

in touch
MAGAZINE

Time to Renew



Dear Baros guest,

Welcome to the spring edition of In Touch: a collection of discoveries and delights inspired by the season's rejuvenating spirit.

Indulge in a stunning fusion recipe designed by our chefs to transport the flavours of Baros into your home. Immerse yourself in the captivating stories of our underwater realm, where you'll encounter the graceful dance of our resident turtles. Finally, learn about the history of Eid and how we celebrate it here in the Maldives.

We look forward to welcoming you back to experience the timeless charm of Baros once more. Until then, let In Touch be your portal to the inspiring moments and exclusive insights that define our island.

Warm regards,

Shijah
General Manager



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Tortellini

WITH MUSHROOM VELOUTÉ

This tortellini dish brings together rich, earthy flavours in perfect harmony. A silken filling of roasted sweet potato, sundried tomato and Parmesan is wrapped in a light gyoza wrap, complemented by a velvety mushroom velouté for an indulgent experience.



Ingredients

Tortellini Filling:

Roasted Sweet Potato	20g
Sundried Tomato	10g
Parmesan Cheese	20g
Steamed Spinach (Julienne)	10g
Gyoza Wrap	4pcs

Mushroom Velouté:

Mushroom	40g
Onion	10g
Cream	30g
Salt and Pepper to taste	

For Plating:

Mushroom Velouté	100ml
Water Chestnut (thinly sliced)	20g
Parmesan Cheese	10g
Fresh Spinach Leaves	4 leaves
Sundried Tomato	4pcs
Shaved Parmesan	4pcs

Method

Prepare the tortellini by blending the filling ingredients until smooth. Spoon a small amount onto each gyoza wrap, fold into a classic tortellini shape and seal the edges.

Next, sauté onions and mushrooms until tender, then blend with cream and season to taste, for the Velouté.

Lastly, boil the tortellini in salted water for two to three minutes.

Serve in a warm bowl of mushroom velouté, garnished with crisp water chestnut, sundried tomatoes, fresh spinach and Parmesan shavings.

A dish of understated luxury: perfectly balanced, beautifully presented and effortlessly indulgent.



Strawberry Fields

A vibrant, bold and elegantly refreshing cocktail, Strawberry Fields is a tantalising fusion that offers a taste of spring in every sip.

Ingredients

José Cuervo Gold	60ml
Aperol	15ml
Strawberry Basil Syrup	45ml
Lemon Purée	20ml
Demerara Syrup	10ml

Method

Fill a shaker with ice cubes and pour in the José Cuervo Gold, Aperol, strawberry basil syrup, lemon purée and Demerara syrup. Shake vigorously to blend the flavours. Strain into a rock glass filled with fresh ice, and garnish with a basil leaf or strawberry slice for a final touch.

Perfect for sunsets or leisurely afternoons, it is a harmonious mix of fruit, herb and spirit — one that lingers, much like a perfect Baros memory.

Dive adventures at Baros



A mesmerising world lies below the surface of the turquoise waters of Baros, waiting to be discovered. Whether exploring the marine world for the first time or seeking new depths of adventure, our Divers Baros Maldives centre offers tailored experiences to suit every level of discovery.

If you have ever dreamed of exploring beneath the waves, Discover Scuba Diving is the perfect introduction. Over two immersive hours, our expert PADI dive instructors will guide you on an unforgettable first dive along the vibrant Baros house reef, where shoals of colourful fish dart through the shallows and corals teem with life.

For certified divers, Baros offers the full range of PADI courses, from beginner to advanced. Whether

you're polishing your buoyancy, mastering deep dives or embarking on a night dive adventure, our professional instructors ensure a rewarding experience that deepens your connection to the ocean.

For those seeking something truly bespoke, Diving by Design lets you tailor your underwater journey. With our special programme, choose from one to three curated dive trips, handpicked by our experts based on the best conditions of the day. Elevate the experience with a private diving dhoni or indulge in the luxury of your own yacht for an unparalleled exploration of the Maldives' spectacular reefs.

Answer the ocean's call and immerse yourself in the beauty beneath Baros today.



A BRIEF MALDIVIAN LANGUAGE GUIDE

Turtle

Velaa

Small

Kuda

Sea

Moodhu

Big

Bodu

Custom

Aadhakaadha

Joy

Ufaa

Hawksbill Turtle

Kahan'bu

Reef

Faru

Culture

Sagaafaiy

Thank you

Shukuriyya

Eid in the Maldives: A Celebration of Tradition, Togetherness and Joy

The Maldives, famed for its breathtaking atolls and crystalline waters, is also home to a rich cultural tapestry shaped by influences from Asia, Africa and the Middle East.

Since embracing Islam in 1153 AD, the Maldivian people have woven their religious observances into daily life, blending them with customs passed down through generations. Among the most treasured of celebrations are the two Eids — joyful occasions that unite families and communities in a vibrant celebration of unity, faith and festivity.

Eid al-Fitr, or Kuda Eid (Small Eid), marks the end of Ramadan's month-long fast. Families indulge in celebratory breakfasts and sumptuous lunches, while evenings pulse with music, performances and joyful reunions.

Eid al-Adha celebrations, the grander of the two, span four days, following the sacred Hajj pilgrimage.

Across the islands, communities gather for traditional games, folk performances and feasting. Each year, one island is chosen as the nation's official celebration hub, drawing crowds in a jubilant display of unity.

Over the years, Maldivian Eid celebrations have evolved from the grand processions once led by Sultans to today's dynamic blend of heritage and modern festivity. Yet, time-honoured customs endure: Bodu Mas is a dramatic parade featuring a giant fish effigy, Fenkulhi is a playful water-and-colour-splashing ritual, while the rhythmic beats of Bodu Beru drums ensure the preservation of the soul of Maldivian tradition.

At Baros, we embrace the essence of Eid with heartfelt traditions and indulgent feasts, inviting you to experience the warmth, heritage and joy of this special time.



The Sea Turtles

ANCIENT OCEAN WANDERERS

The Hawksbill and Green Sea turtles are a familiar sight on the vibrant reefs of the Maldives, offering divers and snorkellers the chance to witness their graceful presence year-round. Though equally mesmerising, these two species are distinct in appearance, behaviour and, most notably, diet — a characteristic that determines where they are found on the reef.

True to their name, Hawksbill turtles have sharp, pointed beaks, perfectly designed for chiselling corals and prying sponges from the reef's most elusive nooks. Their rugged, weathered carapace bears the marks of a life spent foraging in narrow crevices, and their restless nature means they seldom stay still long enough to enjoy the services of cleaner fish. As a result, their shells often gather algae and barnacles, adding to their untamed, timeworn charm.

In contrast, Green Sea turtles exude a calm, unhurried presence. Significantly larger than Hawksbills, they are easily recognised by their smooth, rounded shells and softer mouthline — an adaptation suited to their herbivorous diet of seagrass.

Preferring the serenity of underwater meadows, they drift effortlessly over expansive seagrass beds. Unlike their more energetic counterparts, Green Sea turtles delight in spa-like treatments, frequenting cleaning stations, where fish meticulously remove algae and parasites, leaving them with a pristine, polished sheen.

At Baros, our thriving house reef is home primarily to Hawksbill turtles, drawn by the abundance of corals and sponges. However, on rare and special occasions, those lucky enough may glimpse a Green Sea turtle gliding through the waters — or even a nesting mother returning to shore, continuing a cycle as ancient as the ocean itself.

Whether swift and rugged or calm and majestic, these gentle ocean wanderers are a treasured part of the Baros experience, offering an unforgettable encounter with the wonders of the Maldivian marine world.

Serenity Healing Therapy

Your session of tranquillity begins with a Flotation and Immersion Therapy in the crystalline waters of the Baros lagoon. Guided by our resident yogi, you will float effortlessly as the water supports your body, releasing tension and allowing muscles to relax in a way that land-based therapies simply cannot achieve. With each gentle movement, the sensation of weightlessness encourages a deep, meditative calm, while controlled immersion promotes slow, steady breathing — inviting you into a state of serene stillness.

Following this aquatic immersion, your journey continues at Serenity Spa's secluded garden treatment villas with a grounding, restorative massage. A ceremonial foot bath with a mineral-rich salt scrub prepares you for an indulgent 90-minute massage infused with the healing essence of freshly harvested island botanicals.



A warm herbal poultice, crafted from ginger to stimulate circulation and moringa to protect and soothe tired muscles, is gently pressed against areas of deep tension. The massage itself is delivered in flowing, rhythmic strokes using warm coconut oil infused with popular Maldivian spices such as clove, cinnamon and cardamom, enhancing relaxation while easing aches in the back, hamstrings and calves. Every element of this treatment is designed to restore balance, release stress and leave you in a state of pure bliss.

This unique fusion of water therapy and botanical healing is more than just a treatment — it is an invitation to rediscover tranquillity in its purest form. Serenity Spa welcomes you to embark on this transformative journey. Your moment of renewal awaits.

Green Sea Turtle Hatchlings at Baros

Nature gifted Baros an extraordinary moment on the morning of 26 December, when a clutch of Green Sea turtle hatchlings emerged, bringing joy and excitement to the island.

It began on 27 October 2024, when a Green Sea turtle chose the back garden of the Baros Retreat to lay her eggs. After nearly two months of patient anticipation, the nest finally came to life, with 31 tiny hatchlings making their way to the ocean safely under the careful guidance of our marine biology team and helpful guests.

As part of our conservation efforts, a data nest excavation was carried out with permission from the Environmental Protection Agency (EPA) of Maldives, confirming a total of 43 eggs in the chamber, with 12 undeveloped eggs.

This magical event highlights the importance of turtle conservation and our dedication to protecting these endangered creatures. If you're lucky, you may witness the next hatchling journey — a moment of pure magic.



Ibrahim Jameel

Reservation and Revenue Manager

Hailing from Addu, the southernmost atoll of the Maldives, Ibrahim Jameel brings over a decade of expertise in reservations and revenue management. Having worked with renowned resorts like Shangri-La Villingili, Gili Lankanfushi, LUX* North Male' and Jumeirah Olhahali, he now calls Baros home, where he blends analytical precision with a passion for crafting unforgettable guest experiences.

"I love playing with numbers and keeping an eye on market trends — it's like a game of strategy. But more than that, I enjoy personalising each guest's journey before they even arrive," Jameel shares.

When he's not fine-tuning rates, he's spending time with his young family in Malé. Or, you may find him occasionally indulging in a Cayenne steak — his personal favourite. His top tip? Book direct for the best rates and a tailor-made stay!



Your Baros Moments

A Love Story Woven into Baros

Sixteen years ago, they arrived at Baros as a young couple. This February, our guests returned for their 10th visit as husband and wife, reaffirming their love in the place that holds their most cherished memories.

Celebrating amid Baros's romantic ambience, they marked the occasion with a special nuptial ceremony aboard Nooma, our traditional Maldivian dhoni, and by planting a palm tree, a living symbol of their enduring love.

"To us, Baros is more than a destination — it is home, family and a place where every moment becomes a treasured memory. No matter the distance, Baros will always be in our hearts."



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 In Touch. Your Baros story could inspire the next extraordinary adventure!

did you know

...that the Maldives used to be a Monarchy?

...that turtles can be identified by the distinct patterns on their cheek, which is unique to each individual, much like a human fingerprint?

...that you can name your own turtle if it's a new discovery that has not been recorded as marine biologists keep databases on all turtles?

...that the Bodu Mas performance is the most anticipated celebration of the day during Eid al Adha?



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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