

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.



## Dear IN TOUCH Reader,



**Sven Walter**  
Resort Manager

With the New Year only a few days old, I would like to take this opportunity to wish you a wonderful 2012, full of luck, health and happiness! I thank all our partners and friends for their great support for Baros Maldives during last year. On Baros Maldives we are greatly looking forward to welcoming previous guests back to our special tropical island soon, and to making new guests feel at home too.

Over the last year we have celebrated many magical moments in time on our small paradise and with a unique programme for this New Year we will continue to do so. A first highlight of 2012 is approaching soon: February will be the month of romance and love on Baros Maldives. Magic mementos of love begin within minutes of arriving, with sweet treats to welcome couples, poems of passion presented every evening and small turndown surprises.

This February, Valentine's Day lasts at least a month at Baros Maldives ...

Warm regards,

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## The Baros Story

Visitors began to holiday in the Maldives 40 years ago with the opening of Kurumba in 1972, the sister resort of Baros Maldives which opened a year later. Both resorts are still operated by the same Maldivian family owners, Universal Enterprises. When Baros opened on 5 December 1973 it was only the third holiday resort island in the Maldives. Now there are more than 100.

The country's population then was about 123,000 (it's now over 300,000) and fishing was the mainstay of the economy; there were no banks, international communication was by wireless Morse code and there were no paved streets.

There was a small airstrip made by Maldivian volunteers on Hulhule Island and visitors came via Ceylon (now Sri Lanka). Until 1978, there was no immigration or customs. It took more than an hour by dhoni (a local fishing boat with no canopy) to reach Baros, known historically as Kodhdhipparu-Baros.



## A BRIEF MALDIVIAN LANGUAGE GUIDE

### NUMBERS

One — **Ekeh**

Two — **Dheyh**

Three — **Thineh**

Four — **Hathareh**

Five — **Faheh**

Six — **Haeh**

Seven — **Hatheh**

Eight — **Asheh**

Nine — **Nuvaeh**

Ten — **Dhihaeh**

Twenty — **Vihi**

Thirty — **Thirees**

Forty — **Saalhees**

Fifty — **Fansaas**

Sixty — **Fasdholhas**

Seventy — **Haiydhiha**

Eighty — **Addiha**

Ninety — **Nuvadhiha**

Hundred — **Satheyhka**

Accommodation at first consisted of 56 beds in units made with rough coral walls; there was no air-conditioning. By 1983 the resort had expanded to 100 beds in round cabanas with conical shaped, palm thatch roofs, but even then only some of the rooms were air-conditioned. Ten years later 12 wooden, thatched octagonal cottages were added, built on pillars over the lagoon.

From the beginning, according to a 1983 guidebook, the resort was renowned for “its luxuriant tropical foliage and enchanting reefs.” The natural beauty of the island was preserved during the transformation in 2005 to the top class resort Baros Maldives is today.

Because of the inherent hospitality of Maldivians, from its opening the resort gained a reputation for its friendly informality and caring, personalised service. Over four decades this has been enhanced with attention to detail, leading to Baros Maldives setting the benchmark for holiday hospitality.



# Bon Appetit!

With the upcoming month of Romance and Love on Baros Maldives, we present one of the sweet treats to be enjoyed in our restaurants: The Baros Chocolate Soufflé



## BAROS CHOCOLATE SOUFFLÉ

Recipe for 4 Portions

25 g Butter  
50 g Chocolate Grated  
30 g Flour  
115 g Sugar  
10 g Corn Flour  
175 ml Egg White  
15 g Cocoa Powder  
60 ml Milk  
30 ml Double Cream  
6 Eggs

Take soufflé dishes and brush them completely with softened butter so that the soufflé doesn't stick to the dish. Mix the flour, sugar and corn flour. Put eggs

into a bowl, and then beat in half of the flour mixture to make a smooth paste. Tip in the rest of the flour mixture and mix well. Pour the milk and cream into a pan and bring just to boil. Remove from the heat. Add the grated chocolate and beat until it is melted and smooth with no lumps. Stir the hot chocolate mix into paste. Return to pan. Cook, stirring, over a medium-low heat for 5 minutes to a smooth, thick consistency. Remove from the heat. Leave until cold, beating occasionally with a wire whisk. Slowly warm the cream in a pan. Just before it boils, take it off the heat and add the chocolate mix. Beat constantly to a velvety

texture, gradually sprinkling in the cocoa powder as it dissolves. Allow to cool. Heat oven to 190° C. Whisk the egg whites to soft peaks. Sprinkle in the sugar as you are mixing. Keep whisking to stiff, firm peaks to give volume to the soufflés. Mix cream and paste in a large bowl. Stir in 2 teaspoons of egg white. Carefully fold in a third of the rest, cutting through the mixture. Fold in another third, and then fold in the rest. Spoon the mixture into the dishes to fill them by three-quarters, then gently press a spoon in to make sure it fills all the gaps. Fill the dishes to the top with the mixture, then tap

each dish on to the surface so the mixture fills the sides. Sprinkle a little grated chocolate in the centre, then bake the soufflés for 10-12 minutes

## CHEF'S TIP

Dear INTOUCH Reader,  
The Baros Chocolate Soufflé is best served with homemade vanilla cream, the way we present it in the Lighthouse Restaurant. I personally enjoy my Chocolate Soufflé best with an aged rum or a good coffee.

*Bon Appetit and Shukuriya!*  
Holger Joost, Executive Chef

## LET'S COCKTAIL



### MANGO BASIL SMASH

Tha Mango Basil Smash is a sweet and refreshing cocktail. Recommended for enjoyment at any time of day, or after dinner.

40 ml Greenalls Gin  
20 ml Mango Liqueur  
40 ml Mango Puree  
20 ml Lemon Juice  
10 ml Honey Syrup  
1 handful Basil

Pour all the ingredients into a Boston glass and add rock ice. Shake it for 30 seconds, pour and fine strain into high ball glass. Add crushed ice up to top of the glass. Garnish with basil sprig and a mango slice.





## Spa Secrets • AYURVEDA

In this INTOUCH issue we are delighted to give you some background information on Ayurveda and one of the Ayurvedic treatments we offer at The Spa at Baros Maldives: Shirodhara.

Ayurveda is Sanskrit meaning the science of life. It is an old philosophy based on deep understanding of eternal truths about the human body, mind and spirit. Practised widely in India and Sri Lanka it has a great following among those who wish to heal themselves through herbs and tinctures.

After you have a short consultation with our Spa therapist, we can determine your body constitution to enable us to select relevant oils in accordance to your main Dosha (body type).

Shirodhara is a gentle and popular Ayurvedic therapy. Warm herbal oil is slowly poured onto the forehead covering the entire scalp. This deeply relaxing treatment focuses on stimulating 'the third eye'. This treatment can aid sleep and reduce stress. It is traditionally experienced in the mornings.

## YOGA



### Virabhadrasana I

“Virabhadrasana I” – “The Proud Warrior” pose was named after a mythical warrior created by Siva. This challenging pose helps to fully expand the chest while assisting in deep breathing. It also relieves stiffness in the shoulders, back and neck, and tones the ankles, knees, hips and thighs. The fifth chakra is activated and the mind is encouraged to be cleared and focused.





## UNDERWATER



### **Coral Transplantation**

Resident sea turtles, friendly reef sharks, a vibrant coral reef – Baros Maldives has it all! At our Marine Centre, our guests can rent snorkelling equipment free of charge to explore the “rainforest of the sea.”

At just two cell layers thick, the coral polyp, which is responsible for reef accretion, is an extremely fragile animal that gets easily damaged on contact with fins or dive equipment. Therefore “prevention is better than cure” is our principle and all our guests who visit us will be advised how, when and where to go snorkelling to avoid any contact with corals or other marine organisms. Unfortunately some coral fragments break off due to careless snorkellers or get bitten off by fish which search for food within the branches of colonies. These fragments eventually end up on the sandy sea floor where they have only a small chance of survival.

This is where our Reef Rehabilitation Programme begins. Guests can help us and actively contribute to our reef enhancement project by participating in a Coral Transplantation Workshop. During this weekly workshop, we teach about the coral propagation process and escort participants to swim out to our Coral Nursery where we collect broken coral fragments and re-attach them to especially designed structures which provide a stable substrate that is elevated from the sandy seafloor.

This not only gives the creation of artificial reef structure corals a chance to grow, but also creates new homes for various marine animals. Our nursery is now inhabited by a family of juvenile Batfish, various species of Damselfish and Sweepers, Blennies and Snails. Goatfish and Surgeonfish regularly visit the coral frames and some juvenile Oriental Sweetlips spend the early months of their lives sheltering under them.

Baros Maldives guests can be part of this development by participating in the Coral Transplantation Workshop. Our marine biologists will keep participants up-to-date about the process by email every six months.



## Valentine's Day Lasts a Month

### ROMANTIC ESCAPE PACKAGE

An unusual celebration designed for the romantic takes place at Baros Maldives in February. That's when the resort embraces an ambience of love and passion, creating the perfect retreat for honeymooners and couples to enjoy Valentine's Day throughout the month.

Magic mementos of being in love begin within minutes of arrival: there are sweet treats to welcome couples, poems of passion presented every evening, and small surprise keepsakes delivered with the turndown service.

During February, the Spa offers a choice of exotic treatments for couples together. The resort's renowned Lighthouse Restaurant and the popular beachside Cayenne Grill feature enticing options on the menus to inspire togetherness. For the ultimate pleasure in intimate dining, couples can share a gourmet lunch, or a candle-lit dinner under the stars, on a secluded sandbank in the Indian Ocean.

Also for lovers is the Nooma Sunset Cruise, a breathtaking scenic voyage on a 19m-long vessel modelled on the traditional sailing dhoni, with an enchanting dinner just for two and, for relaxing, a private saloon lounge and air-conditioned double bedroom.

This February, let Valentine's Day last the whole month as the spirit of Baros Maldives seduces the senses, inspiring an everlasting story of love and romance.

For more information please visit: [www.baros.com/special-offers](http://www.baros.com/special-offers)

## TRIPADVISOR BAROS MALDIVES NOW NUMBER ONE

Nowadays many travellers read through reviews by other guests before booking their holidays and often also share their experience online afterwards. Traditional advertising has lost its trustworthiness or has to compete with the much more trusted words of fellow customers. The most important and best-known touristic review portal at present is Tripadvisor.

Tripadvisor gives us on Baros Maldives the possibility to participate in a dialogue about our product, to respond to reviews, to interact and to take action to drive improvement in the guest experience. We know that Baros Maldives is not only what we say it is, but what our guests and the world at large say it is.

Therefore we are more than happy that since December 2011 we are rated as the Number One in North Male' Atoll (out of 62 hotels) and the number 2 in the whole Maldives (out of 162 hotels).

Shukuryiaa – thank you! – to those who have shared their holiday experiences online and thus helped us to improve and learn, and so make a stay on Baros Maldives unique and truly memorable.



## STAFF PARTY A MEMORABLE NIGHT

On November 11th 2011, the annual staff party took place on Baros Maldives. All staff members got together to chat, to dance, and to enjoy a beautiful night.

This year the management team was “at the service” of all team members: cooking, grilling and serving for the Baros Maldives team. A huge smile was not only printed on the aprons of the management team, but was also evident on the faces of all team members. Highlight of this year's staff party was the “Baros Idol” competition. Staff members trained in their free time for this tough competition and the audience was not disappointed. The Baros Maldives idols sang, danced, and performed traditional dances, and there was a fashion show too.

A memorable night for everyone working on Baros Maldives, as everyone was a star.

## GET TO KNOW



### RESIDENT MANAGER MR. MOHAMED ZIHUNEE

Mr Zihunee started work on Baros Maldives in 1980 and for an incredible 32 years he has worked and lived on this small tropical island. When he came to Baros, the resort looked completely different: there were only 28 rooms and the accommodation could best be described as basic. Guests came mostly for diving and were brought to the island in traditional dhonis.

However, Mr Zihunee says, even if the resort has changed substantially over the years, one thing has never been lost: the special atmosphere and charm of the island. That is what has kept him staying here, as well as the satisfaction of seeing the resort getting better and better over the years: from a 3-star resort to a special 5-star property; from basic accommodation up to luxury Villas. And has Mr Zihunee a favourite place on Baros? No, not really, for him the whole island is still special. However, he admits with a smile, the Lighthouse Restaurant, is his favourite place in the whole of the Maldives.



Did you  
know that



... the Maldives cover an area of approximately 300 sq km, of which **99 %** consists of water and only less than 1 % is land area?

... Dhivehi is an Indo-Aryan language spoken by more than **300,000** people in the Maldives, where it is the national language?

... the Maldives are formed by **26** natural atolls and that the origin of the word atoll itself is in the language of the Maldives – “Atoll” from Dhivehi “atholhu”?

... **in 1993** Baros Maldives was the second resort in the Maldives to build water bungalows?

## 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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