



in touch
MAGAZINE



Essence of the Maldives

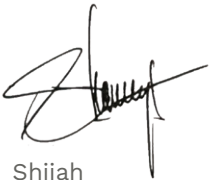
Dear Baros Guest,

Welcome to the enchanting world of Baros. With this issue of IN TOUCH, we invite you to explore the breathtaking beauty of our pristine island.

Discover our newest gem, the two-bedroom Baros Retreat, delve into the rich traditions of Maldivian craftsmanship and embark on a journey of romantic indulgence at our Serenity Spa. Savour delectable dishes presented to you by world-class Baros chefs and meet our newly appointed Food & Beverage Director, whose culinary expertise is set to elevate your dining experience to even further heights.

At Baros, we strive to create unforgettable moments that promise to captivate your senses. We hope you enjoy exploring these pages as much as we enjoyed curating them for you.

With warm wishes,



Shijah
General Manager



Content

3

Bon Appétit
Oyster Chowder

4

Mixology
Sails Square

5

Discover Baros
A Premier Villa Experience at
the Baros Retreat

6

Our Heritage
Crafting Culture

6

**A Brief Maldivian
Language Guide**

7

Baros Underwater
The World of Gobies:
Tiny Guardians of the Reef

8

Spa Secrets
Romantic Spa Retreat for Couples

9

Baros News
Baros Maldives Wins Prestigious
Condé Nast Traveler Award

9

Get to Know
Francois Fiorilla

10

Your Baros Moments

11

Did You Know

12

Get in Touch



Oyster Chowder

Indulge in this luxurious oyster chowder from our signature restaurant, The Lighthouse - a creamy blend of delicate seafood and rich flavours, elevated by seared salmon, prawns and scallops for a truly refined dish.



Ingredients

White onion	50g
Fresh fennel	50g
White leaf sheath of leeks	50g
Potato	50g
Spinach	60g
Fish stock	150ml
White wine	50ml
Garlic	10g
Thyme	5g
Olive oil	20ml
Butter	50g
Fresh cream	80ml
Sour cream	50ml
Oyster	6pcs
Salmon caviar	20g
Salmon	20g
Prawn	20g
Scallop	20g
Salt to taste	
Micro leaves for garnish	

Method

Start by creating the base for this dish. Heat olive oil over low to medium heat in a saucepan and add chopped white onion, fennel, leeks, garlic and thyme. Cover and cook the vegetables until tender, stirring occasionally to prevent browning. Add oysters and white wine, cooking for a few more minutes.

Next, create the chowder. Add fish stock, fresh milk and cream to the base. Bring to a boil before reducing heat to a simmer, allowing the flavours to meld. Add blanched spinach and blend with a handheld stick blender until smooth and creamy. Just before serving, whisk in butter until fully incorporated. Season with salt to taste.

Lastly, marinate the salmon, prawns and scallops, before cooking them to your preference in butter, in a nonstick pan. Arrange the seafood on a serving plate, topping with salmon caviar and micro leaves. Pour the chowder around the seafood, ensuring it remains visible. For added richness, swirl in two spoons of cream just before serving.

This elegant recipe transforms simple ingredients into a dish that's as pleasing to the eye as it is to the palate. Bon appétit!



Sails Square

The Sails Square is a refined blend of smooth cognac, fresh lime, and delicate orgeat syrup, finished with a dash of aromatic bitters - perfect for an elegant evening under the stars.

Ingredients

Cognac	60ml
Freshly squeezed lime juice	15ml
Orgeat Syrup	15ml
Aromatic Bitters	1 dash

Method

Combine the cognac, freshly squeezed lime juice, orgeat syrup and a dash of aromatic bitters in a cocktail shaker. Fill it with ice, secure the lid and shake vigorously for a slow count of ten, letting the ingredients blend and chill perfectly. Strain into a chilled coupe glass, ready to serve.

For those who appreciate balance, the Sails Square delivers a harmonious blend of sweet, tart and bitter notes in every sip.

A Premier Villa Experience at the Baros Retreat



Welcome to the two-bedroom Baros Retreat, our newest and most exclusive villa. As the only two-bedroom villa on our private island, this retreat is thoughtfully designed to provide you and your loved ones with the ultimate sanctuary of serenity and sophistication.

Spanning 280 sqm, your retreat features a master bedroom with a luxurious king-size bed and a second bedroom with two twin beds. The spacious living room is equipped with modern amenities, creating a serene space for you to relax. Step outside onto your expansive deck and immerse yourself in the tranquility of your private pool, nestled within a tropical garden glade.

Every detail of your stay at the Baros Retreat has been meticulously crafted to enhance your experience. Begin your day with a romantic in-villa breakfast, and as the evening draws near, indulge in sunset canapés on your private deck. During your stay, embark on a bespoke three-hour cruise around the atoll aboard a luxury boat, savour an exquisite private dinner under the stars, and delight in an unforgettable breakfast on our iconic Piano Deck.

With direct access to our pristine beach, personalised butler service, and an array of exclusive amenities, your time at the Baros Retreat will be an unforgettable journey of elegance and serenity. The escape of a lifetime awaits you at Baros - immerse yourself in the beauty and sophistication that only we can offer.



A BRIEF MALDIVIAN LANGUAGE GUIDE

Reef

Faru

Shrimp

Din'gaa

Fruit Bat

Vau

Environment

Veshi

Sand

Veli

Sure

Yageen

Near

Kairi

Nice

Reethi

How

Kihineh

There

Ethaa

Crafting Culture

The Maldives offers a selection of intricate traditional crafts, each brimming with cultural significance and elaborate artistry. From the delicate patterns of lacquerware known as Laajehun to the refined patterns of handwoven mats, these crafts beautifully symbolise Maldivian life, reflecting a deep connection with nature and community. Every design tells a unique story, representing the rich heritage and creativity of the Maldivian people.

One of the best-known crafts is perhaps the Thun'du Kunaa mat weaving. Skilled artisans expertly weave these mats from the slender leaves of the screw-pine plant, creating resourceful items for sleeping, sitting and prayer. Using a simple knife and a wooden loom, these techniques are passed down through generations.

Another remarkable craft is coir rope making, where coconut husks are transformed into tough ropes. Artisans soak the husks, twisting and braiding them into sturdy strands for fishing nets, boat rigging and for various household uses. This craft showcases the community's resourcefulness in making the most of every part of the coconut tree.

At Baros, the essence of Maldivian craftsmanship is woven into the resort, offering you a chance to dive into the artistry and tradition of our island paradise. From the decor of our villas to a refined selection of local crafts in the Baros boutique, every corner of Baros celebrates these intricate designs. Wander the island and soak in the vibrant culture, where each piece of art invites you to discover the stories and traditions of its people.



The World of Gobies

TINY GUARDIANS OF THE REEF

Often overlooked, gobies are fascinating little fish with quirky traits that make them hidden gems of the ocean. With approximately 1,500 species worldwide - 80 of which reside in the Maldives - gobies are the largest family of marine fishes.

These miniature creatures, rarely exceeding 12 centimetres, often go unnoticed by divers and snorkellers. But their oversized eyes and lively movements endear them to those who take the time to stop and observe.

Gobies are divided into four main groups, each with unique behaviours. These include: sand gobies, who rest on sandy grounds; reef gobies, found atop shallow reefs; sleeper gobies, larger than other species and often seen in pairs; and the most amusing group, shrimp gobies, who live in symbiosis with snapping shrimps.

Shrimp gobies form a remarkable partnership with snapping shrimps, particularly those from the *Alpheus* genus. While the shrimp digs and maintains burrows, the goby stands guard, signalling when it's safe for the shrimp to emerge.

Witnessing this unique interaction - where the goby, ever vigilant, protects its shrimp companion - is a true delight. This relationship is an intriguing example of the interconnectedness of marine life.

Join our marine team for an excursion to spot the goby and discover the marvels of this captivating creature for yourself.

Romantic Spa Retreat for Couples

Our Serenity Spa presents a ceremony of pure relaxation for couples who cherish the romance of shared indulgence. This treatment is carefully designed to dissolve every tension and leave you both fully rejuvenated.

Your experience begins with our Tropical Coconut Sand Scrub, an exquisite blend of 100% natural Maldivian ingredients. This luxurious treatment cleanses, nourishes and leaves your skin silky smooth - perfectly prepped for a beautiful holiday tan. We gather the softest sand from the Baros beach at sunrise to gently purify your skin, while virgin coconut oil and coconut milk deliver essential nutrients for a healthy, radiant glow.

Next, unwind with a soothing steam bath that opens your pores, releasing toxins and rejuvenating your skin. In our exclusive, tranquil gardens, you can enhance romance with a nourishing tropical flower bath, surrounded by nature's serenity.

Continue your journey and indulge in the Elemis Freestyle Deep Tissue Massage - a tailored experience that alleviates stress, relaxes muscles and leaves you feeling grounded. Your therapist will select an aromatic oil based on your specific needs, whether it be muscle pain, stress relief or pure relaxation. The deep, flowing massage promotes optimal circulation and a profound sense of calm.



Complete your journey with the Elemis Booster Facial: a nutritional powerhouse for tired, stressed skin. Rich in superfoods, essential minerals and vitamins, this facial deeply nourishes, detoxifies and energises your skin. The result is smoother, plumper and luminously radiant skin, glowing with good health.

At Baros, romance and relaxation are beautifully intertwined, ensuring that both you and your partner leave feeling completely renewed, ready to embrace the magic of your time together. Contact our spa today to book your serene spa ceremony.

Baros Maldives wins Prestigious Condé Nast Traveler Award for the Second Year Running

We are delighted to share that Baros Maldives has once again been honoured in the prestigious Condé Nast Traveler Readers' Choice Awards 2024. For the second consecutive year, Baros has secured its place among the top resorts in the Indian Ocean.

This accolade recognises and celebrates the essence of Baros: a seamless blend of authentic Maldivian heritage, timeless luxury and an unwavering commitment to curating exceptional guest experiences. From the moment guests step onto our shores, they are embraced by a world where every detail is thoughtfully crafted - from stays in our opulent villas to the serene haven of Serenity Spa and the culinary heights of The Lighthouse Restaurant.

Our vibrant house reef and exclusive experiences, such as intimate dining on the Piano Deck, elevate Baros as the ultimate escape for those seeking both serenity and connection.

This award reaffirms Baros as a sanctuary for refined travellers, offering meaningful, elegant experiences in a tranquil setting where time stands still. We extend our deepest thanks to you - our esteemed guests and partners - for your unwavering belief in us.



Francois Fiorilla

Director of Food and Beverages

We are thrilled to introduce Francois, our newly appointed Food & Beverage Director at Baros. Originally from France, Francois brings a wealth of international expertise, having held pivotal roles such as Director of Operations at DUNE by Laurent Tourondel and Director of Food & Beverage at 7Pines Resort Ibiza.

With a distinguished career at renowned establishments like Jumeirah Burj Al Arab and Fig & Olive, Francois is an expert at curating exceptional dining experiences. His passion for innovative gastronomy and high-end service aligns perfectly with our commitment to excellence at Baros.

Beyond his professional accomplishments, Francois is an avid diver and triathlete who shares our dedication to wellbeing. His love for cooking and culinary arts promises to elevate the dining experience at Baros, ensuring memorable moments for our guests.

Join us in welcoming Francois to the Baros family, where his expertise and enthusiasm will undoubtedly enhance the vibrant culinary landscape of our island paradise.



Your Baros Moments

At Baros, our guests are at the heart of all we do. Your happiness and joy are what inspires our team and gives our work its true meaning. In this issue, we're delighted to share a heartfelt message we received for our 50th anniversary, reflecting on treasured Baros moments, from one of our cherished guests

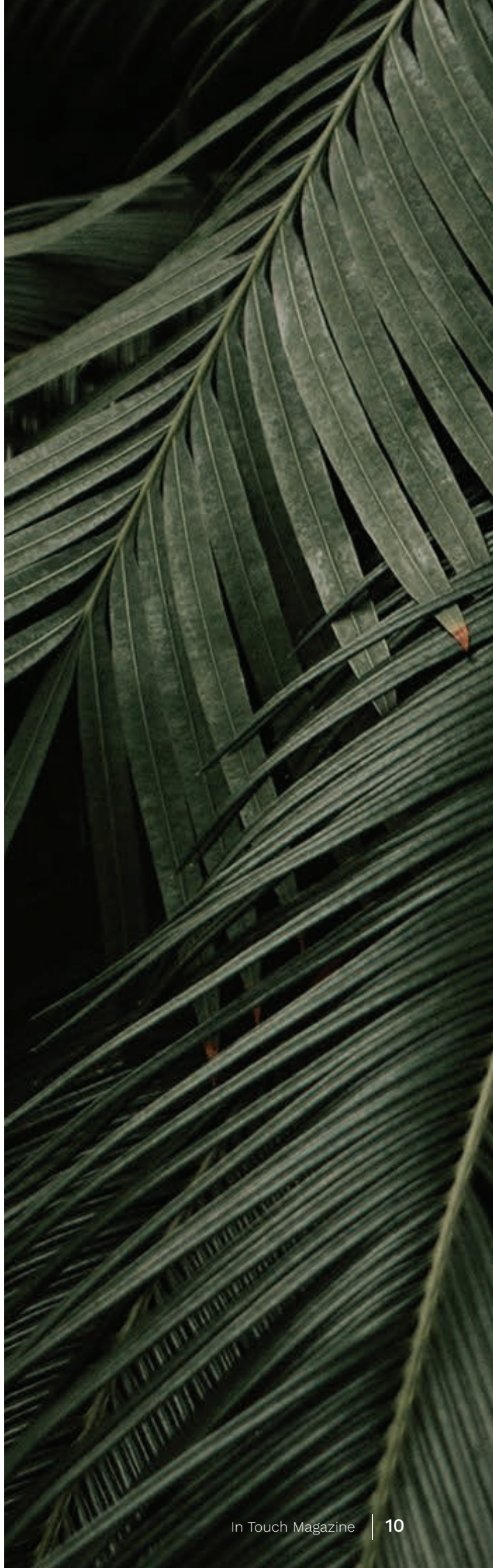
"We first stayed at Baros in 1996 when there were fewer villas, many more divers, allocated shared tables in the dining room and a wonderful, small 'Asian Restaurant'. The journey from the airport took a leisurely hour on a dhoni.

Twenty-seven years later, the journey takes 20 minutes by speedboat, the villas are light and spacious, the diving is excellent and there are a multitude of dining options and locations.

What hasn't changed is the natural welcoming and friendly hospitality of all the people who work at Baros. We have celebrated wedding anniversaries and birthdays, seen a whale shark, watched dolphins and pilot whales, viewed wonderful sunsets, overwhelming starry skies, shooting stars and enjoyed talking with [the team] about their families and dreams. All the staff help to make our holidays special and their familiar smiling faces, along with the snorkelling and diving experiences, have brought us back to 'our second home' time and time again.

We have many fond memories and to us Baros is paradise!"

– M&S



Did you know

...that many Maldivian homes feature a swing bed on the veranda? It's a cherished part of Maldivian life, offering cool shade and a space for relaxed conversation.

...that the waters of the Maldives are home to over 25 species of sharks? Most, including the reef shark, nurse shark and the whale shark, are considered harmless to humans.

...that the Maldives' first written constitution was introduced in 1932, marking a transition to modern governance.

...that the Friday Mosque (Hukuru Miskiy) in Male' is the biggest and one of the finest coral stone buildings in the world?



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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