VALMONT history
over 110 years

www.cliniquevalmont.ch
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<td>Birth of Clinique Valmont, the first sanatorium in Switzerland.</td>
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<td>1970-1980</td>
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<td>1993</td>
<td>Clinique Valmont becomes the first clinic dedicated entirely to cosmetic surgery.</td>
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<td>2005</td>
<td>Clinique Valmont sees new opportunities and concentrates on neurological and orthopedic rehabilitation.</td>
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<td>2006</td>
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1920’s crisis, the clinic witnesses a period of low activity.

1920’s crisis, the clinic witnesses a period of low activity.

World War II

Acquisition of Clinique Valmont by Genolier Swiss Medical Network.

Clinique Valmont stops cardiovascular rehabilitation.
Valmont and its history

**DR WIDMER - THE FOUNDER 1853-1939**

Doctor Widmer was born in Lausanne in 1853 and was a student of Charcot (neurologist at la Salpêtrière, Sigmund Freud’s master). He carries a special interest in mental illnesses throughout his studies and in the beginning of his career.

After managing the Metairie clinic in Nyon, he began treating digestive disorders and opened a clinic “La Colline” in Territet. The clinic had a fast growing reputation, which obliged doctor Widmer to expand its premises by building a new clinic in the same region.

This is the birth of Clinique Valmont.

**AUGUST 4TH 1905**

1905 is the inauguration of the Clinique Valmont, a magnificent building built on Dr Widmer’s request, by the architect Verrey, in the “Art Nouveau” style. Some pieces have been unchanged since then (stained glass windows on the ground floor and the restaurant, tiles and stucco in the doctors office).

**INNOVATOR SPIRIT**

Since its inception, the clinic welcomes patients that have digestive, nutritional and neurasthenia disorders.

All the appeal of this sanatorium, typical of alpine cure establishments, lies in the alliance between a magnificent panoramic view, a Swiss hospitality (with its unmatched reputation) and innovative therapies. The romanticism of the place charmed privileged guests of Montreux when local tourism was experiencing tremendous growth. It is in the same period that wealthy people were inspired by a more natural lifestyle and were tempted by alternative medicines. Patients came quickly from all over the world in large numbers, as mentioned in the registers, to enjoy innovative therapies that differ from traditional medicine.

**RAPID WORLDWIDE SUCCESS**

Having left psychiatry aside, Dr. Widmer dedicates himself exclusively to digestive, nutrition and nervous system troubles. Valmont became the first Swiss sanatorium dedicated to health problems other than tuberculosis and mental health issues.

The therapy is based on strict dietary monitoring, hydrotherapy, electro-therapy, heliotherapy sessions and Swedish gymnastics.

Wealthy patients came rapidly from all over the world, whilst the Widmer couple enjoyed the financial benefits, considering a very high room occupancy rate.
WORLD WAR I 1914 - 1918

The room occupancy rate of the clinic is low and the financial situation is precarious while the borders are closed for 4 years. Consequently, Dr. Widmer welcomes wounded soldiers, especially the Belgians, as the doctor has an excellent relationship with the Royal family of Belgium. Indeed King Albert and Queen Elisabeth had stayed at Valmont and had established a friendly relationship with the Widmer couple before the war.

THE RACE OF WORK OF ART AFTER THE WAR

The popularity of the clinic is back for the wealthy people: prominent politicians, painters and well known writers meet there and exchange their views on the world. This new growing interest allows Dr. Widmer to pursue his passion for paintings. He then acquires a collection of about 600 works of art - including sculptures - of highly rated artists such as Degas, Rodin, Monet et Renoir.

1920s - 1930s

Madam Widmer

Marie Widmer-Curtat, Dr Widmer’s wife, maintains a correspondance with the most prominent figures in Europe. It is also to her that we owe the return of the traditional costumes in our region.

1920’s crisis

The 1920’s crisis and Dr. Widmer’s excessive expenditures put the clinic in a fragile situation. The Widmer couple faces financial problems. As they had no direct heir, the couple decides to donate their art collection to the state in exchange of few fiscal advantages.

Widmer passes the torch

In 1928, at the age of 75, Dr. Widmer hands over the management of the clinic to Dr. Reynold, assisted by Dr. Turin and by a well-known physiotherapist. While the success of his establishment providing him with comfortable income, the Dr. Wilmer dedicates himself to travelling in search of new possible art acquisitions.

One of the paintings of Widmer’s collection:
*“Classe de danse” by Edgar Degas*
Rainer Maria Rilke's stays at Clinique Valmont

28.12.1923 - 20.01.1924
21.11.1924 - 08.01.1925
20.12.1925 - 31.05.1926
30.11.1926 until his death 29.12.1926

Few poems in French and numerous letters were written at Valmont during his different stays. The poet maintained an unrestrained correspondence with several acquaintances. Paul Valery, whose writings were translated by Rilke, visited him, among others, at the clinic.

“The memory of Rilke reminds me of a breeze, which opens like a Jericho rose withered in the solitary heart. He was sad, but our bitterness is less, we are less worried, because he lived in insecurity; we are less abandoned because he was alone.” Marguerite Yourcenar

The poet killed by a rose

According to the legend, Rilke would have been killed by a rose thorn prick. A poet killed by a rose gives a mythical dimension to the story. Moreover, the rose, is always at the center of Rilke's writing. In fact, not long before his death, Rilke was effectively deprived from using one of his arms at first and later both arms, and so he found himself not being able to write, as a consequence of the infection brought by a rose.

In 1922 Rilke shows signs of weakness (exhaustion, fainting and digestive troubles). These are the first symptoms of leukemia, which was diagnosed at Valmont a few years later and was the true cause of his death.

From November 30th to December 29th 1926, during his last stay at Clinique Valmont, Rilke still believes in remission and refused to know his diagnosis. As evidence of his correspondence with his acquaintances despite his illness, one of his last letters was written five days before his death.

The creation of a hybrid rose

On the poet’s 100th birthday, a hybrid rose was created in memory of the poet and named “Rainer Maria Rilke rose”. Testimonies attest that, in the 80s, “Rilke” Roses were found in the garden and along the balconies of the clinic.

Rainer Maria Rilke with Madam Baladine Klossowska, the last love of the poet.
CLINIQUE VALMONT AND THE AERONAUT ALBERTO SANTOS DUMONT

Born on July 20th, 1873 in Brazil, Alberto Santos Dumont is a Franco-Brazilian aviation pioneer. He built numerous hot air balloons and designed the first practical airship. He is the first man to have the three pilot licenses: hot air balloons, airship and airplane.

In 1904, Louis Cartier hears the wishes of the famous aviator: to be able to read the time during the flight. This marks the birth of one of the first wrist watches.

Today, the Santos watch is one of the pillars of the Cartier brand.

The aeronaut stays at the Clinique Valmont, following which he settles at the Villa Ribaupierre, in Glion from 1927 to 1932.

Alberto Santos Dumont commits suicide in one of the rooms of Grand Hotel in Guarujà on July 23rd, 1932.

WORLD WAR II 1939-1945

The second World War worsens the situation, the wealthy pensioners find themselves financially destroyed by the war. Consequently, the clinic witnesses yet another period of low activity.

VALMONT AFTER WIDMER

The famous doctor dies in 1939 and his wife benefits from a pension given by the state in exchange of Dr. Widmer’s legacy. Dr Reynold continues to manage the clinic and welcomes patients sent by Dr. Vanotti, a well known doctor from Lausanne.

MEDICAL DIRECTOR, MEMBER OF THE ROYAL FAMILY OF SIAM

Dr. Suriyong, chief of clinic at the Nestlé Hospital in Lausanne, takes over the management of the Clinique Valmont in 1959. He is Bhumipol's cousin, the king of Siam known as Rama IX. A special link is created between Glion and Thailand.

Dr. Suriyong keeps the management of the clinic up to 1988, and becomes the chief doctor during the numerous stays of Georges Simenon.
THE CLINIQUE VALMONT AND THE WRITER GEORGES SIMENON

Simenon is one of our most precious guests! He stayed at the clinic for numerous times, almost always in the same room, finding insulation and framework in this environment facilitating his inspiration. In the guestbook he wrote: "I have written here more than anywhere else, in a peaceful atmosphere and surrounded by meticulous treatments. At the first signs of exhaustion, I will come back here!"

Born in Liège in 1903 he is without a doubt one of the most prolific writers of the 20th century: 450 publications, 80 of which are dedicated to the famous inspector Maigret, which were translated into over 60 languages. Simenon writes three stories a day. The writer gives himself a deadline to write a novel in less than 20 days: "I write a chapter each day, no matter the circumstances, if I miss one day I give up".

In addition to the classic detective novels, Simenon writes novels that he describes as more mature novels, without a pre-established framework and he often calls them "novels-novels" or "tough-novels".

Some of his work was subjected to a cinematographic adaptation and Simenon is without a doubt the writer of the 20th century, who appears in the cinema the most frequently:

- La Veuve Couderc
- Le Chat
- En Cas de Malheur
- Le Baron de L'Écluse
- L'affaire St. Fiacre
- L'Aîné des Ferchaux
- Les Fantômes du Chapelier

Simenon and Switzerland

After 40 years of travelling and living around the world, in particularly in the United States of America, Simenon settles down permanently in Switzerland, in the region of Lausanne.

His presence strikes minds: particularly, we often remember his habit to go to the market in his Rolls Royce with his driver, and his strange house, that he built in Epalinges which is often compared to a "bunker".

In 1970s, Simenon travels less, apart from his frequent visits to the Clinique Valmont.

It is from here that he announces to the entire world that he intends to stop writing. He gives up his pen and records over twenty "dictations", including "Le prix d'un homme", "Un homme comme un autre" and "Mémoires intimes", that he dictates partly during his stay at Valmont. Simenon died on September 4th, 1989 in Lausanne.

Maigret: a man with an unfailable intuition

During several years (1928-1931), he lives and writes on his boat, his typewriter always placed on a wooden box. It is the introduction of the first "Maigret" (1931) that becomes a sudden worldwide success. Simenon orients himself towards detective novels due to the simplicity: a victim, a murderer, an inspector, all he needed to do is create a story around these characters. A detective novel is a "fabrication, semi- literature", he states, "I wrote Maigret with ease and enjoyment".
The writer

Jacques Chessex was born on March 1st, 1934, in Payerne, Switzerland. His first collection of poems “Le jour proche” was published in 1954 and opens new and diverse opportunities in literature.

Essays, romantic books and poems followed until his consecration in 1973, when Jacques Chessex wins the Goncourt price for his novel “L'Ogre”. Rewarded several times, he received the French Language award in 2003, for his lifetime achievement.

Jacques Chessex in the corridors of the clinic

To get familiar with the settings before writing his novel, Mr. Chessex came several times to the clinic, incognito, snooping around the clinic.

According to Chessex, few employees started to believe that he was one of the doctors, as they saw him numerous times.

This status involuntarily usurped gave him access to various places, usually closed, such as the famous Rilke’s room where the author meditated close to the basic black wooden bed where Rilke died.

A novel written around Valmont

A summer on the Riviera. Clinique Valmont… a wandering writer… a strange couple… a love story, of hate, of passion and of fear of death…: these are the key ingredients of this magnificent novel that takes place around Valmont.

Fascinated by the atmosphere generated by the clinic, Rouvre, the writer, multiplies his daily walking around the clinic until he meets a mysterious couple of residents: an old man and his very young wife, Sarah.

Very quickly, the old man, whose days are counted, makes a very strange proposition to the writer that he barely knows, but seems to instinctively meet his expectations: “Dear Sir, I am going to die. Would you like to be Sarah’s lover?”

The writer accepts the proposal and this develops a very ambiguous relationship between the three characters with such different and strange destinies. In the background, one can find the Clinique Valmont, the fading silhouettes of its privileged guests, the room alongside the trio and the cozy atmosphere.

“La Trinité” was published in 1992 in Grasaget.
1970s - 1980s

Signatures of privileged guests in the guestbook

In the 1970s and 1980s, the clinic welcomes again privileged guests; politicians and artists. The clinic became a luxury “Clinic-Hotel”, where patients came to get in shape or lose weight. The clinic has also served as a retreat for few international celebrities that tried to flee the paparazzi and few writers that came to the clinic in search of inspiration, as for instance Georges Simenon.

1980s

Aesthetic treatments and rehabilitation

Mr. Cauvin was the owner of the establishment. In the 1980s, the heirs to Mr. Cauvin’s fortune, could not agree on the future of the establishment.

There was an opportunity of transforming the place into a luxury hotel, a congress center or an aesthetic surgery center. The clinic was finally sold to a consortium in Geneva that undertook renovations, they were too expensive and Valmont was forced to close down. Unfortunately during this closing many archives had been burnt and thousands of valuable historical pieces of information were lost forever.

1990s

The clinic reopened as an aesthetic surgery establishment in the early 1990s. Once again, Valmont innovates, as it becomes the first clinic in Switzerland entirely dedicated to cosmetic treatments (plastic surgeries, aesthetic and reconstructive treatments).

The very “select” and world renowned cosmetic brand Valmont are sold worldwide, thus becoming the pride of the clinic.

Although today Valmont cosmetics and Clinique Valmont are two separate entities, the facade of the clinic still appears on few packaging of Valmont cosmetics.

In 1993, first, Dr. Saudan, and then the Dr. Diserens gave the clinic its current mission of neurologic and orthopedic rehabilitation. Acquired by French medical group Medicafrance, the clinic has since gained a solid reputation in these two domains, and is today a center of reference in the French speaking part of Switzerland.

What is rehabilitation?

The rehabilitation medicine is an early specialty born with the last military worldwide conflicts. The wounded soldiers, who survived their injuries with the help of considerable progress in the fields of the surgery, anesthesia and the medicine, had to benefit from a rehabilitation’s program which would allow them to regain a place in the military corps or the civilian life. This rehabilitation medicine rapidly expanded to numerous other diseases and traumas.

Therapists are particularly specialized in the recovery’s techniques of an optimal function, especially to the subjects suffering from muscular, osteoarticular, cardio-respiratory injuries or brain damages (for instance, after a stroke).
VALMONT AND ITS ILLUSTRIOUS HOSTS

1900-1910

King Albert and Queen Elisabeth of Belgium

1910-1920

Giovanni Giacometti, painter

1920-1930

Ingrid Bergman, actress Room 410

1930-1940

An extract from the Guest Book signed by Ingrid Bergman

1940-1950

Pierre Auguste Renoir, painter

1950-1960

Edgar Degas, painter

Charlie Chaplin, actor

Coco Chanel stayed several times at the Clinique Valmont after World War II.
VALMONT AND ITS ILLUSTRIOUS HOSTS

Claudia Cardinale, actress

An extract from the Guest Book signed by Claudia Cardinale

Jacqueline Picasso, Pablo Picasso’s wife

Maurice Béjart, dancer and choreographer

Claude Nicollier, astrophysicist

Margaux Hemingway, actress

Grace Jones, singer

Room 210

Roland Petit, dancer and choreographer

1960-1970

1970-1980

1990-2000

2000-2010

2010 - up to now
Valmont today

CLINIQUE VALMONT AND SWISS MEDICAL NETWORK GROUP

Swiss Medical Network is the second largest network of private clinics in Switzerland, present in the three linguistics regions. Its main aim is to offer first class hospital care to Swiss and foreign patients.

Acquired by Genolier Swiss Medical Network in 2005, the clinic was completely renovated without losing its old-world charm.

Key figures - Swiss Medical Network

15 private establishments and 1 affiliated clinic in Switzerland
1 200 admitting doctors
2 300 employees
930 beds

Key figures - Valmont

63 beds
12 suites
6 doctors
120 employees
640 admissions per year

ORTHOPEDIC AND NEUROLOGICAL REHABILITATION

For more than a century our establishment has welcomed patients in search of tranquility and attentive treatments. This tradition continues through its specialties: neurological or orthopedic rehabilitation and disorders of the spinal column with or without surgical intervention.

Our multidisciplinary team is at the patient’s service, providing the most advanced treatments in their field with competence and safety.

A session of an occupational therapy with the Alps and Lake Geneva around.
A healthy promenade in the beautiful garden of Clinique Valmont.

A session of balneotherapy in the swimming pool of Clinique Valmont.
ORTHOPEDIC REHABILITATION

Orthopedic rehabilitation and rehabilitation of the peripheral nervous system:

This type of rehabilitation concerns patients suffering from degenerative or inflammatory diseases of the bones, joints and spine. It is also applied following fractures with or without insertion of prosthetic implants.

The main pathologies treated by the orthopedic rehabilitation are:

- Prosthetic surgery (hip, knee, shoulder replacement)
- Trauma surgery (Lower, upper extremities and spine)
- Multiple trauma patient

Concerning the spine:

- Post-operative recovery from herniated disc
- Post-operative recovery from lumbar arthrodesis
- Post-operative recovery from spinal canal stenosis
- Chronic problems such as lumbago

Other handled medical pathologies:

- Inflammatory rheumatism type rheumatoid arthritis or fibromyalgia

NEUROLOGICAL REHABILITATION

Neurological rehabilitation programs are designed to restore the main motor and cognitive faculties for the everyday living and to reduce the impact of handicaps. Structured programs are developed for each type of condition and are adapted individually.

Diseases presented for diagnosis, treatment and rehabilitation:

- Strokes
- Parkinson disease and other movement disorders
- Multiple sclerosis and inflammatory diseases
- Epilepsy
- Sleep Disorders
- Alzheimer's Disease, and other cognitive and memory disorders
- Migraines and headaches
- Disorders of the spinal cord
- Chronic pain
- Diseases of peripheral nerves
- Myopathies
- Traumatic brain injury
- Diseases of neuro-ophtalmology, retina and glaucoma
- Intracranial and spinal cord tumors
- Rehabilitation related to vestibular apparatus disorders
NEUROCENTER

The Neurocenter Swiss Medical Network offers its patients high-quality care in a first class and in a secure environment.

It is the first platform of excellence with stated goal of providing patients with all the medical skills and techniques needed for the diagnosis, management and treatment of diseases of the central and peripheral nervous system.

The Neurocenter team, led by the world-renowned specialist Professor Julien Bogousslavsky, is made up of more than 30 medics certified as Neurospecialists by the Swiss Medical Association.

THE DOCTORS AT VALMONT CLINIC

Prof. Julien Bogousslavsky
Chief of neurology and neurorehabilitation of gsmn at clinic Valmont

Neurologic rehabilitation at clinic Valmont is managed by neurologist Julien Bogousslavsky, a world renowned specialist.

Prof. Julien Bogousslavsky is the chief of neurology and neuro rehabilitation at the Clinique Valmont he also manages the memory consultations at the Clinique Valmont, Montchoisi and Genolier, where he holds his generic neurologic consultations.

Since 2007, he is an invited professor at the Franche-Comté University to give lectures for Masters in neurosciences. After having studied in Lausanne, Geneva, Zurich, Paris, London and Ontario, he has become a professor and chief of neurology at Central Hospital University Vaud (CHUV) during several years. Julien Bogousslavsky, is a “generalist” with a world renowned reputation and expertise in strokes, as well as Parkinson and Alzheimer diseases, multiple sclerosis and other disruptions of the nervous system.

He has developed researches that have allowed him to give over a hundred conferences all over the world and has published over 500 scientific articles and books.

He was the president of European Stoke Conference, European Stroke Council, president of International Stroke Society and Trustee of the Worldwide Federation of Neurology during numerous years. He is the chief editor of “European Neurology” and of “Frontiers of Neurology and Neuroscience”, chief editor “Cerebrovascular diseases” and “Schweizer Archiv für Neurologie und Psychiatrie”.

Among numerous awards he has received the Kinki Award (Japan) and the Freinberg prize from American Heart Association.

Prof. Bogousslavsky is the Responding Doctor of Neurocentre.
DOCTORS AT THE CLINIQUE VALMONT

Dr Jean-Marie Scholler
Chief of the orthopedic rehabilitation

Dr. Jean Marie Scholler has been the Chief of Orthopedic Surgery at Gruyere Hospital, known today as the Hospital of Fribourg. Later on, he has worked at the General Clinic of Fribourg for numerous years.

In January 2013, doctor Scholler joined the Clinique Valmont, as the Chief of Orthopedic Rehabilitation.

“It is an absolute advantage for the clinic to have an orthopedic surgeon working in rehabilitation. The patients arrive at Valmont, shortly after their surgeries, which allows us to execute a complete post-surgery follow up, in addition to the rehabilitation program, whilst collaborating with patient’s orthopedic surgeon.”

Dr. Jean Marie Scholler

Dr Hubert Raemy
Chief of the orthopedic rehabilitation

Shortly after Dr. Raemy obtains his specialization in orthopedic surgery in 1984, he opens his personal cabinet in 1985 up to 2014, in Fribourg.

Dr. Raemy, joined the Clinique Valmont team in May 2014, as the Chief of Orthopedic Rehabilitation.

TECHNICAL PLATFORM

In the center of Clinique Valmont and only at a few steps away from the beautiful garden, there is a technical platform entirely dedicated to the therapies. The technical platform includes the following services:

Occupational therapy

Occupational therapy platform has a 300 m² area including:
• a fully equipped workshop space to simulate professional situations
• a fully equipped reconstructive kitchen
• an area equipped with a Wii

Physiotherapy

Physiotherapy platform has a 1000 m² area including:
• an indoor swimming pool heated at 32 degrees throughout the year
• 2 fitness centers
• a climbing wall for exercise
• numerous rooms for individual treatments
Our hotel services

OUR ENGAGEMENT TO EXCELLENT SERVICE

A comfortable and peaceful environment is the basis of a serene rehabilitation.

With its suites, junior suites and other room categories, Clinique Valmont offers the standing to ensure the well-being and security of patients.

Rooms are adapted for people with reduced mobility and offers all the ergonomics necessary to promote the patient autonomy. The aim is to combine medical comfort with luxury.

The restaurant “Côté Lac” welcomes you into a charming environment where the Alps and the Lake Geneva are already seated at your table. The Chef has the pleasure to offer you a diverse, inventive and refined cuisine prepared with seasonal products.

NESCENS PRODUCTS AND THE CLINIQUE VALMONT

Nescens products

Nescens is the result of medical and scientific expertise of the Center for Prevention of Anti-Aging Clinic in Switzerland. This center was created over 15 years ago by Professor Jacques Proust, a pioneer in the development of aging biology and anti-aging medicine.

The formulation of Nescens cosmeceuticals is based on the understanding of molecular mechanisms involved in the maintenance and repair of the skin structures. All products are carefully designed to face the mechanism of aging in its totality. Nescens offers the latest developments in biomedical anti-aging research available to the discerning and most demanding consumers.

Nescens care at Clinique Valmont

Clinique Valmont offers its patients an opportunity to discover aesthetics Nescens treatment. The reception is at your disposal to book the treatment you might desire.