

in touch
MAGAZINE



Welcome 2025

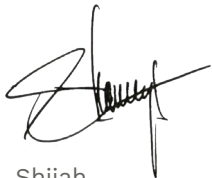
Dear Baros guest,

Welcome to another edition of In Touch, your curated journey through the timeless elegance and heartfelt stories of Baros. Within these pages, we celebrate the essence of Baros — our dedicated team, your unforgettable experiences and the captivating beauty of our island.

In this issue, we invite you to indulge in a blend of tropical delights, from the refreshing Passion Fruit and Mango Mousse to the revitalising Cucumber Cooler. Discover the island's natural wonders with our Nature Walk and the healing tradition of *Dhivehi Beys*. Dive into our coral planting workshops and explore the vital conservation efforts we are championing.

We hope these stories inspire your next adventure, bringing you closer to the heart of Baros. Here's to creating more cherished memories together.

With warm wishes,



Shijah
General Manager



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Passion Fruit and Mango Mousse

WITH HOMEMADE BISCUIT CRUST

Indulge in a delightful slice of the tropics with this passion fruit and mango mousse layered over a buttery biscuit crust. Light, refreshing and indulgent, it's the perfect dessert to evoke a taste of Baros's tropical magic.



Ingredients

For the biscuit crust:

All-purpose flour	100g
Unsalted butter, chilled and cubed	50g
Powdered sugar	25g
Egg yolk	1
Cold water	5-10 ml

For the mousse:

Mango purée (fresh or canned)	200g
Passion fruit pulp (strained, if preferred)	150g
Granulated sugar	100g
Chilled heavy cream (35 per cent fat)	250ml
Gelatine powder	15g
Cold water	50ml

For garnish (optional):

Fresh mango slices
Passion fruit pulp
Mint leaves

Method

To make the biscuit crust, preheat your oven to 180°C (350°F). In a bowl, combine the flour and powdered sugar, then rub in the chilled butter until the mixture resembles fine crumbs. Add the egg yolk and a splash of cold water, gently mixing until the dough comes together. Roll out the dough to a thickness of 5 mm and press it into the base of an 18–20 cm springform pan. Prick the crust with a fork and bake for 12–15 minutes, or until golden. Once baked, let it cool completely.

For the mousse, start by blooming the gelatine in 50 ml of cold water for five minutes. Gently heat the gelatine until dissolved, then allow it to cool slightly. In a separate bowl, mix the mango purée, passion fruit pulp and sugar.

Whip the chilled cream to soft peaks and fold it gently into the fruit mixture. Finally, stir in the cooled gelatine until fully combined.

To assemble, pour the mousse mixture over the cooled biscuit crust, smoothing the surface evenly. Place the dessert in the refrigerator and allow it to set for four to six hours.

Before serving, carefully remove the mousse from the springform pan and garnish with fresh mango slices, passion fruit pulp and mint leaves for an elegant finish.



Cucumber Cooler

Crisp, refreshing and delightfully invigorating, the Cucumber Cooler is the quintessential cocktail for a sunny day on our serene shores. Brimming with zesty and vibrant flavours, it's a crowd-pleaser that's simple to create.

Ingredients

Stoli Vodka	40ml
St-Germain elderflower liqueur	15ml
Cucumber mint syrup	30ml
Cucumber purée or juice	60ml
Lemon purée	15ml

Soda water (to top up)
Crushed ice
Lemon wheel, cucumber
wheel, or mint sprig
(for garnish)

Method

Start by filling a highball or Poco Grande glass with crushed ice. Add the vodka, St-Germain liqueur, cucumber mint syrup, cucumber purée and lemon purée to the glass, and gently stir to combine the refreshing flavours. Top it up with soda water to add a bubbly finish.

Present adorned with a lemon wheel, cucumber slice or a sprig of fresh mint. Serve chilled with a straw, and let each sip whisk you away to the serene paradise of Baros.

Nature Walk: A Journey Through Baros's Natural Beauty



In this edition, we invite you to step into the heart of Baros's lush landscape with our guided Nature Walk — an experience crafted to connect you with the natural wonders that define our home.

Led by our dedicated marine biologists and environmental conservationists, this enriching journey reveals both the intricate beauty of Baros's flora and its ecological significance. Stroll along verdant pathways and through the Chef's Garden, where edible, medicinal and culturally treasured plants flourish. From the fragrant screw pine (*Pandanus odoratissimus*) to the resourceful coconut tree (*Cocos nucifera*) and the nutrient-rich Indian mulberry (*Morinda citrifolia*), each plant weaves its own story of biodiversity, sustainability and of local life.

As you explore, our team will share fascinating insights into how these plants sustain the island's ecosystem and the pivotal role they play in Maldivian traditions and daily living. The walk encourages you to engage with the island's dynamic, natural tapestry and gain a deeper understanding of the conservation efforts that help preserve its delicate balance.

The Nature Walk is more than just a leisurely stroll; it is a meaningful encounter that fosters a profound connection to the natural world. You will leave with a renewed appreciation for the harmony of island life and a deeper commitment to its preservation.

Join us for this delightful journey, offered weekly, through Baros's vibrant landscapes, guided by passionate experts who bring the island's stories to life.



A BRIEF MALDIVIAN LANGUAGE GUIDE

Medicine

Beys

Treatment

Faruvaa

Healer

Beysveriyaa

Natural

Gudhurathee

Coconut oil

Kaashi theyo

Palm tree

Ruh

Screw pine

Kashikeyo

Tradition

Sagaafaiy

Beautiful

Nala

Connection

Gulhun

Dhivehi Beys: Traditional Maldivian Medicine

Long before modern medical practices, Maldivians relied on Dhivehi Beys, a traditional healing system rooted in natural remedies and spiritual beliefs. Passed down through generations, this practice harnessed the Maldives' rich biodiversity to treat both physical and spiritual ailments.

Drawing influences from Ayurveda and Unani, *Dhivehi Beys* reflects the Maldives' historical connections to South Asia and the Middle East. Local healers, or *beysveriyaa*, used plants such as *laa faashaa* (*Scaevola taccada*) and *ruvaa* (*Alpinia galanga*) to create remedies. Coconut oil, renowned for its cooling and restorative qualities, featured prominently in treatments. Therapies ranged from herbal poultices and massages to medicinal baths, often paired with spiritual elements like *Du'aa'* (Islamic prayers, invocation) or traditional chants.

Today, Dhivehi Beys offers a glimpse into the age-old healing traditions of the Maldives, preserving their legacy while celebrating harmony with nature. Its revival not only honours Maldivian heritage but preserves the invaluable knowledge of local healers.

At Baros, our lush landscapes are home to many plants integral to this tradition. You are welcome to join our knowledgeable team for a guided exploration of Baros's vibrant vegetation, where you can encounter medicinal plants and learn their stories. From the versatile coconut palm to the fragrant screw pine, each tree and plant reflects the deep connection between Maldivians and their environment.



Coral planting at Baros

NEW YEAR, NEW BEGINNINGS

At Baros, sustainability is more than a commitment — it is a way of life. Since 2006, we have nurtured the vibrant marine ecosystem surrounding our island, planting over 500 coral gardens across our house reef and lagoon. Despite challenges like coral bleaching and the impacts of climate change, our marine biology and diving teams remain steadfast in their dedication to preserving these precious underwater worlds for generations to come.

But how does coral planting work?

Corals are remarkable colonies of tiny polyps that thrive in sunlight-rich waters, feeding on food particles and photosynthesis. Much like terrestrial plants, corals can be “rooted” to a base — in this case, a specially designed metal frame. Through asexual reproduction, or cloning, small coral fragments grow and expand into thriving underwater gardens.

Our coral restoration workshops invite you to participate in this incredible process. Guided by our marine biologists, you will learn how to carefully prepare, plant and secure coral fragments just a few centimetres long onto these frames.

Over the course of an hour, your budding coral garden is ready to be placed in a shallow nursery, where it will begin its journey of growth, just a few metres beneath the surface.

Patience is essential, as coral takes its time to grow. However, the transformation is breathtaking. Over a two-year period, we will document your coral’s growth every six months, sending you “now and then” photos. You’ll witness the fruits of your contribution as you observe the significant changes during this time. Eventually, these gardens are either relocated to deeper waters to integrate with the natural reef or left in place to become thriving habitats for marine life.

This hands-on experience offers more than just the joy of giving back to nature — it fosters a sense of hope, and connection to the ocean’s timeless beauty.

Join our passionate team at Divers Baros Maldives and plant your very own coral garden. It’s an unforgettable, meaningful gift for yourself or a loved one and a lasting contribution to the vibrant underwater world of our blissful paradise. Together, let’s create a sustainable future, one coral at a time.

Early Bird Cleansing Ritual

Stress can take a toll on your body, tightening muscles, reducing circulation and leaving tension in its wake. At Serenity Spa, we invite you to release these burdens and restore balance with our Early Bird Cleansing Ritual — a tranquil journey to awaken, revitalise and renew your body and mind.

Your experience begins at sunrise with a refreshing, health-boosting juice delivered to your villa, to gently awaken your senses. At 7 am, join our resident yogi for a complimentary sunrise yoga session. This serene practice stretches and balances your body while energising your spirit, setting the tone for the day ahead.

Next, retreat to the calming sanctuary of our private treatment room for the deeply therapeutic Theranaka Mud Wrap. This creamy, mineral-rich mud, infused with kaolin, vetiver and cedarwood, purifies the skin, enhances circulation, and gently warms your muscles. While cocooned in its soothing embrace, you will delight in an Indian head massage, releasing tension, promoting relaxation, and leaving you in a state of bliss.



The ritual concludes with an indulgent Back, Neck and Shoulder Massage, using firm, targeted pressure to melt away tightness and restore mobility. Our African Vigour Body Oil — a luxurious blend of rosemary, pine, black pepper and marjoram, enriched with almond and wheat germ oils — stimulates circulation and soothes every muscle, leaving you deeply relaxed and invigorated.

Start your day with this serene spa experience, designed to nurture both your body and soul. At Serenity Spa, we go beyond relaxation to ensure you leave Baros feeling utterly renewed and restored.

Fresh Horizons at Baros

At Baros, we are constantly evolving to elevate your experience. We have introduced thoughtful updates across our offerings, making them even more accessible while maintaining the signature Baros excellence.

Our culinary offerings have been enhanced with exciting new dishes added to the Lime Restaurant menu. The Cayenne Grill and The Lighthouse Restaurant continue to delight with their renowned favourites. All these now offered with adjusted pricing to reflect exceptional value.

Beyond dining, our range of excursions and recreational activities have also seen updates, inviting you wider opportunities to explore the wonders of Baros.

These thoughtful changes are designed with you in mind, ensuring that every moment spent with us is unforgettable, all while staying true to the timeless elegance of Baros.



Michelle Eskofier

Assistant Front Office Manager

Originally from Germany, Michelle's journey into hospitality began with a degree in Hospitality and Tourism Management, complemented by practical experience through internships and work abroad.

Her career has taken her across Europe in Guest Relations and Front Desk roles, and even into the skies as a flight attendant—fulfilling a childhood dream that introduced her to Asia and America.

Joining Baros was another dream realised for Michelle, who admires its rich history, natural beauty and authentic Maldivian heritage. She feels privileged to work for a brand celebrated as the World's Most Romantic Resort.

Leading a dedicated, international team that consistently exceeds guest expectations brings her immense joy. "Seeing guests smile as they plan their return trip is the ultimate reward," she shares.

In her downtime, Michelle enjoys yoga, coffee with friends and the captivating Maldivian sunsets, which continue to inspire her even after two years.



Your Baros Moments

A Glimpse of Grace

This stunning image, shared by the Hartmann family - another of our esteemed repeat guests - beautifully captures the serene elegance of a nurse shark during a Baros nurse shark excursion. Silhouetted against shimmering sunlight, the gentle giant glides effortlessly through the water, accompanied by its loyal entourage of fish.

Known for their calm and docile nature, nurse sharks are often found in the warm, shallow waters of the Indian Ocean. Despite their size, these nocturnal creatures are peaceful by nature, offering encounters that are both mesmerising and unforgettable.

Have a moment you'd love to share? Whether it's a striking photo, a cherished memory or a heartfelt message, we'd be delighted to feature it in Guest Submissions. Your Baros story could inspire the next extraordinary adventure!



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did you know

...that Baros is one of the few Maldivian-owned and managed resorts in the Maldives, proudly preserving its local heritage.

...that nurse sharks, known for their gentle nature, can grow up to three metres in length and live for over 25 years.

...Baros has been honoured as the “World’s Most Romantic Resort” by the World Travel Awards an impressive nine times.

...that the Maldives is home to a stunning array of marine species, making it one of the world's most remarkable marine biodiversity hotspots.



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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