BAROS
MALDIVES

in touch
MAGAZINE

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www.baros.com

Dear Guests,

Welcome to the summer edition of IN TOUCH — a celebration of Baros in its most soulful season, when May to September brings lush landscapes, glowing sunsets and the rare wonder of unique marine life.

In this issue, discover enticing new experiences at the Chef's Garden, uncover the magic of bioluminescence and meet the passionate people behind the Baros experience. You'll also find indulgent recipes to recreate at home for a taste of Baros and a look into local life through Malé's vibrant markets.

We look forward to welcoming you back to experience the timeless beauty of Baros once again. Until then, let IN TOUCH be your window into the stories, moments and magic that make our island so unforgettable.

Warm regards,

Shijah
General Manager

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Maldivian Lobster Risotto

A TASTE OF THE OCEAN IN EVERY BITE.

Inspired by the sea's rhythm and rich waters, this Maldivian Lobster Risotto brings a touch of indulgence to your table. Creamy, comforting and layered with delicate seafood flavours, it's the perfect dish for a special evening — at Baros or at home.

Ingredients

Sliced onions	30g
Garlic, minced	30g
Sand lobster *(whole, out of shell, cleaned and diced)*	150g 120g
Risotto rice (precooked)	50g
Leeks, chopped	30g
Parmesan cheese, grated	20ml
White wine	30ml
Lobster stock	30ml
Cooking cream	30ml
Artichoke heart (cooked and quartered)	1
Salt and pepper to taste	

Method

In a sauté pan over a medium heat, warm a touch of oil or butter and gently sauté the onions and garlic until soft and fragrant. Add the diced lobster and sear lightly for one to two minutes until it just begins to firm.

Deglaze the pan with the white wine, allowing it to reduce by half. Stir in the precooked risotto rice, followed by the lobster stock and chopped leeks. Let it simmer gently for a few minutes, allowing the flavours to infuse.

Finish by adding the cream and Parmesan, stirring until glossy and creamy. Season to taste. Fold in or garnish with quartered artichoke hearts and serve hot.

Baros Panda G&T

REFRESHING. FRUITY.
ELEGANTLY TROPICAL.

A Baros sundown favourite, this twist on the classic gin and tonic features Panda Gin — an organic Belgian gin infused with lychee. Paired with sun-ripened fruits, finished with a flourish of edible flowers, it's the essence of tropical elegance in a glass. Stirred with care and served with style, it's perfect for sunset moments, here at Baros or at home.

Ingredients

Panda Gin	40ml
Tonic water (1 bottle or to taste)	
Fresh strawberry	1
Slice each of fresh orange, lemon and lime	1
Ribbon of fresh cucumber	1
Blueberries	20g
Edible flowers (optional)	10g
Large ice ball	1

Method

In a red wine glass, place a large ice ball to chill the drink without diluting it too quickly. Pour in 40ml of Panda Gin, followed by tonic water to your preferred strength. Stir gently to combine.

Add a slice each of orange, lemon and lime, along with a ribbon of cucumber for a crisp freshness. Drop in the blueberries and a halved strawberry for a sweet, fruity layer. Garnish with a few edible flowers for a beautiful, Baros-inspired touch.

Serve immediately and enjoy your sip of Baros, wherever you may be.

The Chef's Garden

For years, we've taken pride in crafting meaningful moments at Baros — ones that feel personal, thoughtful and quietly extraordinary. Now, our new Chef's Garden experiences invite you deeper into our island's flavours.

Tucked away in a peaceful corner of the island, the Chef's Garden is where our culinary story takes root. Here, our chefs draw daily inspiration from tropical herbs, indigenous plants and hand-grown spices — many cultivated in our hydroponic greenhouse and organic beds. And, if you fancy a souvenir with soul, our spice boutique offers carefully selected Maldivian and international spices to take home.

We've curated three experiences for you to discover the garden in your own way:

Island Infusions is a hands-on spice workshop where you'll learn the secrets of Maldivian seasoning and create your own blend to keep.

Garden Rise sets a gentler pace. Begin your day with a private early morning yoga or meditation session on the exclusive Piano Deck, followed by a wholesome breakfast of nourishing cold-pressed juices, fresh herbs and light dishes in the Chef's Garden.

And for something truly memorable, try **Ocean Harvest.** Enjoy fishing at sunset, then head to the Chef's Garden for a private dinner, surrounded by fragrant herbs. It's an experience that brings together sea, land and flavour in one beautiful evening, where your catch is transformed by a dedicated chef into a bespoke feast, right in front of you, beneath the stars.

It's all part of our garden-to-table ethos, shaped by Baros's intimacy with and deep respect for nature. If it speaks to you, contact our team and we'd be delighted to welcome you in.

The markets of Malé

Step off the sun-drenched serenity of Baros and into the vibrant heart of Malé, where the Local Market and Fish Market invite you to experience the Maldives beyond the beach — colourful, communal and rich in tradition.

These lively hubs offer a vivid window into Maldivian life and heritage. From early morning, Local Market stalls brim with fresh fruit, vegetables and local snacks brought fresh from the islands. Bargaining is part of the ritual here, with friendly vendors offering produce that supports distant island communities.

Just a short stroll away lies the Fish Market, buzzing with energy. Fishermen in dhoni (boats) of varying sizes dock right by the water's edge as they unload the day's catch — yellowfin and skipjack tuna, grouper, snapper and more. Watch as skilled workers fillet and gut fish at breakneck speed, metres from eager restaurateurs and locals selecting their preferred cuts.

The markets form the vibrant heart of Malé's economy. Fishing alone employs around 30% of the population and remains the nation's second-largest industry after tourism. But they're not merely commercial hubs — they are also cultural gatherings, showcasing the daily lives, traditions and ingenuity of Maldivians.

For guests at Baros, an afternoon in Malé's markets is an unforgettable experience — rich in sights, sounds and aromas, and a chance to truly immerse in local culture. Discover the essence of the Maldives by exploring Malé with our dedicated Sightseeing and Shopping Tour. Speak with your butler to arrange your visit and bring home more than souvenirs — take away stories and connections from the heart of Maldivian life.

A BRIEF MALDIVIAN LANGUAGE GUIDE:

Food	**Fish**	**Family**	**Delicious**	**Friendly**
Kaanaa	Mas	Aailaa	Meeru	Ekuveri
Home	**Island**	**Smile**	**Lagoon**	**Treasure**
Ge	Rah	Hinithunvun	Falhu	Hazaanaa

The magic of bioluminescence

On certain tropical nights, the sea comes alive with glowing bursts of light that last just a few seconds — but leave a lasting impression. This phenomenon, known as bioluminescence, is widespread across the world's oceans and often features on the bucket lists of curious travellers.

During the changing monsoon seasons, when plankton blooms are at their peak, millions of tiny organisms transform the shoreline into a scene that resembles a sky full of stars. You may witness this magical glow while strolling along the beach or snorkelling and diving after dark.

So, what exactly is it? Bioluminescence is the natural production and emission of light by living organisms, found from the ocean's surface all the way to its deepest trenches. The glow comes from a chemical reaction inside the organisms — much like what you see in fireflies. While a wide range of marine life can produce light, it's most commonly observed in large gatherings of plankton, brought together by ocean currents and seasonal winds.

'Plankton' refers to any organism that drifts with the current, ranging from microscopic bacteria to fish eggs and the larvae of many marine species, such as molluscs and crustaceans. These creatures typically have limited ability to swim on their own and rely on the ocean's movements to carry them.

The chemical reaction that produces light can be triggered in a few different ways. Sometimes, it's spontaneous — used by the organism to signal a mate, ward off a predator or lure prey. But more often, it's mechanical: triggered by movement in the water. A kick of your fins, a splash of your hand or a gentle shuffle through the wet sand can set off a cascade of blue and green sparks.

It's a rare and unforgettable glimpse into the hidden wonders of the ocean — one that invites renewed wonder for nature.

Serenity Signature Massage

Experience the perfect harmony of tradition and tranquillity with our Serenity Signature Massage, an exquisite blend of Thai stretching techniques and the deep relaxation of Balinese massage. Designed to restore balance and vitality, this signature treatment focuses on relieving tension while enhancing flexibility, leaving you refreshed and recharged.

Your journey begins with gentle yet effective Thai stretching movements, easing stiffness and improving circulation. Next, deep tissue techniques focus on your leg muscles, releasing built-up tension and fatigue. This is perfect for those seeking relief from long, active days or travel.

The highlight of this rejuvenating experience is the hot stone massage, where warm, smooth stones are carefully placed on your back, where they work deeply into muscle tissues, alleviating tightness, melting away stress and promoting an unparalleled sense of peace. You'll be left in a state of pure relaxation.

Reserve your session today and indulge in island calm.

Baros Treasure Hunt

ADVENTURE AWAITS BENEATH THE SURFACE AT BAROS!

We’re thrilled to share the launch of the Baros Treasure Hunt — a weekly underwater competition inviting you to explore our incredible house reef and win incredible prizes. Starting Friday, 6 June 2025, and continuing every Friday until 31 May 2026, the Baros Treasure Hunt will become a highlight of your week.

Every Friday, for 45 minutes, our inner lagoon transforms into a playground for discovery. The objective is simple yet exciting: locate, collect and return one of the 10 specially numbered Baros Treasures hidden among the coral formations. Each week, one lucky treasure will bear the winning number, and the finder will be instantly rewarded with a fantastic prize voucher. Those who manage to secure a Baros Treasure during our weekly events are entered into a grand prize draw at the end of the 52nd week, for a return stay at Baros for two, with flights included.

Whether you're a snorkeller or diver, it's a fun way to explore the reef. Ask your butler or our team to take part.

Danushka Perera (Danu)

Chief Sommelier

With over two decades in hospitality and more than 15 years as a dedicated sommelier, Danu brings a wealth of experience and passion to his role as Chief Sommelier at Baros. Hailing from Sri Lanka, his career has taken him across some of the world’s most iconic destinations, from Dubai and Seychelles to Singapore and the Maldives — where he has curated exceptional wine experiences for discerning travellers. Known for his thoughtful, sustainable approach and deep knowledge of global wines, Danu has hosted renowned winemakers and tastings at every stage of his professional journey.

Featured as Sommelier of the Month in wine enthusiasts blog Wine Xplorer, he continues to elevate the wine journeys for guests at Baros with warmth, expertise and global flair.

Your Baros Moments

This issue, we're highlighting a magical moment, when one of our guests encountered a majestic manta ray, captured on a Manta Diving Excursion with Divers Baros Maldives.

Nichole, 116

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

... the Maldives exports tuna to over 50 countries worldwide?

... traditional Maldivian fishing uses pole-and-line methods to reduce bycatch?

... Malé's Local Market was first established in the 1960s?

... the Maldives has two official seasons: dry (Iruvai) and wet (Hulhan'gu)?

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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