

IN TOUCH

Magazine


BAROS
MALDIVES



JANUARY,
FEBRUARY,
MARCH 2020

Welcome to this edition of IN TOUCH, 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 IN TOUCH Reader

As the New Year begins and we leave 2019 behind us, 2020 begins at Baros with the wonderful news that we have again been fortunate enough to win World's Most Romantic Resort for a seventh consecutive year at the prestigious World Travel Awards.

In this issue of IN TOUCH, we take a look at our heritage with the utilisation of coconut palms and coconuts, otherwise known as ruh in Dhivehi. We explain how we incorporate such a strong aspect of the Maldivian environment into experiences for our guests. Our Signature Coconut Scrub at the blissful Serenity Spa, or the refreshing Palm Mojito available at Baros' Sails Bar are testament to this, keeping Maldivian heritage at the forefront of Baros' vision.

We get to know Vijay, our Bar Manager, who started work here 21 years ago. Our Head Chef is explained to you so you can take a small piece of Baros heaven away with you upon your return home.

We are also excited to announce the unveiling of our new Baros Residence Villa, adding to our already beautiful Villa and Suite collection.

Baros provides a blissful rendezvous to celebrate your Romantic Moments with inclusions that you can indulge in in style. Our Marine Centre biologists also introduce us to the butterfly fish, a typically romantic and special species that is commonly seen within our house-reef.

We have created this IN TOUCH issue with the New Year and romance in mind so you can begin 2020 with tranquility and positivity. As a special atmosphere embraces our island, we wish you the most unforgettable stay that only Baros can create.

Sincerely,

Shijah

Resort Manager



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HERITAGE



Coconut Palms (Dhivehi Ruh)

Coconut palms are not just a sign you are approaching a tropical island paradise. The 'Tree of Life' (as the coconut palm is known) is considered one of the most useful trees in the world. From its thin, woody trunk all the way up to its delicately swaying fronds, the coconut palm has provided - and still offers - an abundance of natural resources to the Maldivian people for generations.

Originally, dried palm fronds were used to weave baskets and mats. When the green leaves were removed this left behind wood-like strips in the middle. These strips were collected and tied together at one end to create items such as brooms and brushes. The dried palm fronds were, and still are to this day, utilised as well to make thatched roofs - an iconic architectural feature seen on Maldivian resort villas and buildings.

The actual fruit of the palm tree is used and relied on for life just as much as the tree itself. Coconuts, called kurumba in Dhivehi (the Maldivian language), remain an important food source for people, animals and insects and they are an essential part of Maldivian cuisine. Scraped coconut is a common ingredient used to make many local Maldivian dishes with coconut milk, obtained from soaking the grated flesh in water, used in most Maldivian curries.

There is another drink called ruku raa (toddy) which is also sourced from the coconut palm. This drink is made from fermented coconut palm sap extracted from the tree.

Baros itself was formerly a coconut plantation. The coconut palms remain a quintessential part of the Baros landscape. The graceful beachside garden of coconut palms, situated in the heart of the island, provides natural shade during the day and an intimately lit glade at night. A guest favourite for relaxing and watching the Baros world go by.

A BRIEF MALDIVIAN LANGUAGE GUIDE

Island

Jazeera rah

Thank you!

Shukuriyya

Coconut

Kurumba

Fish

Mass

Love

Loabi

Welcome

Marhabaa

How are you?

Haalu kihinehtha

Good Morning

Baajjaveri dhuvahakah edhen

BON APPÉTIT!



BAROS MIXOLOGY



Wagyu Steak with Pergola Truffle Assorted Vegetables

Serving size: 1

Ingredients

| | |
|---|-------|
| Wagyu beef tenderloin | 200g |
| Olive oil | 2tbsp |
| Chopped rosemary, plus an additional one for the rosemary reduction | 1tbsp |
| Salt and pepper | |
| Beetroot cut in 1 inch cubes | 300g |
| Baby beetroot | 80g |
| Butter | 3tbp |
| Plus an additional one for the rosemary reduction | |
| Cooking cream | 80g |
| Chopped onion | 2tbsp |
| Dry red wine | 1 cup |
| Veal jus | 1 cup |
| Chopped garlic | 5g |
| Baby carrots | 60g |

Method

Heat oil in a large skillet over medium-high heat. Season the steak with salt and pepper. Add steaks to skillet and cook to desired doneness.

Preheat the oven to 180C. To make the beetroot purée, steam the pumpkin for 20-30 minutes until very tender. Purée with the butter and cream until very smooth and light. Season with sea salt and freshly ground pepper.

Melt butter in large saucepan over medium-high heat. Add shallots and sauté until tender for about 3 minutes. Stir in wine and port and boil for 5 minutes. Add broth and rosemary sprig. For about 12 minutes, boil until liquid is reduced to 1/3 cup. Strain sauce and set aside. Blanch all the vegetables separately till soft. Lightly brown the garlic in a pan with butter. Toss all the vegetable in the mixture and remove to place on the serving plate.

Palm Mojito

This refreshing cocktail was inspired by our lush surroundings of abundant palm fronds. The Baros Palm Mojito is a revitalising combination of fresh mint with naturally sweet tones of coconut. It refreshes your palate with a zing leaving you inspired after another day on our heavenly island.

Ingredients

| | |
|----------------|-----------------|
| Barcardi White | 40ml |
| Malibu | 20ml |
| Lime juice | 15ml |
| Sugar syrup | 15ml |
| Coconut cream | 40ml |
| Fresh mint | 1 small handful |

Method

Put crushed ice into to Highball glass, add the coconut cream and stir. Add all other ingredients, stirring together after each one is added. Top with crushed ice and decorate with a sprig of fresh mint.

Garnish

Sprig of fresh mint

Glass

Highball



BAROS UNDERWATER

The Fish of Romance: The Butterfly Fish

At Baros, we believe Butterfly Fish are the most romantic fishes in our popular house reef. They are monogamous, meaning that they will mate for life. Guests can witness them following each other within the lagoon and around the house reef. They always remain very close to one another and their partner, making them a very loyal species.

There are 32 species of Butterfly Fish in the Maldives alone. The majority of them look very similar with predominantly yellow, black, white and orange markings. Around the Baros house reef, we are fortunate to have a very broad variety of Butterfly Fish, ranging from the Melon Butterfly Fish to the Raccoon Butterfly Fish. As well as from their colour, you can identify them because they usually swim around in pairs. Sometimes, they swim very close together and are beautifully synchronised in their movements.

To produce offspring, the Butterfly Fish swim to the edge of the reef and release their eggs and sperm when there is a strong current. The offspring are then carried away and kept safe from the reef's predators. While this means Butterfly Fish families are always separated at birth, they remain for life with the partner they find.

Here at Baros, we have studied the following question: with plenty of fish in the sea and no children to protect and raise, why do Butterfly Fish form lifelong relationships? We believe that they do it because they have figured out that life is better when you have a partner to share it with. Two are better than one against predators, and four eyes are better than two to find food. When they lose each other, they take the risk of coming out of the reef's protection, near the surface, in order to look for each other.

If you are interested in learning and discovering more, we would be delighted to help answer your questions. Please contact our marine biologist for more information: marine.center@baros.com

SPA SECRETS

Serenity Signature Coconut Scrub and Steam Bath

At Baros we have especially created a unique and relaxing treatment, our signature Coconut Scrub, to provide an enchanting and utterly luxurious combination of a hundred per cent natural ingredients that will cleanse your skin leaving it feeling like silk and completely nourished. This treatment is highly recommended for skin that has been exposed to direct sunshine, to replenish and rehydrate.

The scrub is gently exfoliating, not harsh and rough. The finest soft sands from the beaches of Baros are collected at sunrise to be included within the scrub – the secret ingredients that will gently purify your skin. The sand is combined with virgin coconut oil from the Maldives, followed by some soothing coconut milk to deliver all the essential nutrients for a healthy and glowing skin.

Whether on your own or with a partner, the Signature Coconut Scrub can be experienced within the realm of our peaceful Serenity Spa, or upon our unique Piano

Deck – a hand-crafted wooden structure in the middle of our sparkling turquoise lagoon. A simply heavenly treatment.

The Baros Signature Bath and Steam Romance treatment is also available to our guests who want to enjoy a unique and wonderfully relaxing experience together. Taking place in one of our private treatment rooms in our secluded tropical garden of peace and cocooned tranquillity, the Bath and Steam Romance treatment transports you to blissful Baros heaven.

A beautiful and cleansing flower bath will be prepared for you while you sip steaming fresh ginger tea to cleanse your palate. You are then invited to partake of exquisite fruits and chocolates to match the blissful surroundings. While enjoying the cleansing waters of the flower bath, allow the rising steam to purify your skin as you bask in nourishing oils skilfully applied by our therapist.





Baros Unveils New Residence Villa

We are proud to unveil our newly refurbished Baros Residence Villa. The modern refurbishment retains the authentic yet luxurious Maldivian style that is the hallmark of Baros, adding to the island's spectacular Villa Collection. Designed for guests to enjoy true Baros bliss, this unique Residence Villa provides the ultimate indoor-outdoor space to experience the Maldives in the privacy of a secluded retreat.

In The Residence's palatial 270sqm, guests have the freedom of space, undisturbed and unobserved in a walled tropical garden. Located on the eastern shore of the island, The Residence is blessed with the warm rays of sunrise. Featuring an exclusive 21sqm infinity pool and a private sun deck with direct access to a pristine white sand beach, The Baros Residence is a romantic haven.

Guests staying in The Residence enjoy exclusive luxury speed-boat transfers to and from the island.

Upon arrival, guests are greeted by The Residence's dedicated butler alongside a gift hamper, a bottle of champagne and a fruit basket. Guests can start the day with a freshly prepared tropical fruit platter and breakfast served in The Residence. On the sixth day, guests are invited to the unforgettable experience of breakfast for two in the middle of the island's lagoon on the overwater Piano Deck.

Guests in The Residence are recognised by being given a reservation at the best table in the resort's three Restaurants. The Residence's guests will also enjoy sunset cocktails for two at the iconic Lighthouse Restaurant on an evening of their choice. As well as the customary Baros villa amenities, The Residence has a king-size bed with canopy, a garden deck day bed with canopy, and a library of books, DVDs and CDs.

With this spacious addition to the island's luxurious collection of Villas and Suites, Baros furthers its legendary status as a pioneer in the Maldivian tourism industry highlighting its prevalence in the international luxury market.

Vijayan Pillai (Vijay)

Vijay joined Baros Maldives in 1998 as one of our trusted Bartenders. He became our Head Bartender in 2000 and eventually our Bar Manager in 2009. Although Vijay has been with Baros for 21 years, he was already well experienced in hospitality when he joined, having previously been as a bartender at city hotels in Kerala and Bangalore in India. Because of this extensive experience acquired over many years, Vijay is an absolute expert in his field.

Vijay's personal favourite activities are fishing and cricket which he enjoys during doing with his family and friends during his relaxation time at home in Kerala, India. He thinks the best part of his role is meeting our guests, sharing information and his knowledge with them and doing all he can to make their stay at Baros perfect. Vijay has a particularly sharp memory, remembering guests' names and faces who return to Baros after many years. Vijay is a highly valued member of the Baros team and is always striving to interact with guests to enable him and his team to provide the superior guest service that distinguishes this legendary island.



DISCOVER BAROS

Romantic Moments

The spirit of Baros slowly seduces the senses. “Romantic Moments” is the perfect collection of activities and experiences to create the ultimate moments of romance. Designed with refined sophistication and timeless elegance in mind to complement the lush beauty of the island.

Acclaimed as Most Romantic Resort in the World for seven consecutive years, Baros provides a blissful rendezvous to celebrate your “Romantic Moments” with generous inclusions for couples to indulge in style.

Begin your stay with a little luxury: a bottle of champagne and a fresh tropical fruit platter to begin your heavenly Baros holiday.

Relax and replenish after a day of tranquility with the 60-minute couple’s massage at our Serenity Spa. Our first-class therapists will help you choose oils to relax, invigorate and awaken your senses in a fully immersive treatment.

Discover a Baros dreamscape sailing on one of our private luxury boats for a Sunset Cruise with champagne and canapés; delight in a private candlelit dinner arranged by your personal Villa Host. The pampering continues in the realm of your private and secluded villa with a romantic bath prepared with fresh tropical flower petals, complemented with a bottle of wine and chocolates.

A private champagne breakfast for you and your partner is also included as well as a beautiful tropical fruit platter and freshly baked pastries to begin another day of Baros bliss.

To begin your “Romantic Moment”, please visit our website at Baros.com or simply email reservations@baros.com



DID YOU KNOW

... the Maldives reached a milestone of welcoming 1.5 million tourists into its tropical paradise in December 2019?

... the Maldives is the lowest country in the world? Its ground level is averaged at 1.5 metres.

... at any time of the year, there are 10 to 12 different species of whales and dolphins that call the coral reefs of the Maldives their home?

... the language of Maldivians is called Dhivehi? It features influences from many other languages including Arabic, English, Hindi, Sinhalese and Urdu.

... islanders from some atolls speak a different dialect?

... a typical Maldivian dish is called Garudhiya? This is a clear fish broth containing chunks of tuna and various spices, often eaten with rice.

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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