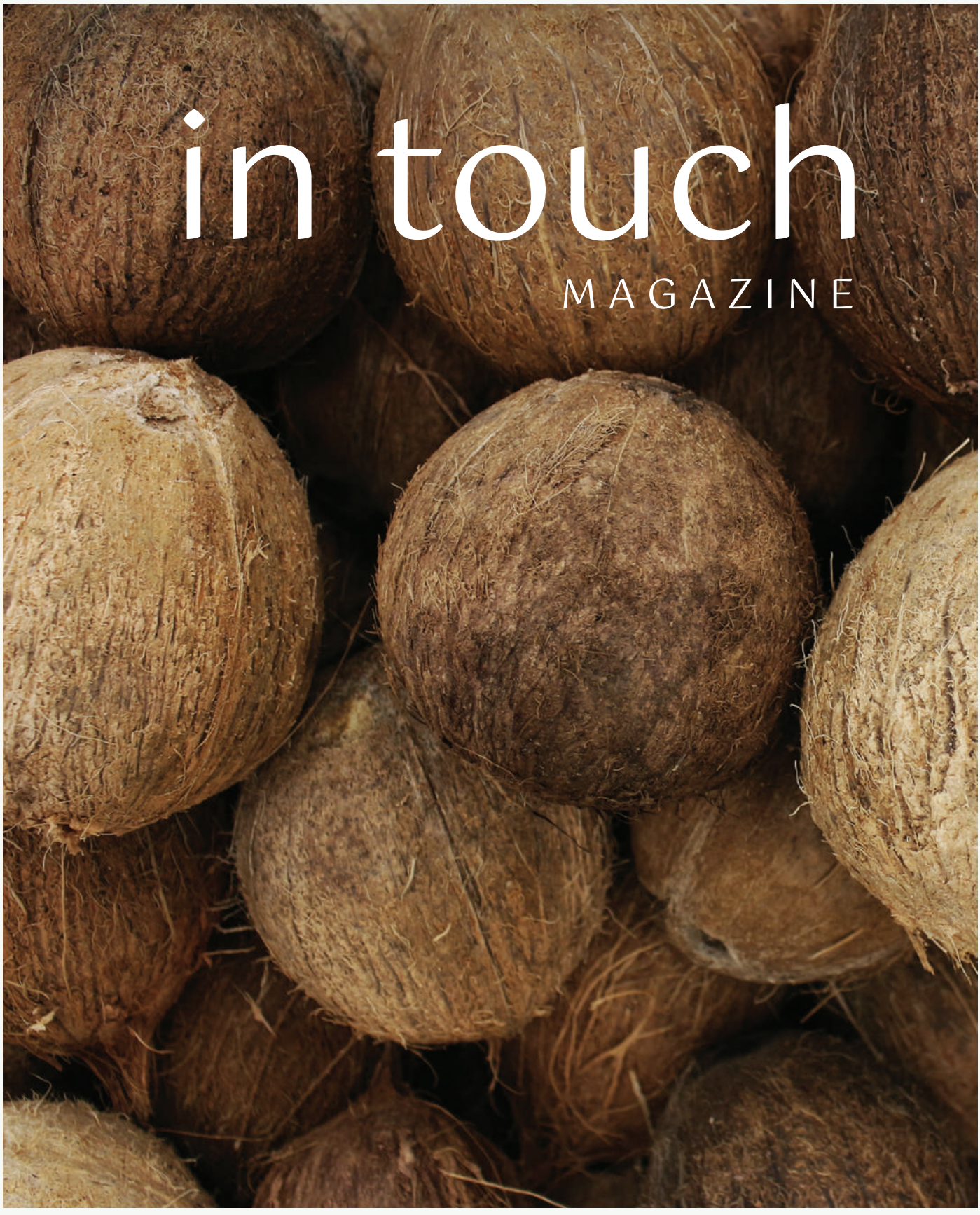
BAROS
MALDIVES



in touch
MAGAZINE

July, August, September 2026

www.baros.com

Timeless island spirit

Dear Baros Guest,

This quarter, we invite you to discover moments shaped by the culture and traditions of the Maldives. At Baros Maldives, each experience is rooted in a true sense of place, where heritage and natural beauty come together in effortless harmony.

Savour island-inspired creations at our Maldivian Night, enhanced by fresh ingredients from our Chef's Garden. Set sail at sunset aboard our traditional dhoni, or join our local crew for an authentic fishing experience. Beneath the surface, a kaleidoscope of marine life awaits, while on land, the calm of our gardens and spa invites you to unwind.

Once a coconut plantation, Baros remains deeply connected to its origins. This sense of heritage continues at the Maldivian Lounge, where a carefully curated collection of artefacts offers a glimpse into the history and traditions of island life.

Warm regards,

Shijah
General Manager

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Tuna with Coconut, Ginger & Tropical Flavours

A delicate composition inspired by island flavours, where fresh tuna meets the silky richness of coconut, the gentle warmth of ginger, and the bright, sun-kissed freshness of papaya and lime. Light, elegant, and beautifully balanced, this dish reflects the purity and vibrancy of tropical ingredients.

Ingredients

Tuna

Fresh tuna, thinly sliced	100g
Salt and freshly ground black pepper	

Coconut and Ginger Emulsion

Coconut cream	100ml
Ginger, finely sliced and diced	20g
White vinegar	20ml
Sugar	10g
Salt to taste	

Velvety Avocado Purée

Ripe avocado	100g
Lemon juice	10ml
Fnely chopped onion	10g
Salt and pepper	

Pickled Jicama

Jicama, peeled and cut into thin spheres	1pc
White vinegar	50ml
Water	50ml
White sugar	50g

To Finish

Papaya, finely diced	30g
Pickled jicama	15k
Olive oil	5ml
Fesh lime juice	10ml
Coconut & chia wafers	3

Method

Avocado Purée

Blend avocado, onion and lemon juice until smooth and creamy. Season lightly and set aside.

Coconut and Ginger Emulsion

Mix coconut cream, vinegar, ginger and sugar until well combined. Season gently with salt.

Pickled Jicama

Bring vinegar, water and sugar to a boil. Pour over jicama and allow it to cool completely.

Coconut and Chia Wafers

Warm coconut cream, add chia seeds, spread thinly and bake at 130°C for 15 minutes. Cool until crisp.

Assembly

Coat the tuna lightly with the coconut emulsion and place it at the centre of the plate. Add pickled jicama and papaya, followed by avocado purée quenelles. Finish with coconut and chia wafers, olive oil and lime juice.

Garden Harvest Elixir

A vibrant garden-to-glass cocktail inspired by the lush tropical spirit of the Maldives and the Chef's Garden at Baros Maldives. Built around freshly picked basil and bright island flavours, it reflects a simple philosophy: ingredients at their purest, closest to nature and shaped by seasonality. In the Maldives, where land and sea are deeply connected, this approach mirrors a long-standing respect for natural abundance and balance.

Ingredients

Chef's Garden basil (a generous handful)	
Fresh lime juice	30ml
Midori melon liqueur	20ml
Dry gin	30ml
Cointreau	15ml
Fresh cream	20ml
Ice cubes	

Method

Prepare the basil

Lightly bruise basil leaves to release their aroma.

Build the cocktail

Combine basil, lime juice, Midori, gin, Cointreau and fresh cream in a shaker.

Shake and blend

Add ice and shake well until chilled and silky. Light blending may be used to fully infuse the basil.

Serve

Double strain into a chilled glass and garnish with fresh basil.

A refreshing, aromatic creation where garden herbs, citrus brightness and soft creaminess come together in a clean, elegant expression of island living.

A Window into Maldivian Heritage at the Maldivian Lounge

At Baros Maldives, the past is gently preserved in the Maldivian Lounge, a curated exhibition space dedicated to the island's heritage, craftsmanship and way of life. Being locally owned and managed, Baros takes quiet pride in its Maldivian identity, offering guests an intimate window into the culture that shapes the islands today.

A rare collection of authentic antique maps of the Maldives is displayed, including charts dating back more than 400 years from the private collection of the late Dr. Maniku and the founding family of Baros. Alongside these are carefully preserved household implements and hand-crafted artefacts that once formed part of everyday island living.

Among them are objects such as the Malaafai, traditionally used to hold areca nut and betel leaves, a customary part of Maldivian post-meal rituals. The Huni Gondi, a low wooden stool used to grate coconut, reflects the essential role of coconut in local cuisine. The Foi Gondi, a beautifully crafted wooden stand, is still used today to hold the Holy Quran with reverence.

Also on display are traditional embroidery tools, toddy collection vessels and objects shaped by centuries of cultural exchange across the Indian Ocean.

The Maldivian Lounge is a serene, thoughtful space where history lingers, offering a deeper understanding of the islands, the traditions and the heritage that continues to shape Baros.

A BRIEF MALDIVIAN LANGUAGE GUIDE

Ocean
Kandu

Coconut
Kaashi

Fisherman
Masveriyaa

Tuna
Kanneli

Tea
Sai

Tradition
Sagaa Fai

Community
Mujuthamau

Family
Aaila

Sail
Riyaa

Local
Dhivehin

Into the Maldivian Horizon with Nooma

Once the backbone of Maldivian life, dhonis were traditionally handcrafted wooden sailing vessels used for fishing, inter-island transport and trade across the atolls. Built from coconut palm timber and shaped entirely by hand, each dhoni carried not only goods but also the rhythm of daily island life, connecting communities scattered across the ocean.

As the sun begins its slow descent over North Malé Atoll, the waters around Baros Maldives soften into gold. Aboard Nooma, our traditional Maldivian dhoni, guests are invited to experience one of the most timeless journeys the islands have to offer.

Today, Nooma carries out a different kind of voyage. Accompanied by our local boat crew dressed in traditional attire, the experience remains deeply rooted in heritage. As the sails catch the evening breeze, the dhoni glides gently across calm waters, revealing shifting tones of coral pink, amber and deep indigo.

There is a quiet simplicity to this moment, no rush, no noise, only the sound of water and wind. Dolphins may appear alongside the boat, while the horizon slowly fades into twilight.

What was once a vessel of necessity has become a celebration of time and connection. A sunset cruise on Nooma is not just a journey across the sea but a return to the Maldives' seafaring soul – best experienced slowly, as day turns to night.

Cowries

From the Maldives to the Globe

Cowries are small, smooth sea snail shells often found washed up along tropical shores, their soft curves left behind by the tide. Anyone who has walked barefoot on a sandy beach may recognise the quiet urge to pick one up - an instinctive appreciation of their simple, natural beauty. Today, in the Maldives, the collection of shells and sand from beaches is no longer permitted, though their charm lives on through carefully crafted jewellery and decorative pieces found across the islands.

Belonging to the family Cypraeidae, cowries are marine gastropod molluscs found in warm tropical waters, including the Indian and Pacific Oceans around the Maldives, Sri Lanka, and parts of Africa. Beyond their beauty, they play a role in the marine ecosystem, feeding on small organisms such as algae and sponges, helping maintain balance within coral reef environments.

Naturally nocturnal, cowries are most active at night, moving across shallow sandy seabeds in search of food. Night snorkelling in the Maldives often reveals their delicate tracks etched into the sand, soft, winding trails that seem almost drawn by hand beneath the water's surface.

With more than 250 species worldwide, one variety in particular became historically significant: Monetaria moneta, known as the "money cowrie". Smooth, glossy and egg-shaped, it was once used as currency across parts of Africa and Asia.

The Maldives holds a remarkable place in this history. Between the 17th and 18th centuries, cowries were carefully collected and exported in vast quantities, contributing to a trade that reached far beyond the islands. The traditional "wading" method saw collectors standing in shallow waters, gently lifting shells from beneath rocks and coral. In a single day, thousands could be gathered, particularly in the atolls of Ari, Huvadhu and Haddhunmathi.

Though never used as currency within the Maldives itself, cowries travelled the world, becoming a quiet yet powerful symbol of the islands' long-standing connection to the sea.

Nature's Gentle Touch at Serenity Spa

At Baros Maldives, wellbeing unfolds gently, shaped by tradition, nature and the unhurried rhythm of island life. Tucked deep within the island's lush greenery, the spa is surrounded by tropical vegetation and magnificent, mature trees that have stood here for generations - silent witnesses to the island's legacy. In this natural sanctuary, where nature and heritage meet, time drifts more gently and the senses naturally settle.

Rooted in ancient Ayurvedic wisdom and guided by Maldivian traditions of care and balance, treatments are designed to restore harmony from within. Signature rituals such as Abhyanga and Shirodhara are offered with mindful intention - warm, flowing oils soothe the body, ease tension and invite a deep sense of calm. In Shirodhara, the gentle stream of oil across the forehead quiets the mind, creating space for profound relaxation.

Wellbeing extends beyond the treatment rooms into the living landscape itself. Guests are invited to reconnect through gentle yoga sessions held beneath the canopy of trees or through sound healing experiences that use vibration and resonance to restore balance. Each moment is designed to return awareness to breath, body and the natural world.

Local inspiration remains at the heart of every ritual. The coconut and sand scrub, drawn from traditional island practices, gently exfoliates and refreshes the skin, followed by a nourishing coconut body mask that restores hydration after sun-filled days.

The journey concludes with a flowing massage using coconut and rosemary oil, comforting, grounding and revitalising in equal measure.

At Serenity Spa, healing is never rushed. It is a thoughtful experience where nature, culture and touch come together, leaving behind a quiet feeling of balance that lingers long after you leave.

A Moment of Recognition

We are delighted to share that Baros Maldives has been nominated in the Condé Nast Traveler Readers' Choice Awards 2026. This recognition is especially meaningful as it is driven by the voices of travellers who have experienced the island first-hand and chosen to share their appreciation.

As one of the Maldives' pioneering resorts and among the first to open its doors in North Malé Atoll, Baros holds a special place in the history of Maldivian hospitality. Over the years, it has quietly become an icon of understated luxury, known for its timeless elegance, intimate atmosphere and deep connection to nature.

This nomination reflects the dedication of our team and the trust of our guests, whose continued support inspires us every day.

We are truly grateful for this recognition and for everyone who has been part of our journey.

Mohamed Nazeeh "Totto"

F&B Supervisor, Lighthouse

From early beginnings as an F&B intern to experiences across some of the Maldives' most renowned resorts, his journey has been shaped by genuine passion, curiosity and a deep love for hospitality.

Today, as F&B supervisor at Baros Maldives, he brings effortless energy, warmth and quiet attention to detail to every guest experience, ensuring each moment feels personal and well cared for.

In the evenings at The Lighthouse, his presence helps shape the restaurant's easy elegance where attentive service and intuitive timing come together to create lasting impressions.

Beyond the island, he enjoys football and surfing, embracing the simple rhythm of life by the sea.

Your Baros Moments

During their most recent stay at Baros Maldives, our long-standing repeat guests and passionate diving enthusiasts experienced a rare and unforgettable moment beneath the surface. With over 480 dives to their name, they have only encountered this magical scene once in their lifetime, playful dolphins gliding effortlessly through the blue, right alongside them underwater. A fleeting, unexpected encounter that turned an already memorable dive into something truly extraordinary, reminding us once again of the ocean's quiet surprises.

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 moment could inspire the next extraordinary adventure!

did you know

... the Maldives is home to one of the world's most unique seafaring traditions, where navigation was once guided by stars, currents and wind patterns long before modern instruments?

... many Maldivian dishes are still prepared using age-old techniques such as sun-drying, fermenting and coconut-based cooking methods passed down through generations?

... coral stone once played an important role in traditional Maldivian architecture, shaping some of the earliest homes and community buildings across the islands?

... the dhoni, the traditional Maldivian boat, remains a symbol of island identity, with craftsmanship techniques that have been preserved and refined over centuries?

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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