

René & Maxime
Melleur



La Bouitte

FROM FATHER TO SON, THE HEART OF THE SAVOY

PRESS DOSSIER
WINTER 2018-2019





"La Bouitte ... or a family adventure which has become a saga! Year after year, in complete discretion, René and Maxime Meilleur – a father and son partnership – have forged a restaurant with a rare genuineness, a superb ode to the Savoy. Each ingredient has its place, cooked to perfection, with no excess. The dishes, overflowing with original aromas, exude, just simply, happiness."

"If you have come a long way to enjoy La Bouitte's culinary excellence, why not stay the night? In an adjoining chalet, 6 "mountain/chic" bedrooms and suites are waiting for you. A real cocoon!"

(The 2018 Michelin Guide – Restaurant classification: 3 stars and 3 red forks – Hotel classification: 3 red lodges)

René & Maxime
Meilleur
La Bouitte

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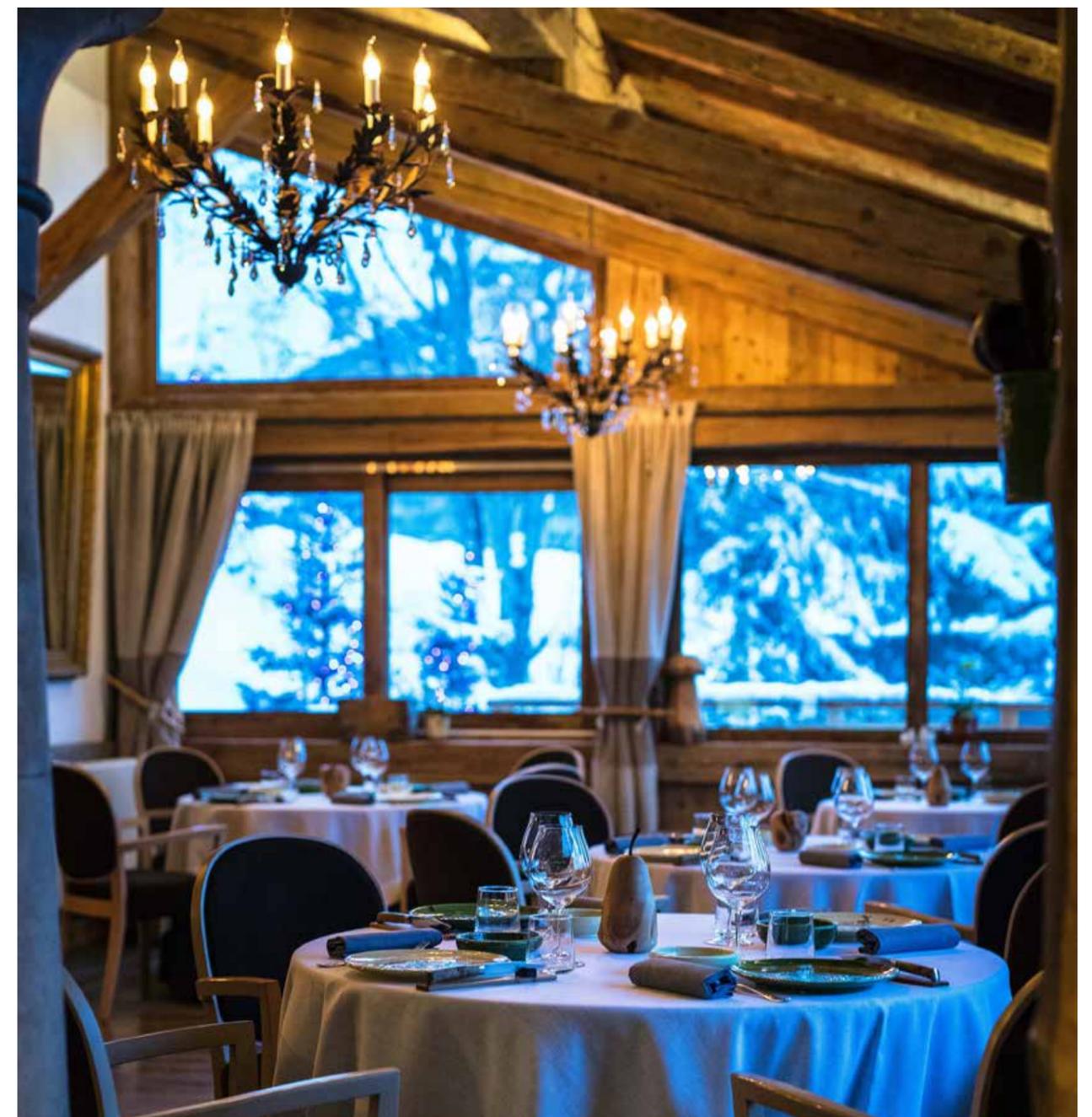
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SUMMARY

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3 MICHELIN STARS: AN HISTORIC FIRST FOR A RESTAURANT IN THE SAVOY



3rd Michelin star ceremony, Quai d'Orsay (Ministry of Foreign Affairs), 2nd February 2015

The Meilleurs live up to their name (the Best in French): in February 2015, the Michelin Guide awarded them a 3rd star! A recognition that has given them the natural status of ambassadors for the Savoy. René and Maxime Meilleur, an incredible story of an enthusiastic self-taught father and son partnership. Away from the trends, they have created a new art of cooking and hosting.

A WONDERFUL AND ORIGINAL STORY

Son of a cabinet-maker and farmer, in 1976, at the age of 26, René purchased a potato field at an altitude of 1502m on the edge of the pretty, yet isolated, village of Saint Marcel, dominating Saint Martin de Belleville. With his wife Marie-Louise, they created "La Bouitte", "small house" in the local patois. It is situated in a preserved corner of paradise in the Vanoise mountain range, at the entrance to the biggest ski area in the world: Les 3 Vallées. In the beginning René and Marie-Louise served fondues and local cooking.

What a long way they've come since then! With creativity and common sense, they have anticipated and created new trends. In 1981, a memorable dinner at Paul Bocuse's restaurant combined with their passion for gastronomy, triggered René and Marie-Louise to turn towards "haute" cuisine. The arrival in the kitchen in 1996 of their son Maxime, gave a new impulse to the business. Ex French junior team biathlon athlete, he draws strength from the values of sport: endurance and the surpassing of oneself. Progressively he pushed the team towards a quest for the absolute. In 2000, his older sister Sophie joined the adventure for ten years, participating in the progressive creation of 15 bedrooms and suites, full of charm. The whole family (including partners) have used a huge amount of energy to move mountains and build this chalet, stone by stone, year after year until it has become this unique sanctum of culinary and oenological experiences.

A HOUSE OF HEARTS CREATING A MOUNTAIN OF EMOTIONS

La Bouitte is a unique place in which opposites fit together and where one can enjoy incredible experiences. It allows one to enjoy the biggest ski area in the world, as well as visiting one of the most beautiful countrysides of the Vanoise (the various peaks, passes and natural sites in the valley add up to 18 stars in the Green Michelin Guide!). In a cocoon evoking the eternal Savoy, La Bouitte is, above all, out of this world and out of this time. This ancestral authenticity, the return to Savoyard origins, is a never-ending source of inspiration, which has not stopped René and Maxime from being at the forefront of culinary modernism. The Chefs never stop renewing their work, by refining their childhood memories. They compose a cuisine dedicated to nature, a hymn to the "terroir" of the Vallée and the surrounding lakes and mountains. "Our House and the dishes we serve are like us: a teasing cuisine, full of finesse, which pays a faithful tribute to our Savoyard culinary heritage."

But even more, the "Meilleurs" along with their 50 employees and their guests, coming from 65 countries, form a huge family, united by an empathy and an incredibly rare loyalty. A proximity, a touching sincerity, which makes La Bouitte – as Gilles Pudlowski so rightly wrote – a "House of hearts". Around vibrant food-wine marriages, between the quest for excellence and simplicity, the "Meilleurs" are excited by a common philosophy: the delight of passing on and sharing, giving Savoyard dishes a singular interpretation, and, in particular, making the universal emerge. Hotel guests, even more than visiting guests, completely forget their day to day life and live, intensely, a moment of levitation, a return to what is essential in life.

THE MICHELIN STAR ASCENT

René and Maxime Meilleur are the only duo, father and son, to be awarded all their stars together, from the first to the third. In complete agreement, René and Maxime Meilleur recognise that the 1st star, earned in 2003, was difficult to obtain as the Vallée was not yet the gastronomic area that it is today. "The 1st star was the start of a wonderful adventure for a cook and the whole village, an incredible spotlight on our House."

But we had to wait until 2008 and the 2nd star to reach the next stage and offer a cuisine that is really the image of us." The 3rd star is the realisation of a dream, the fruit of 40 years hard work. It is the first time in the history of French gastronomy that a father - son team obtain together their 1st, 2nd and then 3rd Michelin star. As Maxime explains: "With my father, it's as if we have reached the top of the mountain and can now admire the amazing view. It is the start of a new life. With the desire and possibility of going even further, to deliver a cuisine rooted in our Alpine heritage and to present magnificent, and often little known products to our guests."

By attaining the most beautiful star in their lives, 2015 will remain for them and their family, an exceptional year. Hand in hand, René and Maxime Meilleur also celebrated the title of "Chefs of the year" in 2015 as well as Maxime's 40th birthday. And, from December 2016 to December 2017 they also celebrated La Bouitte's 40th birthday.



EVENTS

THE HEIGHT OF SAVOY CUISINE ON 13TH DECEMBER 2018

AN 8 HANDED DINNER WITH 4 TRIPLE STARRED MICHELIN CHEFS



It is in the Savoy that one finds the oldest gastronomic Treaty in Europe. It belongs to Maître Chiquart, cook to Amédée VIII of Savoy, who, in 1420, wrote "Du fait de cuisine" (re-published by Actes Sud).

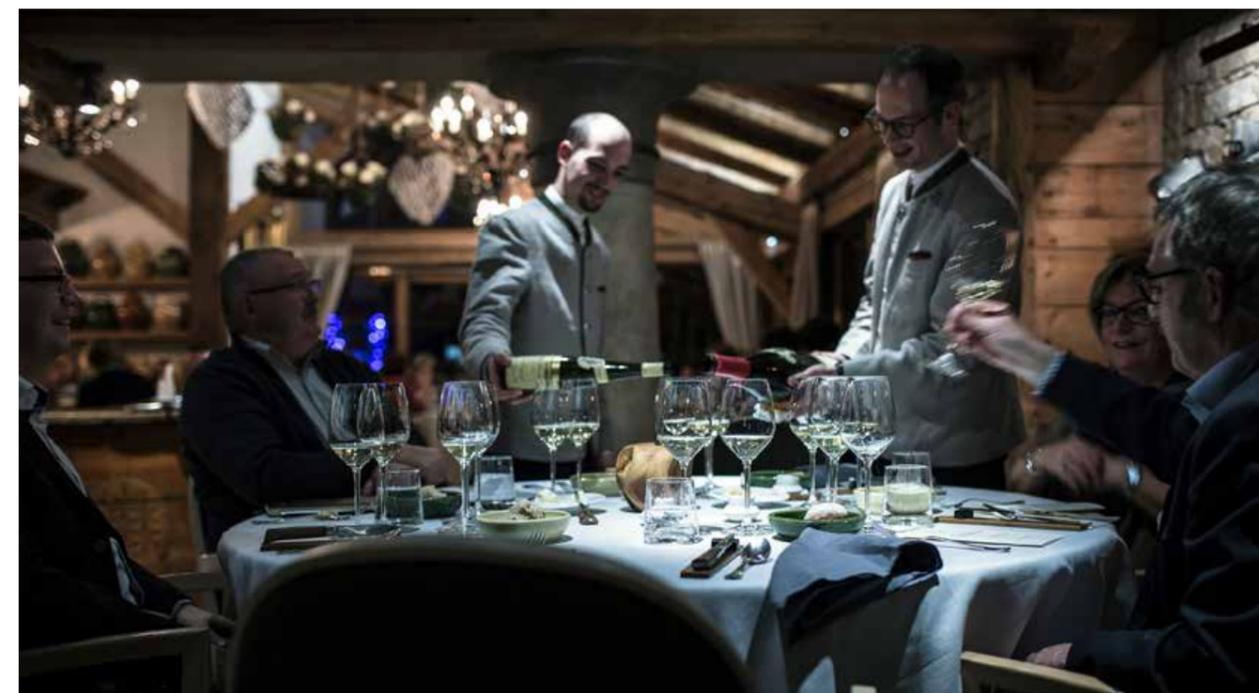
Certainly, the joining of the Savoy to France in 1860, the industrial revolution down in the valley at the end of the 19th Century and beginning of the 20th Century, followed by the 2 world wars made the Savoy lose a lot of its culinary Alpine brilliance. And, apart from a few rare exceptions, the first few decades of the white gold period confined Savoyard cuisine a little too much to its delicious, yet filling specialities (fondus, raclettes, tartiflettes...).

Since 2000, the Savoy has re-found its place in the culinary world, and once again expresses all its potential in haute cuisine. Incontestably, it is the region in France that has made the most spectacular qualitative progression, in particular over the last few years.

In the Haute-Savoie, Emmanuel Renaut, "Meilleur Ouvrier de France" with his irreproachable, almost poetic technique, won the supreme prize in the Michelin Guide in 2012. René and Maxime Meilleur, by offering a House with a heart and by revealing the great delicacy and originality of mountain "terroir", became the first Chefs in the history of the Savoy to obtain 3 stars in the Michelin Guide (2015). Followed, in 2017, by Yannick Alleno in Courchevel at the Cheval Blanc, an exclusive address, known for its creativity, audacious techniques and magnificent sauces.

These 4 great Chefs have imagined the idea of creating a menu together, by inviting, each in their turn, the others to their restaurants. Yannick Alleno set the ball rolling at the Cheval Blanc in December 2016, followed by Emmanuel Renaut in February 2018. This year, on 13th December 2018, Yannick Alleno and Emmanuel Renaut will join René and Maxime Meilleur at La Bouitte to create a new exceptional menu. The Savoy will be showcased in a culinary journey of about ten dishes. Creations which will be glorified, of course, by the 4 La Bouitte sommeliers.

Information & bookings: +334 79 08 96 77 - info@la-bouitte.com. Evenings start at 20h. 40 places available. Participation: 320 € per person, excluding drinks.



LA BOUITTE'S OENOLOGICAL EVENINGS: LA BOUITTE CELEBRATES THE 50TH! UNIQUE EVENTS, NON-REPRODUCIBLE AND OFTEN TRULY OVERWHELMING

Since the initiative "Les Vins au sommet" organised by La Bouitte in 2004 and 2005, we know that food & wine tastes best in the mountains (see page 35).

The passion for wine has been part of the Meilleur family's life for over 40 years, which explains why La Bouitte has one of the best cellars in the Alps (1200 references). 4 decades of research, meetings over many vineyards. Naturally, the desire was born to create events which would be incomparable experiences, real culinary and oenological journeys, and a laboratory of ideas to imagine the future.

For the last 6 years, once a month (5 evenings in the winter and 4 in the summer), **La Bouitte gives "carte blanche" to an exceptional wine grower, who gives a magical interpretation to his unique and sophisticated "terroir"**. The challenge is to convince the wine grower **to offer guests 7 to 10 wines which have marked his life**, and about which there is a real story to share (specific climatic conditions, a stylistic evolution of the Domaine, a miraculous wine that has only been produced once). **Certain bottles can even be considered a little bit of France's historical heritage**. By their rarity and their venerable age (regularly vintages back to the 1930s), these evenings are a **unique opportunity of a lifetime to taste these wines**. And even though their prices are stratospheric, **La Bouitte has chosen to offer them free of charge to guests, so that these evenings are accessible to everyone**.

Every evening is a meeting at the summit which necessitates up to 4 years preparation. Once the list of wines has been finalised, the real work of René and Maxime Meilleur starts. **The aim is to give the wines and the cuisine a superior, unexpected dimension, with the fusion of two complementary creative and artistic approaches, which reinforce and pull together mutually**. How can a wine be transcended, lengthened by a culinary composition and visa versa? Fusion, dialogue or confrontation of the elements will follow each other with each different food-wine associations.

The Chefs create the dishes to order, often for the first time, sometimes based on products that aren't even part of their repertory. This is why these evenings are a **real laboratory of ideas**. Participants live a real-life experiment. **The kitchen and restaurant teams are like tightrope walkers: on a wire, in the quest of the ultimate emotion**. And certain creations, certain food/wine associations ring out like revelations and become future "classics" of La Bouitte, after a supplementary time to mature.

Guests realise that they participate in a creative act. From 19h30 until often late at night, they have the rare opportunity to talk directly and in a personal way with one of the most successful winemakers in the world, who transmits his passion as he passes from table to table changing his approach to adapt to the different profiles of the guests. The Chefs explain how they imagined their menu. Well-known wine critics (Michel Bettane, Bernard Burtschy, Orianne Nouailhac, Marc Lagrange) also join in these exchanges. **The ambience is relaxed and warm: is it a privilege to share this out of this world and out of time happiness**. These evenings delight not only the enlightened amateur, who has travelled 2000km to taste the wines of which he has dreamt for such a long time, but also beginners looking for an emotionally rich experience. All the participants (including about forty guests) know that it isn't just **"one more event", but a suspended, unique moment that will potentially mark their life**. When the magic operates, these evenings, by definition non-reproducible, create relationships and unforgettable memories. It is not surprising that the guests are more and more loyal, with some even attending almost all the rendez-vous.



Programme for the oenological evenings, winter 2018 - 2019

Information & bookings: +334 79 08 96 77 - info@la-bouitte.com. Participation: 290 € per person all inclusive. A large part of the wines, and often all of them, are offered by the Domaine. The evening consists of 2 appetizers, a starter, a fish course, a meat course, cheese, pre-dessert, dessert and delicacies, all the wine, water and coffee/tea.

19th December 2018: Domaine Georges Roumier (Burgundy).

Christophe Roumier has raised this jewel, Chambolle – Musigny, to be among the most mythical wines on the planet. Bottles with delicacy, superlative purity and incredible balance. The silky texture is masterful, and the brilliance of the fruit sublime. There is also, of course, the magic of the great terroirs of the Côte de Nuits, combining energy, life, minerality, momentum, and voluptuous aromas. This will undoubtedly be a moment that will go down in La Bouitte's history. An evening that has been on the schedule for a long time ...

16th January 2019: Domaine Marcel Deiss (Alsace).

There is a long history of friendship, which has been written year after year between La Bouitte and this iconic Alsace House. They have so much in common, including a rich family history. Fathers who breathed unusual energy and helped move the lines. And bright and hard-working sons, who managed this wonderful legacy, and took it even further.

Jean-Michel Deiss and his son Matthieu, and their respective partners, invite us to deepen the discovery of 2 masterful terroirs: the noble and mysterious Schoenenbourg, a complantation of Alsace white grape varieties Riquewihr and Burlenberg, a complantation of different Pinots (mainly Pinot Noir and its mutations Pinots Beurot, Miller, Blanc, Gris) on a burned volcanic hill in Bergheim with a surprising density of plantations (up to 27 000 feet per hectare). This evening will be the opportunity to discover the Domaine du Rêveur, Matthieu's work. An introduction to "geo-sensory tasting", of which Jean-Michel is one of the world's leading experts, will be a real challenge for guests.

6th February 2019: Domaine Comte Abbatucci (Corsica).

This is an evening dear to the hearts of René and Maxime Meilleur, who have an unconditional love of Corsica. On this island of beauty, whose recent oenological evolution is fascinating, an authentic artist brings new life to rare or forgotten grape varieties. Coming from a family who have been winegrowers since the 16th century, Jean-Charles Abbatucci has extended and multiplied the research of his visionary father Antoine in whites, reds and rosés, without forgetting the sweet wines.

The culture of the vine is at the service of the most subtle and haunting expression of the terroir. Few Mediterranean wines from the continent offer such finesse, complexity, digestibility and originality of flavour. Beyond the entry-level (Faustine), which is already admired, the rarest wines (Valle di Nero, Ministre Impérial, Diplomate d'Empire...) sometimes presented in large bottles, will be tasted at this dinner, an evening set between the sea and the mountains.

20th March 2019: La Bouitte's 50th oenological evening!

On 20th December 2012, during La Bouitte's first oenological evening with Dr. Alain Raynaud, René and Maxime Meilleur, Yves Bontoux and La Bouitte's sommelier team probably did not ever imagine that they had just launched one of the most wonderful adventures connecting the worlds of haute cuisine and fine wines.

Over the years, these evenings have become more and more unmissable. The circle of participants has expanded, and guests now come from all 5 continents to take part in these, often extraordinary, moments.

At each evening, René and Maxime Meilleur reinvent themselves and give their personal interpretation of the terroir and the style of the winemaker who is in the spotlight. They readily admit that this risk has opened up unsuspected fields of expression, multiplying their creativity. Every evening is a unique and strong encounter with an artist winemaker and a remarkable territory.

This 50th anniversary evening will honour the "coups de coeurs" that have shaped the evolution of La Bouitte. The finalised programme will be disclosed in September.

24th April 2019: Châteaux Mission Haut Brion and Haut Brion (Bordeaux)

No Domaine in Bordeaux offers such great wines in both red and white, offering both the race of the greatest wines of the Médoc, and the aromatic charm of the Rive Droite. Mission Haut Brion miraculously combines a voluptuous texture, fine, racy tannins with an orchestral matter. His whites are perhaps the best Semillons in the world.

Masterful and just slightly more aristocratic, requiring a longer guard to deliver all its magic, Haut Brion delivers inimitable smoky notes. The whites, between Sauvignon and Sémillon, are also authentic works of art, whose energy and unfathomable hold are reminiscent of the greatest Montrachets. The operations manager, Jean-Philippe Delmas, will introduce La Bouitte's guests to the mysteries of these legendary wines, through a vertical of these 2 Châteaux in 2 colours, and right back to very old vintages.

NEWS

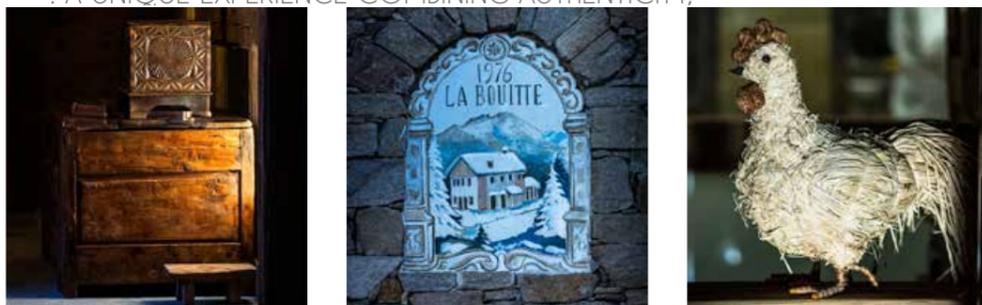
CREATION OF " LA MAISON MEILLEUR " IN SAINT MARTIN DE BELLEVILLE

This is the outcome of years of thought which will come to fruition mid-December 2018: the creation of an Establishment of sharing and gustative discovery in Saint Martin de Belleville. René and Maxime Meilleur take advantage of the inauguration of a new quarter of 34 up-market chalets (" Case Blanche ", the name of an area in the nearby wild Vallée des Encombres) to create an offer very complementary to La Bouitte. At the bottom of the pistes, dominating the village resort, La Maison Meilleur is a restaurant with 70 covers (50 on the 1st floor and 20 on the upper floor). The menu has been conceived by the 2 triple starred Michelin Chefs to honor the best traditional products in the Savoy: cold meats and cheeses from the valley, the Vanoise and the neighbouring mountain ranges, truite fario cooked entirely in the oven/ fresh butter and slices of lemon, melted reblochon cooked in bread/ boiled potatoes wrapped in streaky, goat's cheese raclette, roast beef, chicken tureen, pot au feu, bilberry tart, crème brûlée, chocolat mousse, brioches... The cuisine is voluntarily simple, tasty, generous and, above all, good!

On the entrance floor of the chalet, and on the lower floor, La Maison Meilleur is a day-time living place, with tapas type bites to eat, revisited in a Savoyard spirit: platters of cold meats, Gillardeau oysters, smoked féra, finger servings of undercut of beef, cheese presented in large pieces, dried fruits. The welcoming bar & lounge area, with their mountain style decoration and old wooden tables, make La Maison a real place to meet up. An excellent selection of wines by the glass, of all standards, reinforces the conviviality and interest of the place.

Local products and Maison culinary preparations and wines can also be purchased to takeaway. Open every day, 7/7, from mid-December to the end of April and from the beginning of July to the end of August.

LA BOUITTE*****: A UNIQUE EXPERIENCE COMBINING AUTHENTICITY.



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THE ART OF LIVING AND LUXURY

2015 was the year of 3 Michelin stars, a "Chefs of the Year" award for René and Maxime Meilleur (awarded by the "Le Chef" magazine), and Maxime Meilleur's 40th Birthday.

In July 2016, La Bouitte becomes a Relais & Châteaux member. This is a heart-led choice, strengthened by the sharing of essential values: the importance of the family, preference given to local products, the quest for excellency, hospitality, the art of living, elegance and authenticity.

2017 is another symbolic year for La Bouitte, being the 40th year of its existence, and the 20th year that René and Maxime Meilleur have worked together as a duo.

It will be engraved in history for the spectacular rise in quality of the hotel. The multiple renovations to the 15 bedrooms and suites, the purchase of remarkable historic Alpine furniture, an expansion of nearly 1000 m² and the adding of multiple services, have allowed La Bouitte to become a ***** hotel since the summer 2017.

2017 is also the year of the creation of a Nature Mountain Spa and that of the cosmetic brand MEILLEUR Nature, with its very personal range.

In 2018, La Bouitte continues this search for excellence. Harmonisation, fluidity, and feelings are the key words. A stronger team, the creation of a stream along its lower facade, numerous additional finishes in the bedrooms, elegant outfits for the personnel expressing the soul of the mountain, the purchase of historic furniture and pottery reinforcing the House's heritage... At each instant, La Bouitte thinks about the comfort and well-being of its guests. The most notable improvement for winter 2018-2019 is the creation of a corridor full of Savoyard artisan art, between the main building and the chalet, created at the end of 2013. The guests in the 6 bedrooms concerned, will thus have an access to the restaurant, lounges and the Bouitte's Spa without having to go outside.

In just 2 years, La Bouitte has made impressive changes to its accommodation offer. By cultivating their DNA and by preserving their soul, the charming bedrooms, initially created in the spirit of a "maison d'hôte", have become a ***** Relais & Châteaux hotel. The aim is to offer the same professionalism as for the restaurant.

Rare are the examples in the world which combine, so naturally, a real authenticity (a family with their roots in the valley, working together, objects of art, artisan work from the 17th century to the present day) an art of living (a unique experience, portraying emotion and perfect authenticity) with luxury service (a meticulous care for details).

Over the last 40 ans, La Bouitte has constantly known how to take risks wisely, borrowing money when necessary, and permanently reinvesting all of the profits. With an average of 1,5 M€ of work per year, an innate sense of common sense and intuition and a long

term vision, La Bouitte enjoys the love and loyalty of its guests, a rare thing in the family of 3 Michelin star establishments. (80% repeat business)

Here are the improvements since 2017:

- The House's surroundings have gained a lot in the quality of their finish: **an old water trough, creation of a small stream on both facades, a vegetable garden ...**
- The reception area has been extended to improve the quality of our guests arrivals and departures.
- **Numerous services have been added:** valet parking, porter, concierge service, butler, 24 hour reception ...
- A growing partnership with "Tissus Arpin", the last wool spinning factory in the Savoy, in Sénez. This prestigious and historic company designs outfits, curtains, armchairs and sofa coverings especially for La Bouitte.
- **A new cosy lounge area**, a particularly pleasant place before or after meals, but also for afternoon tea.
- A corridor full of Savoyard artisan art has been created to link the main building and the chalet, created at the end of 2013.
- **The spacious "Augustine Luxury Suite"** (approx. 60 m²) is an ideal haven for families or friends. It has a panoramic balcony, a bathroom, a shower room, a superb parental bedroom, a second bedroom/sitting room, and a dressing room. Created in December 2016, extra decoration was added in 2018 making it even more irresistible.
- **The "Sophie Suite"** (40 m²) is a wonderful bedroom set in a magical chalet setting. Its magnificent decoration epitomizes the heart and soul of La Bouitte.
- **4 bedrooms** (Aurélie, Angeline, Emilie and Anaïs), some of the oldest bedrooms rooms, **have been recently completely renovated and beautifully refurbished** whilst maintaining their original atmosphere. All have beautiful wooden flooring, re-worked lighting, and newly equipped bathrooms (both bath and shower for certain rooms). The different improvements for each bedroom include new furniture, furnishings, decoration, the creation of an open fireplace (Anaïs) and a dressing room.... **They project authenticity, Savoyard popular art and all the comfort worthy of the Relais & Châteaux title.** For further details, please see page 40
- **In 2017, La Bouitte created a Spa and a cosmetic range (see below)**
- A lift, whose decoration reflects the soul of the House, has been installed for our guests' comfort, giving access to the garage, Spa, breakfast rooms, restaurant as well as the bedrooms and suites.
- An additional garage with 6 places has been also been created, extending the garage capacity to 12 vehicles.
- **The spacious heated and lit-up terrace** offers the most breathtaking view of the Vallée des Encombres' summits, (René and Maxime Meilleur's source of inspiration.)
- **The main restaurant room**, and also the **breakfast room have been extended and refurbished**, but without changing the number of covers (a maximum 40): the table spacing has been improved to provide our guests with even more privacy and comfort.







THE "LA BELA VYA" SPA: TREATMENTS AND AN EXCLUSIVE COSMETIC BRAND, CONTANTLY DEVELOPING

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The Spa at La Bouitte is not like any other. It is the natural continuation of the soul of the House, of the natural patrimony and cultural environment and even that of the culinary signature of the Chefs René and Maxime Meilleur. From the cosmetic brand "Meilleur Nature" to the exclusive treatments created especially for them, well-being takes on an unknown dimension in this dream chalet.

The initial Spa was created in 2005, of smallish size but one which already set itself apart from others by its unusual treatments turned towards the benefits of nature and products from Saint Marcel (honey, hay, mountain plants ...).

The name (La Bèla Vya), "a great life" in the Belleville Valley patois, and the concept remain, however the new Spa has really changed in size and quality as well as in its aesthetics, comfort and the range of the equipment it offers.

It has a **complete aquatic area** (pool in the form of a lake with jets and waterfall) for well-being and relaxation, a sauna with hay from Saint Marcel, a hammam with citrus fruits, the Marmot's Den, an outdoor jacuzzi, treatment rooms, a herbal tea room, a solarium and a fitness area. In a corner, a large trunk holds a treasure: an abundance of pink Himalayan salt, with its ancestral sanitary virtues.

3 exclusive treatments highlight the natural benefits of our land:

- **le Solan**, a steam bath with mountain pasture hay: an enclosed bed with highly perfumed Alpine scents.
- **le Bain de Marie** with milk and honey from Saint Marcel: ideal for softening and rehydrating the skin, thanks to the vitamins and mineral salts that it contains.
- La Bèla Vya offers, since 2017, a new unique well-being area: **The Marmot's Den**. With this treatment, the Meilleur family invite you to discover the life of marmots and their den, a place where you, like the marmots, will find gentleness and comfort. To clean themselves, marmots love to play in and cover themselves with earth which they then let dry in the sun. Then they wait for it to rain, or alternatively, look for a stream or a waterfall in which to wash themselves. The Marmot's Den is a mountain treatment preferably done as a duo which reproduces this ritual. In a warm, humid atmosphere, like a hammam, you are coated with green clay. This unique treatment in France brings real benefits to the skin, facilitating the elimination of toxins, cutaneous marks and impurities. Green clay is known for its anti-inflammatory, antiseptic and absorbent properties. Then after a 25 minute rest, comes the storm: rain comes down from the ceiling of the Den to rinse you.

MANY IMPROVEMENTS TO THE SPA FOR 2018

- **Outdoor jacuzzi:** relax in the heat of the water Guaranteed peacefulness. Intense sensations with real therapeutic virtues: 6 proper places, with specific jets and functions to massage successively all the body.
- **Creation of the signature treatment "The 3 Treats Menu".**
Our Spa Manager, Megan Domenget, has created a new treatment, which honours the culinary signature of the triple starred Chefs René and Maxime Meilleur.

Give yourself a wellness moment with this 3 treats menu, which will give you a soft, smooth and moisturised skin with the combination of nourishing and regenerating honey, concentrated fruits full of nutrients and vitamins, and lemon oil well-known for softening and purifying the skin.

As a starter, a sweet ex-foliation with honey from Saint Marcel. For the main course, a tutti-frutti milky wrap, combining crème fraiche and fruit of the season puree. This wrap stays on your skin for 20 minutes in the warmth of the Marmot's Den.

For the dessert, a massage with lemon and mint oil, in a mojito way.

Duration: 1h30 - 180 €.

▪ **New massage: "Ayur'Bela"**

Full massage from head to foot with deep stimulating movements for total harmony. Targeted pressure on energy points on the feet, hands, face and scalp and beneficial stretching to chase away tensions.

Recommended for individuals who are overworked and intellectually and physically exhausted.

Duration: 50 min - 130 €

▪ **Le Solan with hay**, (a treatment only available at La Bela Vya), a steam bath with hay harvested in Saint Marcel, becomes an unmissable moment at La Bouitte. To decompress gently, each massage will be followed by ten minutes in the hay Solan, before going to the solarium/relaxation room. A wonderful escape towards the fields, nature and childhood!

▪ In the Spa's beauty salon, a new make-up service, simple (60 €) or sophisticated (90 €).

▪ Room service treatments: for those who would like to stay in the comfort and intimacy of their bedrooms. Just ask, and our beauticians will come to you.

▪ La Bouitte never ceases to improve the details of the Spa created in the winter 2017:

- addition of numerous decorative elements

- enhancement of the cosmetic brand "Meilleur Nature"

- creation of a twin cabin

- the offer is enriched by home-made herbal teas, created by our sommeliers – often based on plants which they have picked themselves in the mountain pastures -, and accompanied by a succulent biscuit or gingerbread made by our head pastry cook.

For further details (on the philosophy and concept, the aquatic area, fitness, treatments, baths, massages, Meilleur Nature cosmetic range), please see page 42 **the blog** <http://famillemeilleur.com/category/spa-nature-de-montagne/> and **the full list of treatments on the web site:** www.la-bouitte.com/hotel-spa/spa-savoie.html.

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COSMETIC RANGE "MEILLEUR NATURE"
AN EXCLUSIVE RANGE OF TREATMENTS WITH EPILOBIUM EXTRACT.



"MEILLEUR Nature" was **born from a passion for the richness of the natural Alpine heritage**. In their cuisine, René and Maxime Meilleur's highlight the flavours of mountain plants. These plants are also used in cosmetics for their active ingredients and health benefits.

By using principally epilobium extract, **the perfume craftsman, Valérie Mallens, from the Asinerie des Alpes, has developed for La Bouitte a innovative and exclusive line.**

Used for centuries by Amerindians for its calming properties, epilobium extract favours rehydration and calms sensitive skin.



Epilobium grows in our Vallée des Belleville up to an altitude of 2500 metres: its flowers are presented in a bunch with a purple pink and magenta colour. Its extract is rich in flavonoids, vitamin C and pro-vitamin A. It has multiple properties: mattifying and astringent but also lifting and re-firming.

Since 2017, La Bouitte offers a full range of products and treatments with epilobium extract: shower cream, shampoo, gentle soap (products that are offered to our guests at La Bouitte during their stay), body treatment elixir, face cream, Virtuose unctuous ex-foliation (palmarosa and rosewood), an extraordinary Virtuose mask (including extracts of epilobium and edelweiss), a massage oil (with organic hazelnut, argan

and sesame oil), a lifting serum (hyper concentrated in pure hyaluronic acid, with asses' milk and Alpine flower extracts) ...

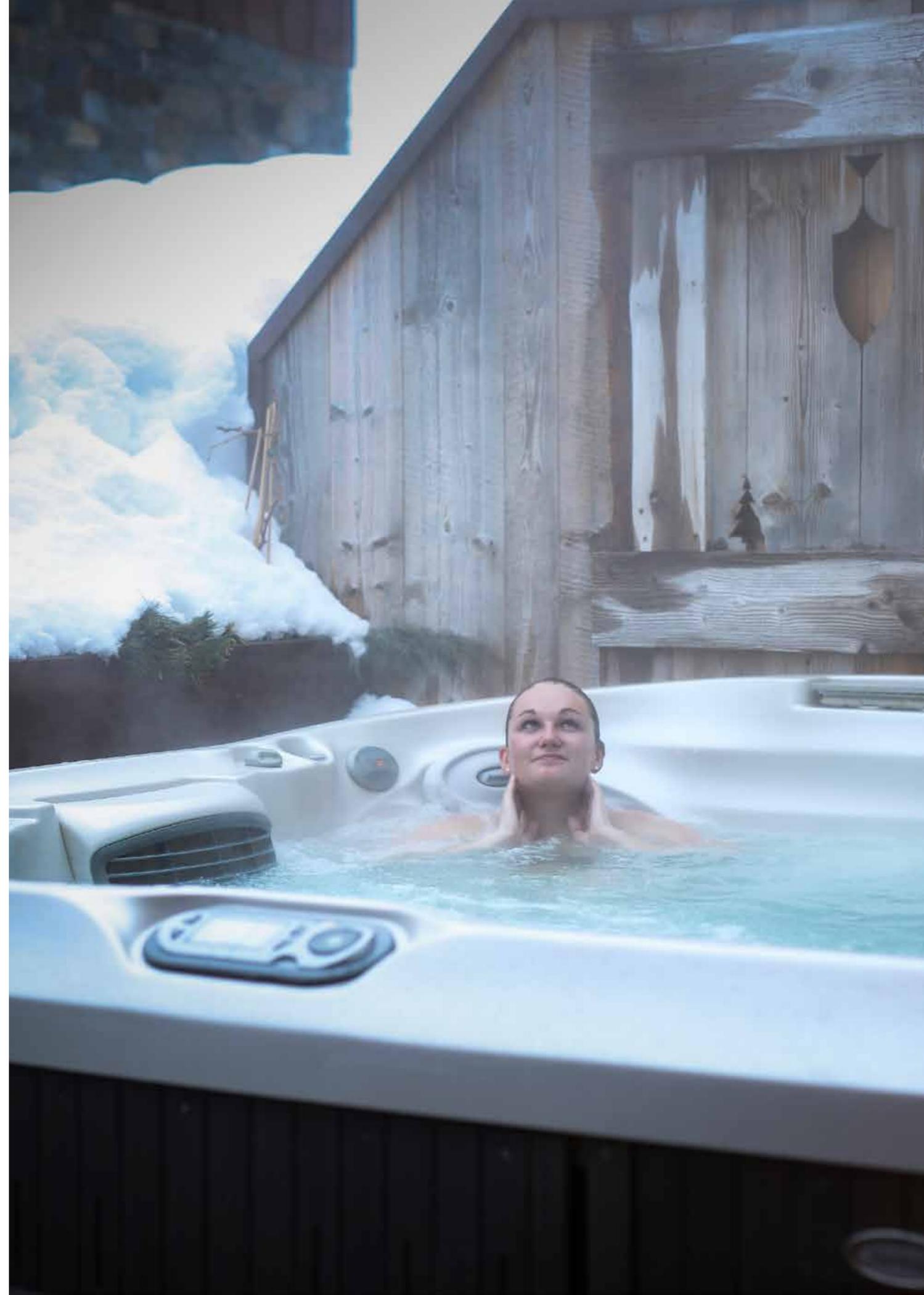
Without synthetic colouring nor paraben, SLS or ethanol, our bases contain essential oils and waxes, which protect the skin from drying out thanks to their fatty acids.

L'EAU DE PARFUM "1502 M": A PRECIOUS GIFT, A LA BOUITTE EXCLUSIVITY

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Maxime and René Meilleur wanted to create a Eau de parfum with a perfume craftsman, one which represented an elegant floral, new and linked with their identity and in harmony with their creativity.

Inspired by the memories of a summer night on the terrace of the chalet, surrounded by a gentle humid warmth, "Le 1502 m", created in 2017, invites you on a journey into the nature of the Alps between modernity and tradition. Its fragrances charm you into an infinite floral resonance. A gourmet aspect like a rose jam for the main note, amber and musky. Then a voluptuous sensation of the accords of cashmere woods, a synonym of luxury and elegance.



NEW CULINARY CREATIONS CELEBRATING THE SAVOY

The restaurant's menu is based upon the identity and history of the Savoy, in a real quest for its rural cultural origins. Can apparently simple dishes be transformed into works of art, full of pureness and elegance? René and Maxime are working towards this goal, and here are a few of their new creations in 2018 and 2019:

- Roasted jacket salsify, aerial mayonnaise, beef jerky, wild sorrel
- Rind sausage, simmered in a pig's tail consommé, boiled potatoes
- Barbecued fillet of beef, gourmet turnips, plant sauce
- Honey bread. Crunchy honeycomb, cream dessert with tangy eggs, honey and wild thyme
- Fresh pear, marmalade, chicory caramel, warm shortbread biscuit
- Pine cone presented in a baba form, soaked in lemon pine syrup coulis

NOT FORGETTING LA BOUITTE'S EMBLEMATIC DISHES

- "Risotto style" crozets with beaufort, chanterelles, wild sorels
- Lightly poached trout, accompanied by fresh melted butter, acidic frothy sauce
- Escalope of duck foie gras, fresh corn galette, honey from St Marcel, reduced old-fashioned vinegar *(the only dish that has accompanied the whole history of La Bouitte, from its 1st to its 3rd Michelin star)*
- Glazed sweetbreads, Agria potato, horseradish "Russian cigarette", beech smoke
- Pan roasted young pigeon, creamy potatoes, ragout on toast, mushrooms, wild spinach
- Milk in all its forms: sauce, meringue, sorbet, biscuits...
- Rissoles with saffron from Les Granges

"LES MEILLEUR À LA BOUITTE": A BOOK WHICH MARKS A DATE

A beautiful book about La Bouitte was printed at the end of 2016 by Glénat (public price: 49 € ; 256 pages ; format: 240 x 320 mm). Numerous new, precisely explained, recipes are disclosed. Odes to the Savoyard terroir, they purify and magnify the classics while taking them into another dimension.

But it is, above all, a book with an artistic dimension due to the beauty of its layout, Henri Pelletier's magnificent writing and the high quality of the photos by the talented Matthieu Cellard. These two artists have managed to pierce the magic of this place and its singular environment, which resembles nothing else on earth. They have captured each instant, from fleeting moments, smiles, the ephemeral light, the subtlety of colours to the texture of the materials, little things that make up the inimitable charm of La Bouitte.

They have also managed to capture the timeless character, a feeling of eternity, a state of being between emotion, simplicity and truth, a certain form of humanism. What is La Bouitte if it isn't the joy of receiving and sharing, under the caring and mischievous look of René the patriarch? Along with Maxime's continual quest for perfection. In their superb stone and wood house where each object tells a story, one is not just welcomed, but received, par a family, in their home, around the fireplace. The Meilleurs have emancipated themselves from models and fashion to create, without artifice but with passion and an appetite for life, one of the most beautiful and most remarkable homes in the Alps.

More than just a selection of recipes, this book retraces the 40 years of the improbable saga of the Meilleur family. And it shows just what an incredible experience it is to stay in this dream chalet.



TOTAL IMMERSION COOKERY WORKSHOPS

René and Maxime Meilleur have offered real enthusiasts the chance of a half day total immersion with La Bouitte's brigade. A rare opportunity to discover, close up, the life, rigour and creativity of this team of 22 people.

Workshops for one to three participants, subject to the Chefs' availability. The workshops start between 8h30 and 9h and finish at the end of the lunchtime service (at about 15h). 280 € per person, including a meal with the team.



Pine cone presented in a baba form, soaked in a coulis of lemon pine syrup

THE STORY OF A FAMILY OF BUILDERS

THE "MEILLEUR'S" SAGA IN A FEW KEY DATES

The Valley's origins: a busy route linking the Tarentaise and Maurienne valleys, La Vallée des Belleville started its development 2000 years before Jesus Christ. Its name comes from the Latin "villa" meaning domain, and "bella", underlining its size – 230 km² –. Its historical heritage (see page 22) is a reminder of its rich past. **René Meilleur comes from one of its very old families, who lived off farming and working with wood (cabinet makers).** Les 3 Vallées ski area was created in the 1960s.

1976: seeing skiers descending off piste to their village of Saint Marcel, René, then aged 25, acquired a potato field with Marie-Louise and on 4th December, opened their restaurant "La Bouitte". They served a delicious Savoyard cuisine, simple and generous.

In the 1980s: "a gustatory shock" during a dinner at Paul Bocuse's restaurant in 1981 and the creation of a ski resort in Saint Martin de Belleville in 1984, encouraged René to evolve towards a **more elaborate and creative cuisine**. La Bouitte became one of those addresses that is passed on discretely from gourmet to gourmet in Les 3 Vallées.

1996: Arrival of their son Maxime. He came to help René prepare a "crème anglaise" and caught the cooking bug so much that he has never left. In 1998, his partner Delphine Dagonet joined the team as Maître d'Hôtel. **La Bouitte does all it can to represent the best that the Savoy produces.**

2000: Creation of the hotel: 8 bedrooms and suites with charm

2003: 1st Michelin star

2005: creation of the natural product based spa, "BÈLA VVA".

2008: 2nd Michelin star

2012: Became a member of "Les Grandes Tables du Monde" (Great Restaurants in the World).

2011 - 2015: This was Maxime's time to invest in the development of the family House with the purchase from René's brother of the next door house which he renovated. He undertook **an expansion of La Bouitte while at the same time moving it even more up market** (new kitchen, dining rooms and "table d'hôtes", 2 lounges, 8 supplementary bedrooms and suites ...). **In the restaurant, guests now have the choice between 4 ambiances and décors:** the terrace with its view of the mountain pastures and summits, the main dining room with its mountain spirit, a real cocoon, the "table d'hôtes" open onto the incredible ballet in the kitchen, and the new Baroque room, a tribute to the Valley's artistic heritage.

2015: The supreme recognition: 3 Michelin stars. Followed by the title "Chefs of the Year" awarded by "Le Chef" magazine.

2016: La Bouitte becomes a Relais & Châteaux member.

2017: On the occasion of the **House's 40th anniversary**, unprecedented investments were made. **The hotel has been classified with 5 stars since the summer 2017. The creation of a superb Nature mountain Spa, the cosmetic brand MEILLEUR Nature, and of the perfume " 1502 m ".**

The restaurant " René & Maxime Meilleur " also has **4 Gault&Millau chefs hats**.



Delphine, René, Oscar, Calixte, Maxime and Marie-Louise

A WHOLE FAMILY, UNITED AND COMPLEMENTARY

With their children, over the years René and Marie-Louise Meilleur have built the chalet of their dreams, sculpted the wood and combined the most noble of the ancestral Savoyard materials (slate, stone ...). "Born hard-workers" and "in love" with their native Savoy, they are natural builders. With their own hands they have shaped La Bouitte, giving it a territorial anchor and solid roots.

The Chefs

René Meilleur

Self-taught creator of La Bouitte, 40 years of experience, creativity and good sense are the basis of **his main aim:** to transmit to **his guests the treasure of the Savoy**. René has never ceased from re-transcribing, in his own way, the gustatory memories of his childhood, and the ancestral culinary heritage of the Dukes of Savoy. And showing that over and above the superb ski areas, this region is the home of a passionate "terroir", and an authentic art of living.

Maxime Meilleur

Ex French junior team biathlon athlete, he has kept the endurance qualities and competitive spirit from his sporty past. His **need to work, his rigour**, his desire for excellence and sharing, encourage the whole team towards a search for the absolute. With its ardent temperament, his cooking astonishes by the economy of his gestures and the pureness of his compositions.

The women of the house

Marie-Louise Meilleur

Since 1976, René's wife has been the perfect Hostess. Her key words: attention, simplicity, generosity, professionalism and authenticity. Her contribution is essential in the table art and decoration of the bedrooms.

Delphine Dagonet

Maître d'hôtel since 1998 and Maxime's partner. Her mission is to be the link between the guests and the chefs in the conception of the Carte Blanche menus. She remembers everyone's expectations and preferences which helps to increase guests' satisfaction each time they visit.

LA BOUITTE: THE HEART OF THE SAVOY

René and Maxime Meilleur, father and son, share their love of their native Savoy.

AN HISTORICAL HERITAGE BETWEEN POPULAR SAVOYARD ART AND BAROQUE ART

In the Middle ages and during the Renaissance, the village of Saint Martin de Belleville was an important passage between the Tarentaise and Maurienne valleys. It was part of the Savoy State, which, at the height of its reign, spread from Geneva to Nice and included the Piedmont and Sardinia.

The Commune's historical heritage (22 picturesque hamlets, 36 chapels and churches dating from the Middle Ages to the 18th Century) are a witness of its rich past. Notre Dame de la Vie, 1 km from La Bouitte, is one of the most renown sanctuaries in the Tarentaise. The monuments were redesigned in the Baroque period by Italian artists. This is why La Bouitte chose to create its 2nd dining room in this spirit.

The 2 lounges, the main dining room, the 17 personalised bedrooms and the Spa are a showcase for Alpine regional popular art. **The decoration is a successful combination of the soul and history of ancestral Savoy and modern day comfort and technology.**

A few examples of La Bouitte's heritage:

- curtains and blankets from the Arpin wool mill in Séez (classified as an historical monument, 7th generation in the Tarentaise)
 - grain cabinets, tables, stable chests, sculpted furniture, utensils and decorative objects from the 17th to 19th Century.
 - collection of ancient bells "les Clarines" from the prestigious Maison Devouassoud in Chamonix
 - antique plates, pottery from, Yvoire (on the banks of Lake Geneva), Morzine and St Jorioz (on Lake Annecy).
- ... A full list of La Bouitte's cultural heritage is available on request.

Even with the amount of cultural heritage present, La Bouitte is not encumbered: everything is harmonious, warm and luminous.



Notre Dame de la Vie sanctuary



THE SAVOY: A RICH CULINARY HERITAGE WHICH HAS BEEN FORGOTTEN FOR TOO LONG

A great tradition for good cuisine, even aristocratic cuisine, existed up until the 19th Century in the Duchy of Savoy, much more refined and complex than the Savoyard specialities which the winter sports industry has, for a long time, served to tourists.

Amongst the specialities from this age: "niokis", soufflés, jugged meat, venison, entremets, zabaglione, "rissoles", and not forgetting the "gâteau de Savoie" (dating back to Amédée VI between 1343 and 1383). Numerous spices were also used: saffron (in stocks and "farçons"), cumin or dill ... For proof of an ancestral culinary dynamism in the Savoy, one can study the book "Du fait de cuisine" written by Maître Chiquart, cook for the Duke of Savoy Amédée VIII, in 1420! This is one of the most ancient treatises of medieval gastronomy known to this day in Europe.

At the same time, a more popular and filling cuisine co-existed: "farçons", polenta (from 1770), "crozets" (small square pasta made from wheat or buckwheat flour)... Raclettes were eaten since the middle ages when the shepherds melted the summer cheese in the open air in the mountain pastures. But it's the Tomme that is the most ancient cheese in the Savoy. Mountain pasture milk is obviously emblematic of the culinary heritage.

Over the years, Savoyard cuisine became richer, the mountain passes, strategic posts for the commercial routes, helped in the exchanges between cultures. Potatoes ("tartifles") from America, rice (from the Piedmont), pasta, polenta as well as numerous spices almost unknown in France were largely consumed in the Savoy from the 18th Century onwards.



"Rissole" with saffron from Les Granges.
Recipe handed down from generation to generation.



"Risotto style" crozets with beaufort, chanterelles, wild sorels
Recipe created in 2014

AN EXCEPTIONAL NATURAL SITE, A UNIQUE TERROIR FOR THE "MEILLEURS"

Located at the entrance to the largest ski area in the world (Les 3 Vallées), La Bouitte offers the paradox of a delicious serenity, seemingly in the middle of nowhere. The overwhelming mountain peaks, the peaceful pastures and the surrounding forest dominate the garden, vegetable patch and magnificent terrace area. From the terrace, the view takes in the entire natural beauty of the valley of Les Encombres: a paradise for lovers of fauna, flora, vegetables, plants and wild herbs.

The size of the "Belleville" valley (half of the 450 km² that make up the 3 Vallées) is such that only 5 % of the skiable area is developed. These immense virgin territories, the Encombres, Nant Brun and Lou Valleys, represent an inestimable and very identifiable local territory. It is from here, along with other emblematic Savoyard sites, that René and Maxime Meilleur get their daily inspiration. Complicit and complementary, they present you with a generous, subtle and personal vision. Their cuisine is a tribute to a heritage reputed in the times of the Dukes of Savoy, progressively forgotten with the annexation by France in 1860, the rural exodus and then the development of white gold.

Since the 1990s, Savoyard gastronomy has regained the letters of its nobility. Every day, René and Maxime are at the search for what the Alps have best to offer, chosen from artisans whose products are full of sense and history.

Savoy products over the seasons: butters, character-full hams, free range eggs, smooth polenta, local fish (féra, char and perch) from the Lakes Geneva and Bourget, yesteryear vegetables (ancient varieties of carrots, pumpkins), ceps, chanterelles, truffles, Tarentaise beef, deer, stag, little known cheeses ("sérac" from the Lou valleys, "beaufort" from Nant Brun, a "blue" from Termignon, "Persillé" from Tignes, sheep's cheese from Serge Jay in Le Châtelard)... In the surrounding mountain pastures there is an incredible abundance of fruit, fresh herbs and wild plants: meadowsweet, wild garlic, gentian, goosefoot, sorb, bilberries, wild strawberries... Not forgetting the smooth Saint Marcel honey with its wonderful perfume, or the saffron.



THE BISCUIRON®, AN EXCLUSIVE TRIBUTE TO THE "BISCUIT DE SAVOIE"

Faced with the macaroon trend, René and Maxime Meilleur have invented a new cake concept, based on the local "Biscuit de Savoie". The pastry, gently worked with a spatula, is drawn into a curved pouch and baked in a moderate oven for 10 minutes. Deliciously soft and melting, the Biscuiron is treated with great care as if it were a unique piece full of finesse. Let yourself be enchanted by its sensual flavours: "Gisèle" Orange blossom, Lemon basil Chantilly, Creamy icy mint, crunchy chocolate pearl ...





A CUISINE SIGNED “MEILLEUR”

A FOUR HANDED CUISINE, CREATIVE, PURE AND TEASING

In the heart of ancestral Savoy, what a delight to discover the “Meilleur” signature. La Bouitte is a successful contrast between an authentic rustic setting and the quest for avant-garde cuisine and oenology. Between the perfectionist Maxime and the experienced René, the dialogue is permanent. Their entente is natural: the harmony and poetry owes much to René and, drawing from his experience as a biathlon athlete, Maxime has forged himself a sportsman's spirit with the need to work hard whilst economising effort.

With their brigade, the self-taught duo pursue a quest: the perfect balance between tradition and modernity, between simplicity and elegance, and between precision and pushing the boundaries. They produce their personally carved and almost cheeky interpretation of the best local products. Their cuisine, caressing and fresh, is a tribute to nature's complexity and generosity.

Following their immediate aesthetic appeal, the compositions allow themselves to be discovered little by little. By playing with the textures, one by one the subtle associations of flavours are revealed. This **teasing and precise cuisine**, without any unnecessary artifice, invites questioning and offers an appreciation at several different levels. The complexity and virtuosity, mastered over the years, leaves the room for **an impression of pureness, ease and balance**.



EXAMPLE OF A SIGNATURE DISH, A HYMNE TO THE SAVOY:

Milk in all its states: meringue, jam, sorbet, biscuit...

Here is a dessert, purposely regressive, an irresistible return to one's childhood. René and Maxime MEILLEUR's version of a Proust Madeleine. It is difficult to imagine that an ingredient as common as milk can be transcended to this point, becoming one of the peaks of gastronomy and refinement.

In the different hamlets around de Saint Martin de Belleville, several farmers continue an ancestral know-how, giving us the opportunity to rediscover the unique taste of milk from altitude bred cows, sheep and goats.

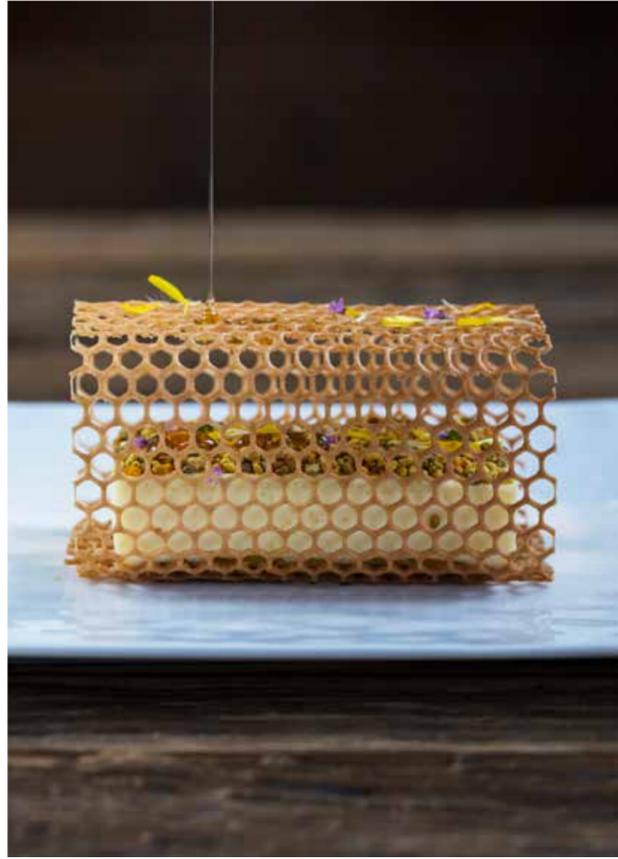
From the conception of butter, to the emblematic dish of Crozets through to the Spa treatments (Le bain de Marie with milk and honey from Saint Marcel), one can really say that milk is a part of the identity of La Bouitte. But it is in this signature dessert that it takes all its dimension. One dives into a symphony of light milk, between full fat and semi-skimmed cow's milk, sheep and goat yoghurt, milk powder in the heart of the meringue, farmhouse butter, and – the ultimate gourmandise – milk jam (also made from micro-filtered full fat cow's milk for more flavour). The genesis of this creation goes back to New Year's Eve 2010. René and Maxime MEILLEUR wanted to finish the meal with tones of immaculate white, a reminder of the snow enveloping the chalet. Their aim was to create an emblematic Savoyard dessert and to conclude this important meal on a fresh and subtle note.

This dish is a game of textures between the crispy biscuit and meringue and the unctuousness and tenderness of the mousse and sorbet. One discovers it little by little, with a succession of fleeting sensations.

This first attempt was a master stroke. Every day since this famous New Year's Eve, guests have not stopped asking for this new dessert, having heard about it from friends and family. “Milk in all its states” has since become a great classic of La Bouitte, even though it has been refined and reinvented over the seasons, it still has the same DNA. It is highly possible that it contributed to the 3rd Michelin star in 2015.

Stéphane Durand-Souffland, Le Figaro, 31st January 2015: “Milk in all its states” is a declaration of love to this nourishing fluid, a white scaffolding with an overwhelming balance, a perfect declination of a technique which emerges as obvious. To start with there is this frosty disc, an ice-cream to which the goat's milk (or sheep's milk depending on the season) gives an irresistible note of tartness. Above are three little milky meringues. Underneath, a mousse of an infinite finesse which encloses an only delicately sweet sorbet. And it all lies on a crispy milk biscuit like a praline, and a slightly amber necklace of liquid milk jam fulfils the spell. This dessert, is a return to one's childhood, the concentrated milk that one sucked from a bottle (but better), a gustatory shade made of progressive moves towards an absolute gourmet pleasure”

A video presenting this dessert will be released at the beginning of the winter.



Glazed sweetbreads, Agria potato, horseradish "Russian cigarette", beech smoke.
Recipe created in 2007

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THE CARTE BLANCHE MENUS: PERSONAL CULINARY AND OENOLOGICAL JOURNEYS

The Meilleur family transforms the moments spent at La Bouitte into **an experience adapted to each guest. The carte blanche menus (from 3 to 8 dishes) are unique and commented constructions** which combine the guests' expectations, the best products of the day with the creativity of the cooks and the sommeliers. Just give Delphine an idea of the type of thing you prefer ... and, depending on the seasonal market, the Chefs will take you on a true culinary journey. With one experience after the other and vibrant combinations of food and wine ... the menus sharpen and tease your senses.

Emblematic dishes: see page 18.

LEARNING IS A PLEASURE: FULL IMMERSION COOKERY WORKSHOPS

Please see page 18.

GASTRONOMY AND WINE: THE INCOMPARABLE BENEFIT OF ALTITUDE ELUCIDATED AT LA BOUITTE

The taste of food and wine in the mountains procures intense pleasure, thanks to the flavours and the sensations unknown lower down in the valleys. The art of cooking and tasting changes depending on the altitude.

With an atmospheric pressure and a lower percentage of oxygen, a lighter, colder and dryer air, the Chefs have to adjust their cooking methods. Water boils at 95° at La Bouitte: it thus takes at least one minute extra to cook a boiled egg. The time that the bread dough takes to rise is reduced by half due to the amplified action of carbon dioxide.

In order to adapt to the low-oxygen mountain air, one's body produces more red blood cells ; the heart and respiration frequency accelerates. With the cold, the dryness and the dehydration, the human body has the physiological need to eat more. Our senses, particularly our taste buds, are sharpened and stimulated.

But the most spectacular effects of altitude are seen in oenology. Wines conserved at altitude become denser, longer, purer and more harmonious than those conserved down the valley. They offer more elegant aromas and a more blossomed fruit. With the lower stratospheric pressure (less dissolved carbon dioxide) the wines age slower. Their evolution in the mountains gains in complexity and precision, to arrive at an unhoped-for balance. They appear younger, more spheric and subtle.

The red wines have clearly a more gentle tannin and a more mellow texture. And the Champagnes really find their festive status with more effervescent and smaller bubbles, with light and nuanced aromas.

For a while now, René and Maxime MEILLEUR have been convinced of the fundamental interest of altitude. With Yves BONTOUX and Nicolas de RABAUDY, they got together in 2004 and 2005 no less than 25 wine tasting experts, with both scientific and oenological knowledge (Michel Bettane, Bernard Burtschy, Michel Dovaz, Alain Raynaud...). Please ask if you would like to see the detailed results of this event, Les Vins au Sommet, which clarified the understanding of these phenomena (*about twenty wines back to the year 1983 were tasted over 4 days, down in the valley in Moûtiers, at La Bouitte at 1500 m and at l'Oxalys at 2300 m*).

Decidedly, in the mountains, there are all the ingredients to turn a culinary and oenological experience into a moment of pleasure. Even the assimilation of alcohol, accelerated by the altitude, induces this gentle mountain peak insobriety. Not forgetting the essential: this euphoria, this fulfilment, which we owe to the majesty of the setting, the pleasure of sharing a moment of conviviality, more often than not in the context of a holiday, and lastly to the reward of the feast after the invigorating effort of a wonderful day's skiing.

THE WINE CELLAR: A PARADISE FOR CONNAISSEURS

With its 4 sommeliers, La Bouitte offers an excellent selection of 1001 wines from 1937 to 2016, making it one of the finest wine cellars in the Alps. Since 1976, the Meilleur family has patiently collected the best wines from all the regions, to suit all styles and budgets.

In 2004 and 2005, leading wine critics and doctors proved scientifically that wine improved with altitude. (see above).

Since winter 2012-2013, La Bouitte has paid tribute to its favourite winemakers and famous wine critics by sharing memorable evenings with its guests (booking imperative as places are limited: programme page 8).

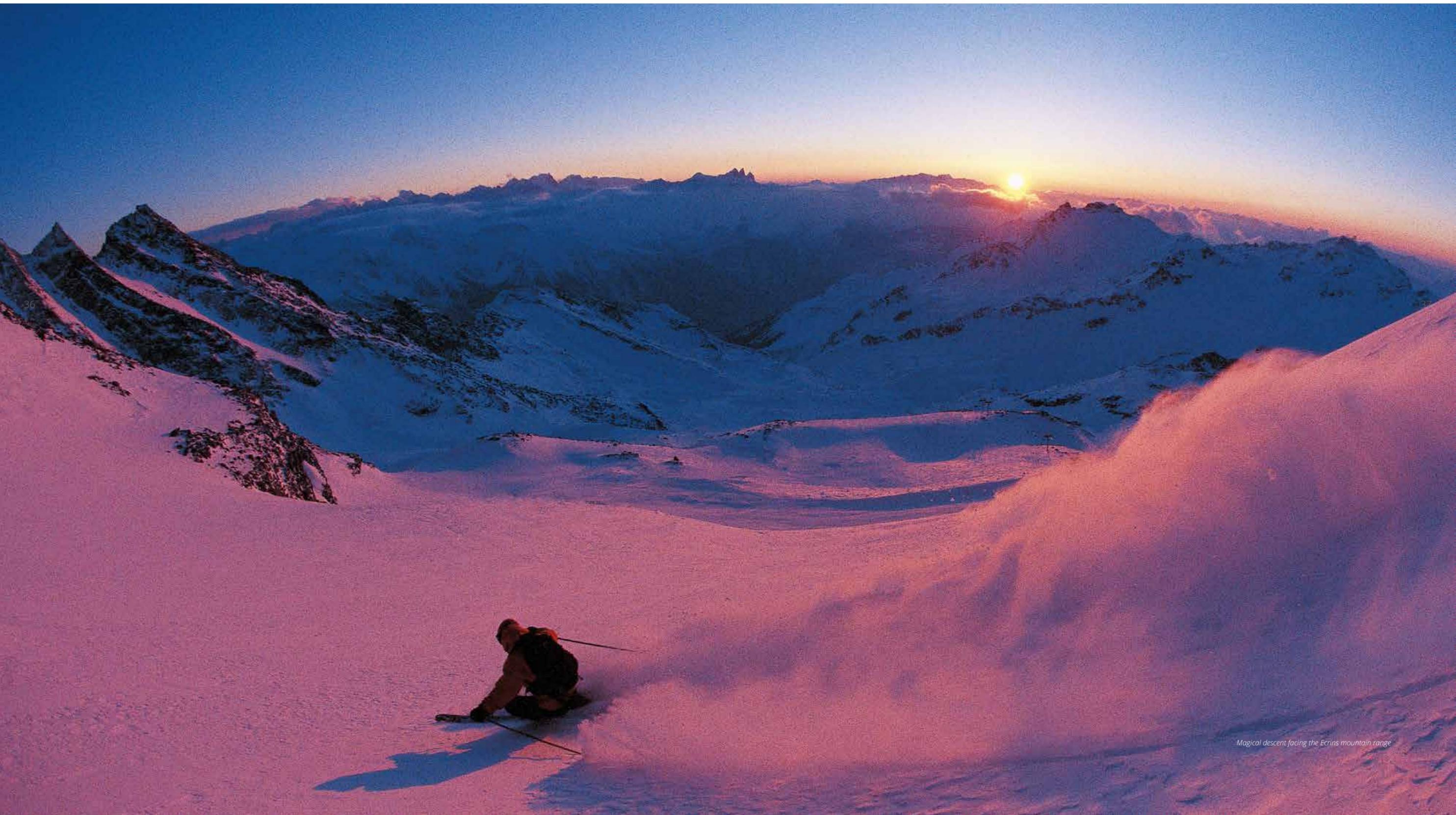
35

LES 3 VALLEES IN THE VANOISE OFFERS YOU, OVER AND ABOVE YOUR HIGHEST EXPECTATIONS,
ALL THE PLEASURES OF THE MOUNTAINS

Saint-Martin de Belleville is an excellent example of the extraordinary development of winter sports resorts. The village was subject to the rural exodus with the industrial revolution down the valley and the very difficult living conditions in the mountains up until 1960. But in only 50 years the development has been incredible, with the creation of 3 complementary resorts in Les Menuires (in 1963), Val Thorens (in 1972), then St Martin de Belleville (in 1984). Les 3 Vallées was born in the 1960's: 600 km of pistes, 25 mountain peaks between 1,300 and 3,230 m.

La Vallée des Belleville has become the world leader in terms of winter sports tourist visitors (more than a million skiers each season). And with its continual move upmarket since 1985, Saint Martin de Belleville, which has managed to preserve its village soul, attracts visitors looking not only for great skiing, but also for authenticity.

The possibilities are endless: a rich Baroque heritage, picturesque hamlets, the largest ski area in the world, a wide range of walks in unspoilt sites (the valleys of Les Encombres and Nant Brun, Col de la Lune, Lac du Lou ...), and countless activities and recreational facilities just 5 km away in Les Menuires, 14 km away in Val Thorens, and 40 km away in Méribel and Courchevel.



Magical descent facing the Ecrins mountain range

LES 3 VALLÉES COMBINES, LIKE NO OTHER PLACE, GASTRONOMY, WELL-BEING AND INCREDIBLE ALPINE PANORAMAS

Les 3 Vallées is well known for being the biggest ski area in the world. But it is also a magnificent destination for pedestrians, walkers or not, both in the winter and summer. From Saint Martin de Belleville to Courchevel, passing by the top of Tougnette and its infinite pastures, the pretty village of Méribel - les - Allues then the Saulire, whose aspect reminds us of the Dolomites, a real odyssey offers itself to you. And all of this in complete comfort and without effort. Obviously, skiers and walkers can also enjoy this unequalled playground by skiing or walking the incredible number of itineraries and pistes.

On the way back, it is tempting to detour via Méribel - Mottaret, Le Roc des 3 Marches (where, in the winter, you will find the mountain restaurant - at 2700 m -La Bouche à Oreille managed by René MEILLEUR's sister and brother-in-law), followed by Les Menuires. During this day, rich in memories, a unique succession of 17 gondolas and chairlifts allow you to discover the sumptuous countryside of the Vanoise, Mont Blanc and the Ecrins. A great occasion for a gastronomic pause at lunchtime, followed, perhaps, by a treatment at the Spa.

La Bouitte's concierge service is able to advice guests individually for this journey, by suggesting suitable pauses, cultural visits, lunchtime destinations, shopping ...And, of course, those staying in Courchevel, Méribel, Val Thorens and Les Menuires are able to profit from this crossing to discover La Bouitte for lunch. Or even for a full visit with an evening and night at the hotel.



AN UPMARKET***** RELAIS & CHÂTEAUX HOTEL WITH A HOMELY AMBIENCE

A "Relais & Château" hotel since 1st July 2016, La Bouitte has offered, since Christmas 2016, much improved hotel services in order to be more coherent and in harmony with the restaurant. The hotel has 5 stars from Summer 2017.

Particular care has been paid to well-being, such as with the overflowing balnéo baths, set on beds of pebbles. Certain bedrooms combine yesteryear heritage with purer, more modern design. Each of the 15 bedrooms (including 7 suites) has a unique soul, charm and identity. Offering a sheltered and cosy setting, they embody the spirit of the yesteryear houses of the Savoy with the omnipresence of sculptured wood, the warmth of fabrics, and furniture and decorative elements some of which date back to the 17th century. Over the years, the acquisitions and the orders given to craftsmen, artists and sculptors, La Bouitte has collected an unrivaled cultural and artistic heritage. Absolute comfort, a change of scenery and return to ones roots, upmarket, in a continual quest for sense and beauty, authenticity yet with here and there, a few lines more pure and design, care in even small details along with modern technology sum up the Meilleur's family hotel.

For winter 2016-2017, a spectacular renovation took place of the older bedrooms and 2 magnificent suites were created (the luxury suite Augustine and Le Chalet de Sophie). This expansion has mad the hotel more pleasant, more comfortable and with better services (reception area, new sitting rooms, a lift, a breakfast room, new terrace ...), and an bigger team. *See details on page 10.*

The outstanding success of this new La Bouitte chapter lies in the fact that it is impossible to distinguish the additional 1000m² from the existing, so much the extension fits in perfectly with the older parts of the building. What is the reason behind this prowess? The skills of René and Maxime Meilleur, who sculpted the wood themselves, have built La Bouitte with their hands year by year, by using principally old material (wooden beams that are centuries old taken from dismantled old chalets then re-worked). Thus La Bouitte appears like a compact soul of the Savoy from its origins up to the present day.

A COMPLICITY FILLED ESCAPE

At La Bouitte, you are welcomed like a member of the family. The key words are attention, kindness, and professionalism. Everyday our guests make us want to surpass ourselves, to create relationships and share the pleasures of the environment. La Bouitte, like a beautiful maze, is also a succession of living areas, an ideal place to recharge ones batteries. One cannot help but be charmed by the sitting rooms with their refined and warm atmospheres.

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LA "BÈLA VYA", THE CREATION OF A MOUNTAIN NATURE SPA

RENÉ AND MAXIME MEILLEUR INVITE YOU TO ENJOY A REALLY DIFFERENT RELAXING EXPERIENCE IN THE HEART OF THE MOUNTAINS.

Since the beginning of time, men have looked to nature for body and spirit remedies. In the Alpine Valleys, the art of healing using products offered by the environment exists to this day. Water, milk, hay, honey, aromatic herbs have always worked marvels.

Today, more than ever, to relax in baths, get back ones energy thanks to the mountain elements, the most natural setting, answers a fundamental need. With the effect of replacing stress and tiredness with invigoration and energy. The mountains are the ideal setting to regenerate, relax and revitalise oneself: pure air, multiple scents, less oxygen, blue skies, fresh starry nights and harmony between man and the elements.

Proud of its origins, living in osmosis with its environment, La Bouitte's cuisine is a tribute to nature and Savoyard terroir. In the continuation of this philosophy of life, **La Bouitte has created its own brand of cosmetics Meilleur Nature** (see page 16) and developed a unique Mountain Spa, deliciously intimate: "Bèla Vya".

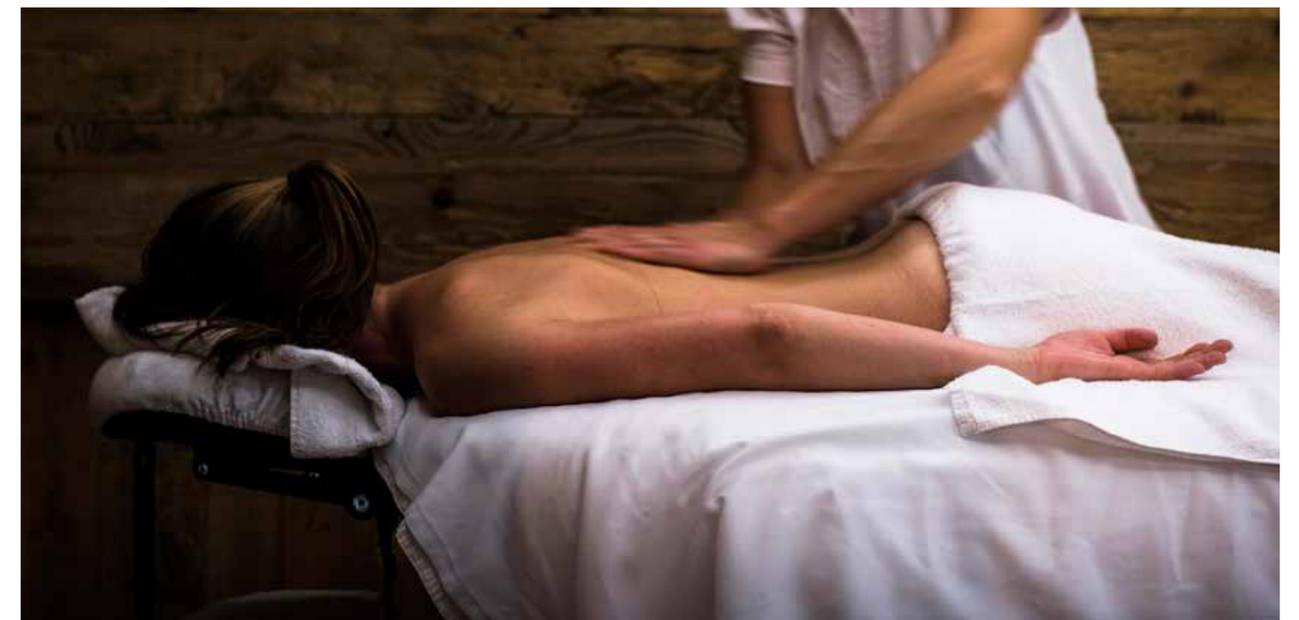


The "La Bèla Vya" Spa has been re-thought out, moved and made a great deal bigger. A fitness room and a much more complete aquatic area have been created, including a relaxing pool, sauna with hay, hammam with citrus fruits, open-air jacuzzi as well as **the Marmot's den** (clay based treatments). The full details of this investment are given in the news on page 10.

Even with this marked improvement in the standard of equipment, decoration and facial and body treatments, its identity remains unchanged: the Spa develops **original well-being techniques based on nature and Savoyard products**.

Regular guests plebiscite "**Le Bain de Marie**" with milk and mountain honey. To wash away the winter frosts, nothing beats the hay, spring water and aromatic herb treatments. As they do **the Solan, this steam bath with mountain pasture hay**, which liberates voluptuous alpine scents. By moonlight, and with a breathtaking view of the illuminated circle of mountains, the feeling of well-being is unique. Suspended in time, gentle living...

For further details (aquatic area, fitness, treatments, baths and massages), there is a selection of tariffs on page 47 and a **full list of treatments can be found on the web site: www.la-bouitte.com/hotel-spa/spa-savoie.html**.







SPECIAL ALL-INCLUSIVE OFFER

Enjoy La Bouitte at special prices, with the **“Back to nature stay”**: from 695 € per person (based on a double bedroom, low season and not at weekends, subject to availability). This offer includes 2 nights, a “Carte Blanche” menu per day for the 2 days, breakfasts, access to the Spa (jacuzzi, sauna, hammam and fitness) and lastly a “Bain de Marie” with milk and mountain honey.

PRACTICAL INFORMATION AND TARIFFS

Situation: hamlet of St Marcel, at an altitude of 1,500 m, 2 km above Saint Martin de Belleville (2,716 inhabitants) and 47 km from Albertville. Access possible on skis in winter. Free private minibus service to Saint Martin. Private parking. Heliport at 100m. View over all the valley from glaciers to mountain pastures.

La Bouitte, Hôtel*** Relais & Châteaux member.** Garden, salon and “La Bèla Vya” Spa.

15 bedrooms including 7 suites, between 25 and 75 m². Bedrooms equipped with flat screen satellite televisions, safes, mini bars (free to guests). Some have an open fire place, and a balcony and/or terrace.

Bedrooms from 280 € to 580 € and suites from 380 € to 1 335 € per night for 2 people; breakfast 35 €.

René & Maxime Meilleur’s Restaurant , 3 stars in the Michelin Guide, 4 chefs hats in the Gault&Millau guide, member of “Grandes Tables du Monde” and “Relais & Château”.

“Carte Blanche” menu prices: 159 € (3 courses: excluding weekends), 189 € (4 courses), 219 € (5 courses), 325 € (8 courses).

Oenological evenings: from 290 € (5 courses, wine, water and coffee included). See details on page 8.

Number of “à la carte” dishes: 4 starters, 4 fish, 4 meat, cheese plate and 4 desserts + daily creations depending on the daily market products (a total of 25 different dishes every week).

La Bouitte’s team: 50 staff (22 in the kitchen, 16 in the dining room and 12 in the hotel.)

The cellar:

1001 wine references, vintage years from 1937 to 2017, between 36 € and 29 000 € per bottle.

Food – wine matches: propositions of wines by the glass throughout the meal at 85 € , 105 € and 150 € depending on the number of glasses and the prestige of the bottles.

Wine events: please see page 8

Total immersion cookery workshop tariffs:

280 € per day (8h30 to 15h) and per person, lunch taken with the staff.

“La Bèla Vya” Spa Tariffs:

- **Le Bain de Marie:** 80 € for one person, 120 € for two (20 min. in the bath and 10 min. on a bed of herbs). See details page 43.
- **The Hay Solan:** complimentary with each massage.
- **The Marmot’s den:** 69 € for one person, 99 € for two (30 min).
- **Bèla Vya Massage:** a draining, stimulating and regenerating massage associating original gestures with the “Meilleur Nature” oil made from extracts of Alpine flowers. 130 € (50 min).
- **Ayur’Bela :** 130 € for 50 min.

Tariffs of the Meilleur Nature cosmetic range:

- Soap made with oils enriched with epilobium extract: 12 €.
- Body elixir: 29 € (50 ml) ; 89 € (200 ml)
- Face cream: 69 € (50 ml)
- Virtuouse scrub: 70 € (100 ml)
- Virtuouse massaging oil: 55 € (125 ml)
- Virtuouse lifting serum: 129 € (50 ml).
- L’eau de parfum 1502: 85 € (40 ml).

Clientèle: 50 % French, 50 % from 65 countries and all 5 continents.

Opening dates:

- From 8th December 2018 to 28th April 2019 everyday except the following Mondays: 10th December 2018, 15th and 22th April 2019.
- Orders taken in the restaurant: from 12h to 13h30 ; from 19h30 to 21h.
- The Spa is open from 10h30 to 12h30 and from 14h to 20h.



René & Maxime
Meilleur



La Bouitte

FROM FATHER TO SON, THE HEART OF THE SAVOY