

BAROS  
maldives

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INTOUCH magazine



INTOUCH magazine — Baros Maldives. Welcome to this edition of INTOUCH, our magazine created to keep you "in touch" with Baros Maldives. All of us at Baros Maldives look forward to being in touch with you every few months in this manner so we can provide you with valuable information on the Maldives and on our luxury boutique island resort. Imagine, we are even going to share some of our most delicious recipes with you and tell some of our best kept Spa secrets. We hope you will enjoy being reminded about Baros Maldives and that you will want to be in touch with us too.  
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## Dear INTOUCH Reader,

As you will see in these pages, Baros Maldives has again been acclaimed by international organisations as being one of the best resorts in the world. We are extremely happy that we received two prestigious awards last year; one as "Resort Hotel of the Year 2017" by Small Luxury Hotels of the World and the other as "World's Most Romantic Resort" by the World Travel Awards.

Of course, we are proud of these awards but what makes Baros so special is the number of repeat guests we entertain each year. Their loyalty is an inspiration to all of us, motivating us to make sure every guest has a perfect holiday here.

Although Baros Maldives has been established for more than four decades, every year we introduce innovations both in accommodation and in our restaurants. This keeps us up to date with modern trends while retaining the essence of traditional Maldivian ambience and charm.

Last year we transformed our popular beachside Cayenne Restaurant so more guests can dine in thatched pavilions over the water. We also enhanced all our 24 Deluxe Villas to a higher level of comfort and luxury in a refreshingly elegant style. Whichever of our garden beach or overwater Villas guests choose, they are assured of the heartfelt hospitality, personal attention and courtesy that has become a hallmark of this bijou tropical island resort.

While we are planning even more improvements during 2018 we will retain the high standards for which Baros Maldives is renowned, making sure that every guest will want to return

Warm regards,

Your Baros Maldives team

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## Mat weaving; an ancient craft.

Mat weaving using natural fibres has been a craft practised in the Maldives since the islands became inhabited. Necessity was the mother for their invention as the early inhabitants needed mats to keep the sand out of their daily routine: to sleep on, for prayers and as covers for swing-chairs and floors.

The most intricate and attractive are the rush mats known as *kunaa* made in the southern Gaafu Dhaalu (also known as South Huvadhu) Atoll. There, a Cyperacca type of reed called *hai* is grown, especially on the island of Gadhdhoo, which is renowned for the high quality of its mats.

The process of mat weaving (known as *kunaaviun*) takes considerable time, patience and skill. First the *hai* has to be cut, collected, and spread out to dry in the sun. The reeds are coloured using natural dyes, with the traditional colours for a true *kunaa* being black, brown and curry yellow. The dyed reeds are woven with original, uncoloured reeds to create the elaborate designs passed down from mother to daughter for centuries.

Weaving was and is still an exclusively female occupation, with girls in Gadhdhoo learning the skill and patterns from their mothers at an early age. By the time the daughter reaches marriageable age, she is expected to be able to weave the traditional *karudhaahu kunaa* by herself.



A different kind of mat is made by the women of the northern atolls, where woven screwpine leaves are the natural raw material. Called *saanthi*, these mats are used on beds and chairs and in ancient days were utilised as coverings for the thatched walls of island homes. Making them requires less skill than weaving *kunaa* since the patterns are not so intricate and the dried strips of leaf are usually left uncoloured.

The tradition of mat weaving is dying out as cheap substitutes are imported for household use. However, both the *kunaa* and *saanthi* make genuine island souvenirs to take home as unusual place mats for a dinner party or a wall decoration.

A small *kunaa* mat is used for the turn-down service in every Villa and can also be seen in the Maldivian Lounge above Sails Bar, and on display during our Maldivian Evening Buffets. These mats can be purchased from the Baros Boutique.

## A BRIEF MALDIVIAN LANGUAGE GUIDE



Welcome to Baros - Baros ah maruhabaa

Welcome back - Maruhabaa

Nice to see you - Dhimaaveethee ufaa kuran

Good morning - Baajja veri hendhuneh

Good afternoon - Baajja veri mendhureh

Good evening - Baajja veri haveereh

Good night - Baajja veri reyeh

How are you? - Haalu kihineh?

I am good - Haalu rangalhu

I am hungry - Aharen varah banduhai

Restaurant - Restaurent

Delicious food - Meeru Kaanaa

Enjoy your meal - Kaanaa Meeru vaane kamah ummedhu kuran

See you later - Fahun dhimaa vaan vaki velan



# Bon Appétit!

## Line-Caught Yellow Fin Tuna Tartare

With Maldivian spices, herb garden salad, seaweed and Granny Smith apple gel this wholesome dish has become a favourite with guests at Baros Maldives.

### Ingredients

#### Tuna tartare

- 130g fresh tuna loin diced to 1cm pieces
- 20g fresh coconut water
- 20ml apple cider vinegar
- 20ml cold pressed olive oil
- 1 teaspoon Dijon mustard
- 1 teaspoon fire-roasted ground rice
- ½ teaspoon roasted ground cumin seeds
- ¼ teaspoon turmeric powder
- 1 finely diced small lime leaf
- Sea salt and white milled pepper to taste

#### Herb Garden Salad

- 2g fresh young shiso leaves
- 2g sawtooth coriander sprouts
- 2g red basil
- 2g water cress
- 2g toasted bonito flakes
- 1 fine sliced radish
- 1 orange segment



#### Apple Gel

- 400ml best quality unsweetened apple juice
- 2 teaspoon yuzu juice (or lime juice)
- 5ml pandan extract
- 3 gold leaf gelatin sheets

#### Garnish

- 20g Toasted pistachio powder
- ¼ preserved lemon skin
- 100ml Tonkatsu Japanese BBQ sauce

### Method

#### Tuna tartare

1. Place chopped tuna in a chilled bowl and add salt and pepper to taste.
2. Vigorously beat with a fork for 20 seconds to break down the proteins.
3. Add all other ingredients and combine.

#### Apple Gel

1. Reduce apple juice by half over heat.
2. Add all the other juices to boil and remove from heat.
3. Soften the gelatin leaves in iced water and add the warm juice.
4. Pour onto a tray to no more than 2mm thickness and chill for two hours until set.
5. Blend and strain and place into a squeeze bottle.

#### Assembly

1. Mix together with a citrus tasting olive oil and set aside.

#### Herb salad

1. Chill serving plates before assembly.
2. Make a long pillow with the Tuna salad.
3. Garnish with herb salad.
4. Dot with apple gel.
5. Garnish with various textures of choice.

### CHEF'S TIP

This recipe promotes healthy and tasty eating, using some ingredients colloquially known these days as "super ingredients." We are diligently working to incorporate more dishes into our menus that follow a philosophy of not just healthy eating but utilise natural ingredients that promote rejuvenation and relaxation.

## LET'S COCKTAIL



### BAROS SPICED MOJITO

The Mojito is a traditional tropical cocktail supposedly a favourite of Ernest Hemmingway and acclaimed in 2016 as the most popular cocktail in Britain and France. Here we have created our own version with a little spice for an extra kick.

### Ingredients

- 40ml Appleton Rum
- 8 Leaves of mint
- 3 lime wedges
- 15ml lime juice
- 15ml sugar syrup
- 1 Chilli
- 10ml Captain Morgan Rum
- Ginger Ale

### Method

Muddle the lime wedges, chilli, lime juice and sugar syrup in the glass. Then add mint leaves and crushed ice and churn the mixture. Pour in the Appleton Rum and the ginger ale, fill with crushed ice almost to the top of the glass then cap the ice with Captain Morgan Rum.

### Glass

Highball

### Garnish

Mint sprig and chilli

### Tips

This Baros Maldives twist to the Cuban Classic uses island-grown mint infused with spiced rum, lime and treacle sugar. It's a refreshing drink before lunch or dinner.



# Spa Secrets

## Clarifying Body and Senses – A detoxifying ceremony

Whether it's the air we breathe, the water we drink, the food we eat, or the products we use, everyone is affected by thousands of chemicals in our internal and external environment. These chemicals can inhibit the proper functioning of our bodies and make us feel run down. What's more, much of the food we eat today is low in minerals and nutrients, high in refined sugars and starches, and devoid of adequate fibre. Many of these common foods can produce inflammatory responses throughout the body which, over time, can degrade the quality of our digestive system.

The effects of a 'detox' go far beyond being just a physical cleanse or a good way to lose excess weight; it is a powerful way to make changes on every level of your being. When you make a change in your physical body you will see that change joyfully expressed in your mental, emotional and spiritual life too.

At Serenity Spa we have introduced a programme to uplift your spirits so you feel re-energised after the excessive indulgences of a hectic lifestyle. "Clarifying Body and Senses" is the perfect antidote, conducted with respectful ceremony by our therapists.

A steam bath will prepare your skin for a detoxifying full body wrap followed by a blissful bath. The benefits of the use of a steam room when your body is under the approximate temperature of 47°C and 100 per cent humidity for 15 minutes are numerous. Your pores open so that all the products applied to your skin have deeper effect on the cells, your immune system becomes more effective, circulation is improved, built-up toxins are released, muscles become more relaxed and joints less stiff.

Thousand Flower Detox Wrap, with the expertise of Elemis, is a nutrient-rich detox wrap that uses a deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely re-invigorated.



To conclude the Ceremony you are invited to relax in the hands of your therapist for a deep-relaxation and purifying combination of techniques of the Ayurvedic world with an Abhyanga Massage. It is believed that the effects of this Abhyanga Oil Massage are similar to the experience of being loved as abhyanga can give a deep feeling of stability and warmth. These warm oils infused with detoxifying plants will help your body to release any toxins and achieve an optimal balance.

## YOGA



### ARDHA MATSYENDRASANA (HALF LORD OF THE FISHES POSE)

- 1 Sit on the floor with your legs straight out in front of you, buttocks supported on a folded blanket. Bend your knees, put your feet on the floor, then slide your left foot under your right leg to the outside of your right hip. Lay the outside of the left leg on the floor. Step the right foot over the left leg and stand it on the floor outside your left hip. The right knee will point directly up at the ceiling.
- 2 Exhale and twist toward the inside of the right thigh. Press the right hand against the floor just behind your right buttock, and set your left upper arm on the outside of your right thigh near the knee. Pull your front torso and inner right thigh snugly together.
- 3 Press the inner right foot very actively into the floor, release the right groin, and lengthen the front torso. Lean the upper torso back slightly, against the shoulder blades, and continue to lengthen the tailbone into the floor.
- 4 You can turn your head in one of two directions: Continue the twist of the torso by turning it to the right; or counter the twist of the torso by turning it left and looking over the left shoulder at the right foot. Cross the right arm over the left one and bend your elbows so that your arms are now perpendicular to the floor. Ensure that the back of your hands are facing each other.
- 5 With every inhalation lift a little more through the sternum, pushing the fingers against the floor to help. Twist a little more with every exhalation. Be sure to distribute the twist evenly throughout the entire length of the spine; don't concentrate it in the lower back. Stay for 30 seconds to one minute, then release with an exhalation, return to the starting position, and repeat to the left for the same length of time.

#### BENEFITS

- Stimulates the liver and kidneys
- Stretches the shoulders, hips, and neck
- Energises the spine
- Relieves menstrual discomfort, fatigue, sciatica, and backache





## UNDERWATER



### CLOWNFISH

Although the real “Nemo” is found on the Great Barrier Reef in Australia, on the Baros House Reef we can often spot two of his cousins: the Blackfoot (Maldivian) Anemone Fish (orange with a single white stripe) and the Clark’s Anemone Fish (black with two white stripes and yellow pectoral fins). Anemone Fish vary in colour, ranging from yellow, black, red, or orange, and typically display white bars or patches.

All species of clownfish are usually only found in and around the anemone that they call home. Anemones are stinging organisms in the phylum Cnidarian, which also consists of corals and jellyfish. Using their stinging cells, they are able to keep predators at bay, while the clownfish themselves are protected by a thin layer of mucus, isolating them from the otherwise painful effect. Safe inside the anemone they can live comfortably, lay their eggs, and raise their families. In return, the anemone fish defend their anemone from its parasites and predators like snails, sea stars, and other fish.

The largest clownfish in the anemone is always the dominant female. She will reproduce with one of the males to lay her eggs (up to one thousand of them for some species!) around the anemone during the full moon. By placing her eggs on underwater rocks, the males can then fertilise and attend to them. Males guard and care for the eggs devotedly throughout the whole incubation period, aggressively chasing away other fish, and frequently fanning the eggs as well as removing debris and dead eggs with their mouth. Incubation of the eggs lasts six to ten days and ends with an enormous number of clownfish appearing just two hours after the dusk. Almost all the fertilised eggs hatch and reach adulthood.

Clownfish can live up to 10 years in the wild. However, if anything should befall the top female, the most dominant of the males will transition to female and replace her, as clownfish are sequential hermaphrodites (all are born males and can later transition to female). This means that the colony of clownfish in a single anemone is usually comprised of the single top female, one reproductive male, and a number of juveniles.

Since anemones are stationary and the anemone fish never stray far from them, we know exactly where to find them on our House Reef. Whether you are going for a nice relaxing snorkel or an exploratory dive, it is likely you will come face to face with one of these colourful fish colonies.



# Baros Maldives

## WELCOME BACK!

We are always thrilled when we can say “Welcome Back” to the many guests who return to Baros Maldives. It’s a big honour for us as it is the best compliment we can receive. Guests who make repeat visits to Baros come back because they have enjoyed staying here. Some guests have returned as many as 50 times since the 1980s.

We are so happy to see many familiar faces and approximately 30 per cent of our guests have stayed at Baros before. Some returning guests say they feel they are coming home because of the special bonds they have developed with our island and staff members who have become friends over the years. Their repeat visits also remind them of the exceptional moments like anniversaries, festive occasions, and even diving, that they have enjoyed here in the past.

One repeat guest who visits once or twice every year, told us: “Baros is such a wonderful and beautiful place. Over the years we have seen the resort, and the staff, grow. We have built up friendships with people here and Baros has become linked to our lives. Even our children and grandchildren have been here on holiday too.”

Another guest commented: “When we first stayed at Baros, we were young and looking for adventure. Now we are older we come because we enjoy the beach and like to relax in safe and familiar surroundings.”

It seems there are many different reasons for our guests to return so often. However, all of them appreciate the high standard of



genuine hospitality and personalised service, the island’s authenticity and the concept of understated elegance, and also the improvements they notice each visit, which enhance comfort without affecting the breathtaking beauty of the island.

To acknowledge the loyalty and trust that our repeat guests have for Baros Maldives, we offer them free membership of the Baros ELITE Club. There are different categories of rewards and details can be found on line at [www.baros.com/elite](http://www.baros.com/elite).





## WINNING WAYS

Guests on holiday at Baros Maldives are staying at one of the best resorts in the world. That's not just our opinion, it's that of international organisations that review resorts and base their assessments on inspection by experts and comments by travel agents and discerning guests.

In October 2017, Baros Maldives was acclaimed the "Resort Hotel of the Year 2017" by Small Luxury Hotels of the World (SLH). This is a grouping of over 500 hotels in more than 80 countries around the world that offer the best locations, highest quality, personalised service and a truly authentic way to discover a destination.

We were especially pleased to be named as finalist for the SLH Mystery Inspectors' Excellence Award

following detailed assessment by a professional hotel inspector who was a mystery guest totally unknown to the management and staff. Baros Maldives was also a finalist in SLH's Hotel of the Year Award as well as in three other categories: Best Gourmet Experience, Most Sensational Spa and Most A-List Suite Experience. No other hotel or resort received so many top level rankings as Baros Maldives.

In addition, following Baros being acclaimed as the "Indian Ocean's Most Romantic Resort" in 2017 by the World Travel Awards, we were honoured to be declared in December 2017 by that organisation as "The World's Most Romantic Resort." This was the fifth time we have won the award since 2012.

The winners of World Travel Awards are decided by votes from travel and tourism professionals, and business and leisure travel consumers worldwide. According to the citation, "This accolade recognises the commitment to excellence which your organisation has demonstrated in the last twelve months."

We feel very proud to receive such awards as they are public acknowledgement of the dedication of all who work at Baros Maldives in achieving guest satisfaction, as well as being international appreciation of the romantic ambience inspired by the charm, beauty and hospitality that is typical of Baros Maldives.

We would like to thank all our guests and supporters for this recognition. This year we intend to provide guests with an even better relaxing holiday experience so that we can maintain our reputation as one of the world's best resorts.

## GET TO KNOW

### ABDULLA ZUBAIR, OUR CHIEF ENGINEER

Abdulla Zubair is the Chief Engineer of Baros Maldives, leading a team of 47 members, which includes carpenters, electricians, air conditioning mechanics, gardeners and plumbers. He is responsible for managing the resort's



maintenance operations including preventive maintenance, renovations and the management of new construction projects.

Although he only joined Baros Maldives in November 2015, Zubair has a vast experience both in training and hands-on engineering. For many years he was a lecturer in Electrical/Electronics Engineering at Maldives College of Higher Education where he trained students who are now working in senior posts in various engineering organisations all over Maldives.

To put his knowledge and skills into practice he became Engineer at a 271-room resort in his home atoll of Addu in 2008. He takes special interest in energy conservation and care for the unique environment of the Maldives, putting ecological commitment and principles into practice in his every day duties.

He says he has learned that Baros Maldives "is a very special island resort because of the careful preservation of the natural beauty and environment, as well as the camaraderie among staff members in their dedication to ecological concerns and their attention to guests."

## Did you know that...

... Baros Maldives was the third resort in the Maldives, opened in 1973?

... our house reef is one of the best and healthiest in the country?

... basilica, mint and other herbs are cultivated in our own herb garden?

... the coconut tree is one of the symbols in the Maldivian emblem?

... some coconut trees can grow up to 30 metres in height and reach the age of 100 years?

... the drum-based traditional music, Bodu Beru (meaning big drum) is a reminder of the islands' connections with East Africa a few centuries ago?





## GET IN TOUCH

Any questions, suggestions, comments? Get in touch with us on Baros Maldives, we are looking forward to hearing from you.

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