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HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



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The Hair Frizz Issue

And just like that, we are half way through the year!

Last month we spoke about dry scalps and now we are well and truly into Winter here in Australia, which means cool, drier weather. So this month we are answering your questions about dry, frizzy hair and seasonal hair loss.

As always, we share our happy transformation stories and we also have an exciting announcement about our new-look website.

If there are any topics you would like covered, please let us know by contacting Absolique Trichologist via email -- info@absolique.com.au.

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Dry, Frizzy Hair – Why is the hair dry or frizzy?

A follow on from "



Has the hair always been dry and frizzy, or has it changed? Naturally dry hair and frizzy hair can be well managed with product, but hair that has lost structure will need more work to rebuild from the inside out.

Curly hair losing curl

Curly hair can be naturally on the dry side and tend to be frizzy if the weather is not right. Curly hair needs much more moisture than straight hair. Humid weather and the rain can play havoc with natural curly hair as can very dry weather if the hair is not being moisturised properly.

Best shampoo for dry hair and frizzy hair

The best shampoo and conditioner for dry and frizzy hair is moisture-based products. Avoid the protein-based repair type products. Look for the word moisture in the product description. Some moisture can be very heavy and weigh hair down, other moisture can wrap the hair, to seal the cuticle, that is what we are looking for but without the coating type of moisture common in the synthetic keratins used a lot today.

Shampoo for dry hair – shampoo for dry scalp

Dry hair and dry scalp are very different things and remember here scalp is skin and hair is a fibre. Dry scalp needs special dry scalp product such as [Activance Calming shampoo used as a scalp soak.](#)

Dry and frizzy hair needs moisturizing hair products. The scalp soak for dry hair it is not enough, please use a proper hair shampoo and conditioner on the hair when the hair is more than 10cm long, keeping it off the scalp.

Anti frizz hair products

Anti frizz hair products are ok if they focus on the moisture. Many oil products are too heavy and are not adding the moisture first. Many anti frizz products are using coating ingredients to smooth the cuticle. When the hair is not growing properly, to its genetic structure, or is damaged, these coating hair smoothing products can cause hair breakage.



Damaged hair

Is the hair damaged from a cellular level or from a cuticle level? This is the big question. The clue is knowing your genetic hair type and if it has changed over the years.

Hair can be damaged by hair colouring, straightening, both chemical and physical or from a structure problem at a cellular level.

Damaged hair products

If you try damaged hair products and they are not working within 4 months look for a cellular hair growth problem that changes the hair texture from where the hair grows. Microscopic diagnosis with Absolique Trichologist is best to find the true cause.

Pattern hair thinning and frizzy hair, wiry hair

This pattern of hair thinning that can happen to both men and women, now common at all ages, can make the hair wiry due to miniaturising effect from the DHT (dihydrotestosterone).

If you notice your hair texture changing particularly in the pattern hair thinning areas, top, front, recessions and crown, suspect pattern hair thinning and get a microscopic diagnosis.

For pattern hair thinning type of wiry hair treatment, we need to stop and reverse the hair miniaturising to fix the hair, from a cellular level.

Frizz ease

These types of products are only cosmetic, so if the hair is still frizzy without the product, look for the underlying cause.

Brittle hair

Can be a sign of hair breakage, again ask is it from a physical action or a cellular level? Has the overall hair changed?

Dry hair treatment

Moisturising hair products are the best for dry hair, but without the coating or weight. Many moisture masks can be left on as a treatment in the shower or rinsed straight off to use as a hair conditioner.

Trichologist – find the underlying cause

Spending a fortune on hair products and nothing is working? Help from Absolique Trichologist can help to find the underlying cause, reverse dry, frizzy hair.

Watch the article video on our
YouTube channel:
@CarolynFrostTrichologist

Dry, Frizzy Hair Products

How to choose the right products for you



With so many different dry, frizzy hair products on the market, it can be difficult to choose the right ones for you. I hope this article will help make it easier to choose the right hair products for your hair type.

The word moisture should be softening, which is needed for dry, frizzy hair. Repair, rebuild and protein tend to be hard and not suited to dry, frizzy hair.

Choose your hair strand type: fine, medium, or thick.

Finer hair types need less weight, where medium and thicker hair strands need a heavier product. Then consider if the hair is dry or frizzy too. Fine, dry, frizzy hair needs a light type of moisture. Medium and thick, dry, frizzy hair need a heavier moisture but not a coating type of moisture.

Best shampoo for dry hair

By far the best hair shampoo for dry hair is moisture-based products. You need the softening effect of the moisture to help control the dry hair.

Always question why the hair is dry. The first place to help eliminate any other possible causes such as hair colour overprocessing, chemical hair services, hair straightening at home, hair styling tools.

Hair damage can cause hair breakage which causes the dry, frizzy hair too. Be careful not to choose hair rebuilding products alone here, as they can be too hard for the broken hair and add to problems. For broken hair, depending on fine, medium, or thick strand hair, it needs to be very prescriptive on how often to use the protein and moisture for the right balance, always get professional advice.

Best conditioner for dry hair

Some common and seemingly safe ingredients used in moisture shampoo and conditioner products: Glycerin, stearamidopropyl dimethylamine, stearyl alcohol such as derived from coconut oil, natural butters, and oils in safe quantities, panthenol. This ingredient list is very minor compared to what is available today, but it is a start on what to look for.

Always choose safe, non-toxic ingredients and try to avoid the obvious silicones that coat the hair causing build up overtime.

Dry hair treatment

These days there are conditioners that double as dry hair treatments. They are sometimes called a mask. One of my favorites is Oway moisture mask. It is not a heavy moisture conditioner when used as a traditional conditioner, but double as a mask hair treatment if left on 3-5 minutes. Using as a treatment at least once a week can help treat the dry, frizzy hair without weighing the hair down.

Leave in conditioner for dry hair

For really dry hair, a moisture hair shampoo and conditioner is not enough. You may also need a leave in conditioner. Look at the hair strand type here again, light lotions or sprays for fine hair. Slightly heavier lotions or light creams, and denser sprays for medium hair strands. Creams and oils can work well for thicker hair types. Absolique favourite leave in conditioner is safe for both hair and scalp because of its unique ingredients and purpose, [Activance](#).

Hair serum for frizzy hair – best hair oil for dry hair

Most hair serums are too heavy for fine hair and play havoc with oily scalp. Test serums and oils on your hands, use like a hand cream, if leaving too much residue, it is most likely going to do the same on the hair. Hair oils have become abundant, you really don't need much, and only on the thicker hair types. Only apply to dry hair, sparingly.

Shampoo for dry scalp

Dry scalp is dry skin and is very different from dry hair. Please don't use dry, frizzy hair products as a treatment for dry scalp. Scalp has a whole other world of needs separate to hair. Shampoo for dry scalp should be a scalp cleanser and or scalp soak such as [Activance shampoo](#).

When hair products are claiming to treat both hair and scalp in a shampoo and conditioner, it is not possible for hair over 10cm long and for dry, frizzy hair. A prescriptive approach is required for best results.

Hair treatment for damaged hair

The real hair treatment for damaged hair is to address the underlying cause. If you have read any of my blogs or watched my videos, you will know by address the real cause of damaged hair gets the best and long-term results. Absolique Trichologist can help you with prescriptive hair product recommendations and assist with dry scalp, hair loss and hair thinning amongst all possible scalp and hair concerns, including frizzy hair products.

This article is not meant to be a product review, simply trying to point out how getting honest advice from your hairdresser or Trichologist can save a lot of money on hair products that are wrong for you.

[Watch the article video on our YouTube channel:](#)
[@CarolynFrostTrichologist](#)

Seasonal Hair Loss

Why is it happening to you?



We have been talking about the winter scalp, a seasonal change that can affect the scalp skin. Many also describe seasonal hair loss, so it is worth a discussion in this blog post, seasonal hair loss and why is it happening to you.

Does hair fall increase in summer or winter

According to the human hair cycle, hair fall is not supposed to increase in summer or winter, or other seasons either. Seasonal environmental changes should not make the human hair shed. Many mammals, but not all, grow a winter coat, then shed it to have a lighter coat during the summer.

However, there are a few studies considering the possibility of human seasonal hair cycle changes related to less sunshine hours. This should not be so relevant in Queensland, Australia, but could be a possible for some other locations in the world.

Hairfall in Winter

In helping my Trichology clients over the years I have noted the hairfall in winter more related to low levels of vitamin D, lending to deficiency. Vitamin D deficiency can disturb the hair cycle causing this seemingly winter hair shed.

Supporting the vitamin D are our Essential fatty acids, these are also used more by the body in the winter to protect the immune system. Immune function is always higher in the colder weather. Food choices also change in the winter, with the vitamin D and EFA not being consumed like one could in summer, along with more heated food, damaging some of the fat soluble nutrients.

Seasonal hair loss summer

Watching your nutritional changes during summer may also provide a key to seasonal hair loss in summer. Here I see iron and ferritin dropping to levels lower than other times. This is diet related and also health, with more strenuous exercise generally performed during the summer.

Seasonal hair shedding

Stress can play a role here when there are annual extra stressors. Keeping a diary on your diet, food, sleep, and pH may help bit the easiest thing to do is have annual blood test around the time of your seasonal hair shed to look for any contributing factor.

Seasonal hair loss female – seasonal hair loss male

For those also experiencing female pattern hair thinning and male pattern hair thinning, remember it is a gradual hair miniaturising, not physical hair loss. When experiencing seasonal hair loss, it will expose the already present pattern hair thinning.

If you are actively treating pattern hair thinning, you may experience a slight set back in your treatment after experiencing seasonal hair loss. The main thing here is to watch your nutrition levels through blood tests, don't allow your body to get to low levels or deficiency which causes hair loss.

What are the stages of hair growth

The stages of hair growth are the growing phase, anagen, the resting phase, catagen, and the falling phase, telogen. It is the telogen, falling phase that is responsible for normal daily hair loss.

It is also the telogen hairs that increase with seasonal hair loss, especially when related to shifts in the body. When the body is disturbed, it can also disrupt the anagen growing hairs and push them earlier into the telogen falling phase.

How much hair loss is normal

Normal daily hair loss is 70-160 hair strands. This will always be collected more on the hair washing days. The less you wash your hair, the more hair you will collect on those days. As an example, washing twice a week, you could see up to 500 hairs on wash day. Washing more frequently and shorter hair styles will see less hairs falling each day but will also know when there is more hair lost than normal.

Shedding phase of hair growth cycle

The telogen shedding phase of the hair growth cycle is normal and is diffuse. The telogen hair is normally pushed out by a new hair growing that becomes the new growing anagen hair.

It is when this gets all out of order that you can experience increased shedding hairs not related to a normal hair cycle. When the hair cycle is disturbed, the hair can shed for three months, that is the timeframe for the hair cycle, before the hair loss stops, then it can take up to 12 months for the hair to regrow.

How to stop hair fall in winter – summer and hair cycle disturbances

Incorporating a hair cycle treatment into your usual hair washing routine can be life changing for those who have found deficiency related hair loss and seasonal hair loss.

Absolique Hair Health Clinic Trichologist will always want to know your individual story to help and understand your concerns and needs. However, there are products such as Activance Clinician and Absolique GRN that have proven time and time again, to slow hair loss, promote hair regrowth and even prevent hair loss if started three months before the expected hair shed.

[Watch the article video on our YouTube channel:](#)
[@CarolynFrostTrichologist](#)

What is Frontal Fibrosing Alopecia?

Commonly confused with Androgenetic Alopecia - what is the difference?



Frontal fibrosing alopecia is a patterned form of scarring alopecia along the frontal hairline. This is an autoimmune type of hair loss where your immune system targets the frontal hair follicles, causing follicle destruction and permanent loss of the hair follicle.

What are the first signs of frontal fibrosing alopecia?

Frontal fibrosing alopecia usually presents as a uniform band of hair loss along the front and sides of the scalp. This results in a receding frontal hair line. Because of the location, frontal fibrosing alopecia is commonly misdiagnosed as androgenetic alopecia.

When frontal fibrosing alopecia is active, you can see and feel bumps at the base of the hair follicle (perifollicular inflammation). The effected scalp skin looks pale, shiny and lacks suntan.

What triggers frontal fibrosing alopecia?

As with many autoimmune conditions, science and the medical community don't know the exact trigger and mechanism of frontal fibrosing alopecia. Trichologists and the International association of Trichologist see this type of alopecia on the increase and commonly associated with low Vitamin D and health problem history.



Does diet affect frontal fibrosing alopecia?

There are many autoimmune medical specialists such as [Dr Peter Osbourne](#) and [Tom O'Bryan](#), who explain the science behind gluten, dairy and sugar triggering inflammation in the body and over time, contributing to autoimmune responses.

Absolique Trichologist takes this science and adds it onto pH testing and food combining and the art of absorption way to eat to help when treating FFA (frontal fibrosing alopecia).

Can you stop frontal fibrosing alopecia?

Like many other autoimmune conditions, there is no guarantee anything will stop FFA. But, as Absolique Trichologist, I have worked with many clients over the years with this condition to stop it from getting any worse.

With the follicle already destroyed when I meet most clients, the best advice is to seek help as soon as you suspect something is not right with your front hair line.

Can frontal fibrosing alopecia go into remission?

Most cases of FFA seen at Absolique Hair Health Clinic have a poor health history along with nutritional lows, nearly always with:

- Low vitamin D
- Low essential fatty acids
- Low ferritin
- Low Vitamin B12

The most common low is Vitamin D and essential fatty acids, but this is commonly found with low iron stores, the ferritin. These lows lead to lowered immunity and normally can be traced back to the onset of FFA.

Absolique Trichologist has successfully helped many women achieve remission of FFA with a combination therapy approach involving topical treatment and nutritional therapy.

How can I regrow my frontal hairline?

Once the hair follicle is destroyed you cannot regrow from FFA. But what Absolique Trichologist finds, is the surrounding hairs that are still intact are not normally growing to genetic hair types. This is a type of hair thinning associated with the Vitamin D deficiency and pattern types of hair thinning.

When we work on health, immunity and getting the general hair as healthy as possible, we find the general hair gets thicker around the FFA, and the overall appearance is more hair. Pattern hair thinning can also be present with FFA, when the pattern hair thinning responds to treatment, we can also thicken the hair in the FFA area.

How common is frontal fibrosing alopecia?

Sadly, frontal fibrosing alopecia is on the increase. Twenty years ago, I would see possibly one case a year, now I see one a week. The biggest contributing factors are environmental and nutrition from food.

Autoimmune is a real thing and is on the increase too. Look for autoimmune connections in your family history and protect yourself by maintaining nutritional sufficiency and good health.

Avoid harmful ingredients where possible, common ones sodium lauryl sulphate, BPA bisphenol A, just to mention a few. Glycophosphate (glyphosate) is not good around FFA either.

What is the best haircut for frontal fibrosing alopecia?

With the front being the most effected, fringe and bangs are the best camouflage haircuts here. In some cases, the hairline has receded to far back for a fringe, here you can use hair replacement fringes or even toppers to create your desired look.

How do you get rid of frontal fibrosing alopecia? Trichologist help

The best way I help to get rid of FFA is identify and remove underlying causes. Here is a before and after where we made diet and lifestyle changes, as well as changing the way she washed the scalp.

We swapped hair shampoo for a scalp soak, to use just on the scalp, then made sure the hair shampoo and conditioner had only safe ingredients. Also, some topical treatment for hair growth and there were also all the nutritional lows we mentioned earlier. Two years later, we have remission and can see the surrounding hair also improving.

[Watch the article video on our YouTube channel:](#)
[@CarolynFrostTrichologist](#)

Male Pattern Hair Thinning Treatment Results

Incredible results without the use of minoxidil



Male pattern hair thinning, also known as male pattern baldness and androgenetic alopecia, is a gradual miniaturisation of hairs resulting in hair thinning and eventual baldness, in typical patterns on the scalp. The top, front recessions and crown are the areas affected by male pattern hair thinning.

Minoxidil has been used to treat the symptom of male pattern hair thinning for over 25 years. Many don't like the side effects and associated hair loss around starting and stopping minoxidil. With today's technology, we can achieve male pattern hair thinning treatment results with no minoxidil.

Male pattern baldness

Historically, male pattern baldness is caused by hereditary factors and starts after age 40. These days there are so many environmental factors causing early onset male pattern baldness in men as young as 17.

Typical male pattern baldness is a slow progressing hair thinning. When the hair thinning is accelerated or you are seeing physical hair loss, this is to do with the hair cycle too.

Hair regrowth for men

The best way to get hair regrowth for men is to have a correct diagnosis before trying the online products and companies that treat all hair loss the same.

As Absolique Trichologist, in most cases and the results I will share today, I found there were underlying causes contributing to physical hair loss, breakdown of the hair cell and hair cycle along with progressing male pattern hair thinning.

Hair loss treatment for men

Hair loss treatment for men should look at your overall health and lifestyle. Check blood test looking at health and sufficient nutritional level to grow hair and protect against male pattern hair thinning.

- Vitamin D3
- Iron, ferritin and B12
- Cholesterol and blood sugar

When health and hair cycle are not functioning, you will struggle to get hair growth. Absolique Hair Health Clinic provide hair loss treatment for men, without minoxidil, and looking at overall health, for best results.

Hair growth products for men

There are so many hair growth products for men, it can be confusing, time consuming and expensive to research and try it all on your own. Here at Absolique, I can help guide you through what is right for you and set you on a direct journey with the right hair growth products for you.

Best hair regrowth for men – Trichologist help

Absolique Hair Health Clinic Trichologist helps you get the best hair regrowth for men suiting your budget, lifestyle, and desired outcome. For younger men, we may only need to do simple prevention. In this case here, we did some hair cycle and nutrition work first because there was some breakdown, low vitamin D and low ferritin. Once that was corrected with select nutrition, food combining and some topical treatment, we went in with a targeted hair growth treatment.

If you get to the underlying cause first, then the best hair regrowth for men can be achieved. Just poking at a damaged cell does not deliver long term results.

Watch the article video on our
YouTube channel:
@CarolynFrostTrichologist

Team News

Behind the scenes news and updates from the team at Absolique



We are excited to announce we have officially launched our new look website. Our super clever web guy has been working on creating a website that is easier to navigate and a better online shopping experience with a simpler log-in. We have also reintroduced the online booking system, which will be helpful for clients needing to book while we are out of the clinic.

Be sure to keep an eye out on our impressive before and after gallery as it gets updated this month.

Absolique Trichologist, Carolyn will be taking some much needed time off to tick off one of her bucket list experiences. She will be **away from clinic from June 30th and back on July 18th and not taking appointments during this time.**

Reception will still be open, taking appointments, fulfilling product orders, and answering any of your queries whilst Carolyn is away.

See below for reception hours. These are subject to change without notice, so be sure to call ahead for product pick-up just incase!

Tuesday 11am - 5pm
Wednesday 10am - 5pm
Thursday 10am - 5pm
Friday 11am - 6pm
Saturday-Monday CLOSED