

..... that the Maldives' unique geography makes it one of the most vulnerable countries to climate change and rising sea levels?

..... that Baros is renowned for its exceptional house reef, which is easily accessible from the island and teeming with marine life?

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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