



the VALMONT adventure
for more than 100 years



VALMONT

Clinique privée de réadaptation

SWISS MEDICAL NETWORK MEMBER



Birth of Clinique Valmont
– the first sanatorium in
Switzerland

World War I

Death of Dr. Widmer

First luxury "Clinic-Hotel".
In the 1980s, Clinique
Valmont becomes the first
clinic entirely dedicated to
cosmetic surgery.

Clinique Valmont sees
new opportunities and
refocuses on orthopedic
and neurological
rehabilitation.

Clinique Valmont
rooms undergo
complete
refurbishment.

August 4, 1905

1914-1918

1920-1930

1939

1939-1945

1970-1980

1993

2006

2009

2014

2018

The 1920's depression – a period
of gloom and decreased activity

World War II

Acquisition by
Swiss Medical Network

Discontinuation
of cardiovascular
rehabilitation

Renovation
of the restaurant, the
technical platform and
the exterior facade



SWISS MEDICAL
NETWORK

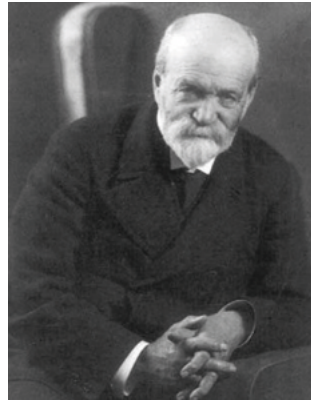
Valmont and its history

FOUNDER - DR. HENRI-AUGUSTE WIDMER (1853 - 1939)

Born in Lausanne in 1853, Dr. Henri-Auguste Widmer was a student of Charcot (neurologist at la Salpêtrière in Paris, Sigmund Freud's master). He has particular interest in mental illnesses throughout his studies and in the early years of his career.

After managing the Metairie clinic in Nyon, he begins treating digestive disorders and opens a clinic "La Colline" in Territet. The clinic quickly earns an excellent reputation, which obliges Dr. Widmer to expand his premises by building a new clinic in the same region.

This is the birth of Clinique Valmont.



INAUGURATION - AUGUST 4, 1905

Clinique Valmont, a magnificent "Art Nouveau" style building, is designed by the architect Henri Verrey (1852-1928) on Dr. Widmer's request and is inaugurated on August 4, 1905. Today, a number of architectural features of this period remain unchanged (tiles, hallway stained glass windows on the ground-floor and the restaurant).

INNOVATIVE SPIRIT

Since its foundation, the clinic welcomes patients suffering from digestive, nutritional and neurasthenia disorders.

The appeal of this sanatorium, typical of alpine spa establishments, lies in the successful blend of its magnificent panoramic views, the unrivaled reputation of Swiss hospitality and innovative treatments. This alluring combination delights the affluent guests of Montreux, at a time when the tourist industry of the region is flourishing.

At this same period, the prosperous are increasingly inspired by a more natural lifestyle and the fascination of alternative medicines. Patients from around the world come in large numbers, as seen in the clinic registers, to enjoy new therapies that differ from traditional medicine.

FAST-GROWING INTERNATIONAL SUCCESS

Choosing to leave the field of psychiatry, Dr. Widmer dedicates himself exclusively to digestive, nutrition and nervous system disorders. Thus, Valmont becomes the first Swiss sanatorium for the treatment of pathologies other than tuberculosis and mental illness.

Therapies are based on strict dietary monitoring, hydrotherapy, electrotherapy, heliotherapy, radiotherapy and Swedish gymnastics.

Wealthy patients from all walks of life are instantly drawn to these innovative treatments and thanks to the high room occupancy rate, the Widmer couple enjoys rapid financial success.

WORLD WAR I 1914 - 1918

The Swiss borders are closed for 4 years; clientele is scarce and the financial situation becomes precarious. Dr. Widmer welcomes wounded soldiers, especially the Belgians as the doctor has an excellent relationship with the Royal family. Indeed, King Albert and Queen Elizabeth have stayed at Valmont several times and have established a friendly relationship with the Widmer couple prior to the war.

POST-WAR FLURRY FOR ART

The popularity of the clinic returns and once again attracts affluent clients: prominent politicians, famous painters and well-known writers mingle and exchange their views on the world. This renewed interest enables Dr. Widmer to pursue his passion for painting.

He acquires a collection of more than 600 works of art (paintings and sculptures) of highly rated artists such as Degas, Delacroix, Courbet, Cezanne, Bourdelles, Rodin, Monet and Renoir.



A painting from the Widmer collection:
"The dance class" by Edgar Degas

1920s - 1930s

Marie Widmer-Curtat

Marie Widmer-Curtat, wife of Dr. Widmer corresponds regularly with the most prominent personalities of Europe. The return of the Swiss traditional costumes in the Vaud region is also one of her accomplishments.

1920s depression

The 1920s depression combined with Dr. Widmer's immoderate spending on art places the clinic in a fragile situation.

The Widmer couple faces great financial difficulty. Without a direct heir, they decide to donate their remarkable art collection to the state in exchange of a few tax advantages.

Doctor Widmer passes the torch

In 1928, at the age of 75, Dr. Widmer steps down and hands over the management of the clinic to Dr. Renold, assisted by Dr. Turin and Dr. Jacot and a well-known physiotherapist, Joseph Styger. The success of his establishment provides him with a comfortable income and from then on, Dr. Widmer indulges in travel in search of new possible art acquisitions.

POETESS, ANNA DE NOAILLES (1876-1933)

The Romanian princess, Anna-Elisabeth de Brancovan, born in Paris in 1876, spends her childhood on the banks of Lake Geneva. In 1897, she marries Comte Matthew de Noailles. Her poetry expresses melancholy, the attraction for voluptuousness and the Far East but also a growing obsession with death, and more particularly so from 1912, when her health deteriorates. She undergoes regular medical treatments at Clinique Valmont, where she corresponds amorously with the writer, Maurice Barres, fourteen years her senior. She speaks about the "most beautiful sunsets in the world, I see them from my balcony and my glazed veranda suspended on the lake..."



POET RAINER MARIA RILKE (1875-1926)

Born in 1875 in a middle-class family in Prague, Rilke is destined for a military career, which he refuses and quickly turns toward theater and literature.

An endless traveller, the poet Rilke explores Europe from Russia to Italy, passing through France, Spain and finally Switzerland. While in Paris, he meets Rodin and becomes his private secretary.

In World War I, he is enlisted in the Austrian army. Profoundly traumatized by this experience, the poet is, for a short while, unable to write.

As of 1919, Rilke travels through Switzerland and in 1922 chooses to settle permanently in Valais, which reminds him of Toledo, Spain.

A benefactor offers him the joy of living in the famous castle of Muzot, above Sierre, where he spends the last years of his life and writes a few books in French.



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 on 29.12.1926

Some poems in French and numerous letters are written at Valmont during his different stays. The poet sustains unrestrained correspondence with several acquaintances. Paul Valéry, whose writings are translated by Rilke, visits him, among others, at the clinic.

"The memory of Rilke reminds me of this breeze, which opens like a Jericho rose, withered in the solitary heart Because 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 dies from the prick of a rose thorn. A poet killed by a rose, this is a detail that does not fail to give a mythical dimension to the anecdote. Moreover, the rose is always at the center of Rilke's writing. Indeed, not long before his death, Rilke loses the use of both arms and is unable to write, as a consequence of an infection brought by a rose thorn.

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

From November 30 to December 29, 1926, during his last stay within our walls, Rilke still believes in remission and refuses to recognize his diagnosis. Despite his illness, he continues to correspond with his loved ones, as evidenced by one of his last letters written only 5 days before his death.

Creation of a hybrid rose

To commemorate the poet's 100th anniversary, a hybrid form of rose is created in his memory and named "Rainer Maria Rilke rose".

Testimonies confirm the presence of "Rilke" roses in the gardens and along the walls of the clinic in the 80s.



Rainer Maria Rilke and Madame Baladine Klossowska, the poet's last love.

AVIATOR ALBERTO SANTOS DUMONT (1873-1932)

Born in Brazil on July 20, 1873, Franco-Brazilian Alberto Santos Dumont is one of the pioneers of aviation. He builds numerous hot air balloons, in which he flies and also designs the first practical airship. He is the first man to have three pilot licenses: hot air balloon, airship and airplane.

In 1904, Louis Cartier fulfills the famous aviator's wish: to be able to read the time in full flight. This marks the birth of one of the first wristwatches.

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

Following his stay at Valmont, the aviator moves to a village near Glion where he settles at the Villa Ribeaupierre from 1927 to 1932.



Alberto Santos Dumont takes his own life in a room at the Grand Hotel in Guarujá, Brazil, on July 23, 1932.

WORLD WAR II 1939 - 1945

The 2nd World War only worsens the situation. Wealthy pensioners at the clinic are, in the main, financially ruined; the clinic experiences yet again another period of gloom.

VALMONT AFTER WIDMER

Dr. Widmer dies in 1939 and his wife benefits from a pension given by the state in exchange of the donation of their art collection. Dr. Renold continues to manage the clinic and now welcomes convalescing patients referred by Dr. Vanotti, a prominent Lausanne doctor.

BARON CARL GUSTAF EMIL MANNERHEIM (1867-1951)

Baron Carl Gustaf Emil Mannerheim is a Finnish marshal and politician, born in 1867 in Askainen (Finland).

Hero of the Winter War against the Russians and the father of Finnish independence, he becomes a symbol of freedom in Finland, in addition to being the president from 1944 to 1946.

In 1947, after ulcer surgery, his doctors recommend convalescing at the Valmont sanatorium, a sojourn he extends in order to write his memoirs. In a letter to a friend, he writes: "It is true that one carries with oneself a burden of worries and chagrins that undermine oneself, but if there is in the world a place to find oblivion, calm and rest, it is Switzerland."



The marshal dies on January 28, 1951 in Lausanne. A statue is erected in his honor in Montreux and a commemorative stone in the garden of Clinique Valmont.

MEDICAL DIRECTOR, MEMBER OF THE ROYAL FAMILY OF SIAM

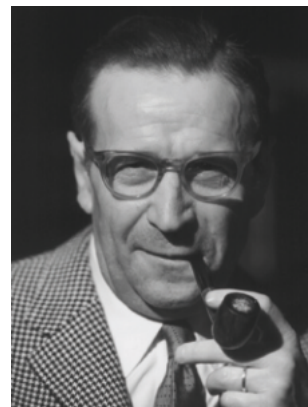
Dr. Suriyong, chief of clinic at the Nestlé Hospital in Lausanne, takes over the management of Clinique Valmont in 1959. He is the cousin of Bhumipol Adulyadej (1927-2016), the king of Siam known as Rama IX. A special link is then created between Gilon and Thailand.

Dr. Suriyong, who keeps the management of the clinic until 1988, is Georges Simenon's physician during his frequent stays at the clinic in the 1980s.

WRITER GEORGES SIMENON (1903-1989)

Born in Liège in 1903, Georges Simenon 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 are translated into over 60 languages. When Simenon writes, it is at the rate of 3 stories per day. For a novel, he sets himself a deadline of less than twenty days: "I write a chapter a day, whatever the circumstances because if I miss a day, I give up".

Simenon is one of our most precious guests! He stays at the clinic many times, nearly always in the same room, coming to find the necessary seclusion and a favorable environment for inspiration. In the guestbook, he writes: "I have worked here more than anywhere else, in an atmosphere of peace and surrounded by meticulous care. At the first sign of fatigue, I will be back! "



Georges Simenon and his son

Maigret: an ordinary man with infallible intuition

For a number of years (1928-1931), he lives and writes on his boat, his typewriter propped on a wooden crate. The introduction of the first "Maigret" (1931) meets with immediate and international success. Simenon states he turns to detective novels by choice, due to their simplicity: a victim, a murderer, an inspector; the predictable canvas to unfold a story. A detective novel, he says, "is fabrication, semi-literature!" "I write Maigret novels with ease and joy. It's like tapping my fingers".

In addition to classic detective novels, Simenon writes novels that he describes as more accomplished, without a pre-established framework, and which he often refers to as "novel-novels" or "real novels".

Some of his works have been the subject of famous cinematographic adaptations. Simenon is probably the 20th century writer most adapted by French cinema:

La Veuve Couderc
En Cas de Malheur
Le Baron de L'Écluse
Les Fantômes du Chapelier

Le Chat
L'affaire St. Fiacre
L'Aîné des Ferchaux

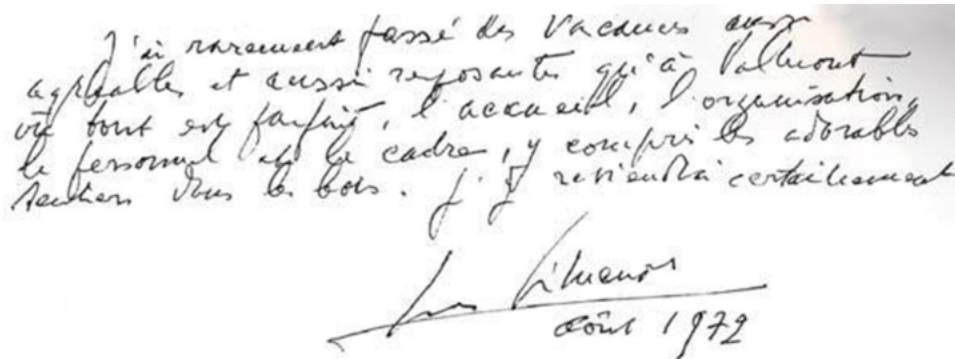
Simenon and Switzerland

After 40 years of travelling and living in every continent, including several years in the United States, Simenon settles permanently in Switzerland, in the Lausanne region.

His presence does not go unnoticed. His habit of going to the market in a Rolls Royce with his driver and his strange house often compared to a "bunker" in Epalinges, are noteworthy.

In the 70s, Simenon travels less and less, aside his frequent visits to Clinique Valmont.

From the clinic, he publically announces his intention to stop writing novels. He sets down his pen and records over twenty "dictations" including "The price of a man", "A man like another" and "Intimate Memories" that he partially dictates during his stay at Valmont. Simenon dies on September 4, 1989 in Lausanne.



J'ai rarement passé de vacances aussi agréables et aussi reposantes qu'à Valmont où tout est parfait, l'accueil, l'organisation, le personnel et le cadre, y compris les adorables sentiers des bois. J'y reviendrai certainement
Jacques Chessex
août 1972

**I rarely had such a pleasant and relaxing holiday as I had in Valmont where everything is perfect. The welcome, the organization, the staff and the setting, including the lovely trails in the woods. I will definitely return.*

AUTHOR, POET AND PAINTER - JACQUES CHESSEX (1934-2009)

Author

Jacques Chessex is born in Payerne on March 1, 1934. His first collection of poems "Le jour proche" is published in 1954 and opens the way to a rich and diversified literary career.

Essays, novels and poems follow until ultimate recognition in 1973, when Jacques Chessex wins the Goncourt Prize for his novel "L'Ogre". Regularly awarded, he notably receives the French Language Grand Prix in 2003 for his lifetime achievement.



A novel in and around Valmont: La Trinité (1991)

A summer on the Riviera. Clinique Valmont... a nomadic writer... a strange couple... a story of love, hate, passion, guilt and the fear of death...: These are the key ingredients of this magnificent novel that takes shape in and around Valmont.

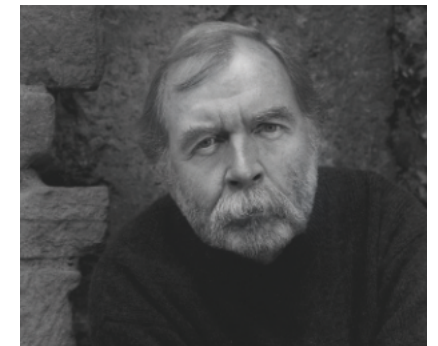
To familiarize himself with the setting before writing his novel, Jacques Chessex pays several visits to the clinic, incognito, ferreting and delving into the secrets of the different floors.

He admits that after being seen several times, a few employees believe he is one of the doctors.

This involuntarily usurp status gives him access to different closed-off locations, such as Rilke's famous room, where the author is able to stand a short while beside the simple black wooden bed in memory of Rilke who died here.

"La Trinité" synopsis

Fascinated by the atmosphere within the walls of the clinic, Rouvre, the writer, multiplies his daily walks around the clinic until he comes upon a mysterious couple of residents: an old man and his very young wife, Sarah.



Very soon, the old man, whose days are counted, makes a strange proposition to the writer 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 so begins an ambiguous relationship between the three protagonists with such different and strange destinies. Clinique Valmont is the background setting, the fading silhouettes of its illustrious guests, the room where the trio meets, and the cozy atmosphere...

"La Trinité" is published in 1992 by Grasset.

1970s - 1980s

In the 1970s and 1980s, the clinic once again welcomes political personalities, celebrities and actors. The clinic becomes a luxury "Clinic-Hotel" where one comes to get in shape or lose a few pounds. It also becomes a retreat for international stars wishing to flee the paparazzi or for a few writers in search of peace and inspiration, such as Georges Simenon.

1980s

In the 1980s, the heirs to Mr. Cauvin, the current owner, disagree on the future of the establishment.

Different opportunities include transforming the premises into a luxury hotel, a congress center, or a cosmetic surgery center. Finally, a consortium in Geneva purchases the property and undertakes major renovation works that go well beyond budget and Valmont is forced to close down. The Valmont adventure is momentarily interrupted. Unfortunately, during the closing down period many archives are burnt and thousands of valuable historical documents are lost forever.



1990s

Fortuitously, the Clinique is able to resume activity and focuses on aesthetic surgery. Once again, Valmont is innovative and becomes the first Swiss clinic entirely dedicated to aesthetic treatments: plastic, aesthetic and reconstructive surgery.



The highly "exclusive" and world-renowned Valmont products are sold worldwide and are the flagship of the company.

Today, the clinic and the beauty products are two distinct entities. Nonetheless, the Valmont building facade still features on specific items of the Valmont aesthetic beauty range.

Finally, in 1993, Dr Saudan, followed by Dr. Diserens give the clinic its current mission: neurological and orthopedic rehabilitation. Acquired by the French medical group Medicafrance, it has built a solid reputation in the field of rehabilitation.

2000s

Today, Clinique Valmont is a reference center in Switzerland for neurological and orthopedic rehabilitation, and it continues to appeal to a patient-clientele in search of discretion.

VALMONT AND ITS DISTINGUISHED GUESTS



Pierre Auguste Renoir, painter



Léon Blum, head of the French Popular Front



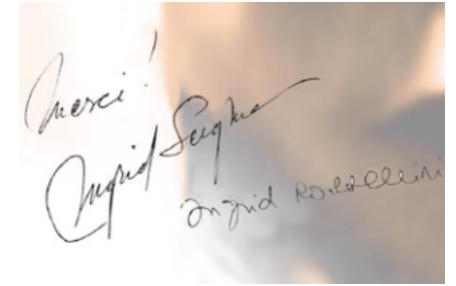
Edgar Degas, painter



Zelda Fitzgerald, wife of the famous writer Francis Scott Fitzgerald



Ingrid Bergman, actress, sojourned in room 410



Extract from the Guestbook - Ingrid Bergman

1900-1910 1910-1920 1920-1930 1940-1950 1950-1960



King Albert and Queen Elisabeth of Belgium



Giovanni Giacometti, painter



Nathalie Sarraute, writer



Edouard Constant Sandoz, founder of Sandoz (Novartis today)



Coco Chanel stayed several times at Clinique Valmont after World War II.

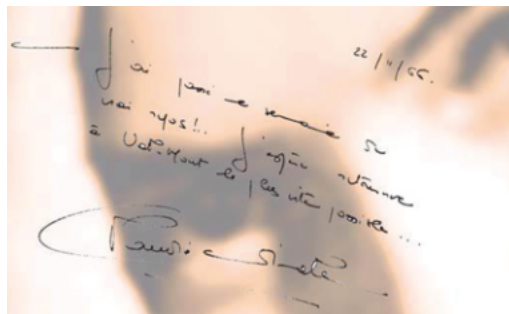


Charlie Chaplin, actor

VALMONT AND ITS DISTINGUISHED GUESTS



Claudia Cardinale,
actress



Extract from the Guestbook - Claudia Cardinale
**I had a week of real rest! I hope to return to Valmont as soon as possible.*



Maurice Béjart, dancer
and choreographer



Claude Nicollier,
astro-physician

1960-1970

1970-1980

1990-2000

2000-2010

2015 - to present

*Chez Vous, j'ai retrouvé la santé,
travail gentillette et sourires.
Valmont Janvier 1982.
merci Jacqueline Picasso*

Jacqueline Picasso, wife of Pablo Picasso
**At Clinique Valmont, I recovered health,
found kindness and smiles. Thank you.*



Margaux Hemingway,
actress, sojourned in room 210



Grace Jones,
singer, model and actress



Roland Petit,
dancer and choreographer

Clinique Valmont today

Swiss Medical Network acquired Clinique Valmont in 2006. Present in all three linguistic regions, Swiss Medical Network is one of the largest private clinic networks in Switzerland. Its main objective is to provide first-class hospital care to Swiss and international patients.



MEDICAL SPECIALTIES

For more than a century, Clinique Valmont has welcomed patients in search of peaceful and exclusive healthcare. Today, this tradition continues through our specialties: neurological rehabilitation, orthopedic and spinal pathologies, with or without surgical intervention.



Our multidisciplinary team of medical experts provides our patients with the most advanced treatment in their respective fields, with competence and safety.



ORTHOPEDIC REHABILITATION



Orthopedic rehabilitation and rehabilitation of the neuro-peripheral system:

These types of rehabilitation concern patients suffering from degenerative or inflammatory bone, joint and spine diseases. It is also implemented following bone fractures, with or without the insertion of prosthetic implants.

Principal pathologies treated by orthopedic rehabilitation:

- Prosthetic surgery (hip, knee and shoulder)
- Trauma surgery (hip, pelvis, ankle fractures)
- Polytrauma

Spine:

- Post-operative herniated disc recovery
- Post-operative lumbar arthrodesis recovery
- Post-operative lumbar canal stenosis recovery
- Chronic problems such as low back pain

Other medical pathologies treated:

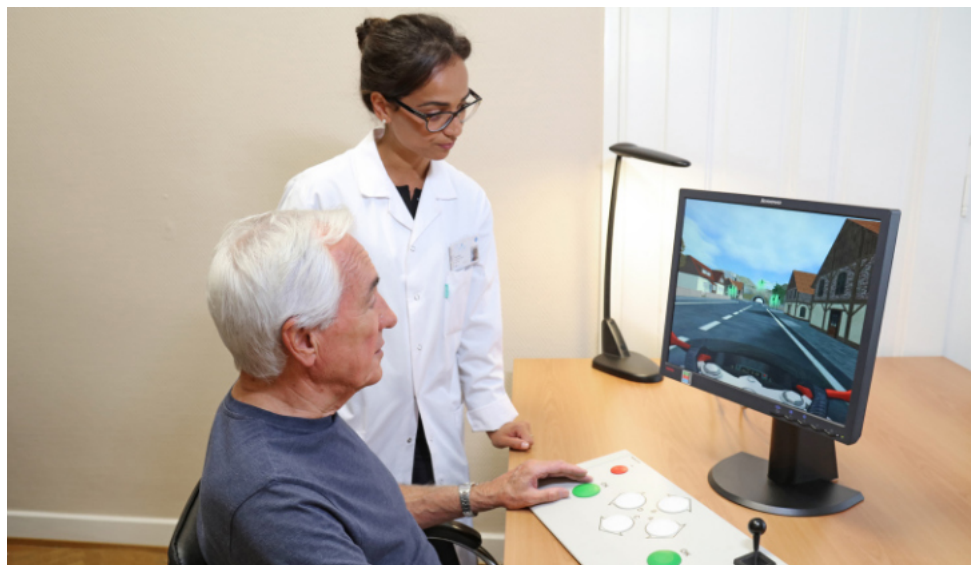
- Inflammatory rheumatism, type rheumatoid arthritis or fibromyalgia

NEUROLOGICAL REHABILITATION

Neurological rehabilitation programs are designed to restore the main motor and cognitive faculties required in everyday life and to reduce the impact of disability. Structured programs are developed for each type of illness and are individually tailored for each type of condition.

Types of diseases (diagnosis, treatment and rehabilitation):

- Stroke
- Parkinson's disease and other movement disorders
- Multiple sclerosis and inflammatory diseases
- Epilepsy
- Sleeping disorders
- Alzheimer's disease and other cognitive memory disorders
- Degenerative diseases of the brain and cerebellum
- Migraines and headaches
- Diseases of the spinal cord
- Chronic pain
- Peripheral nerve diseases
- Myopathies
- Brain trauma
- Neuro-ophthalmology, retina and glaucoma
- Intracranial and spinal cord tumors
- Rehabilitation related to vestibular apparatus disorders



Our hospitality services

OUR COMMITMENT TO SERVICE EXCELLENCE

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



With its suites, junior suites and other room categories, Clinique Valmont offers all the essential standards to ensure the wellbeing and safety of its patients.

Rooms are adapted for patients with reduced mobility and offer the necessary ergonomics to promote patient autonomy by combining medical comfort with luxury hospitality services.



Our restaurant "Côté Lac" welcomes you in a panoramic setting where the French Alps and Lake Geneva are an integral part of your dining experience. Our chef and his team invite you to discover FLAVOUR & BALANCE, our culinary signature. A semi-gastronomic seasonal cuisine that is light, healthy, refined and balanced to perfection.

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www.cliniquevalmont.ch