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HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



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The Hair Care Issue

This month we are unpacking hair care products, metaphorically and literally.

Absolique Trichologist gives her tips of selecting the best hair products during hair loss treatments and show impressive results of what happens when Absolique clients use the right shampoo and conditioner.

We are excited to announce a new product line coming to Absolique as well as not one, but two amazing promotions currently running in our Organic Salon and Trichology Clinic.

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

Stay in the loop with Absolique -
[Website](#) | [Facebook](#) | [Instagram](#) | [YouTube](#)

Best Shampoo for Hair Loss

Hair longer than 10cm needs a shampoo as well as a scalp cleanser



The best hair shampoo for hair loss is not as simple as it sounds. When going through hair loss and hair loss treatments, the focus is on stopping the hair loss and getting hair regrowth.

Hair loss comes from the hair bulb and the hair cycle. A hair shampoo cannot stop hair loss as it is caused at a cellular level. Hair loss treatments can help to slow hair loss and promote hair regrowth. Hair loss treatments for hair loss are scalp focused treatments to get to the target site through the scalp.

The best shampoo for hair loss is a hair shampoo that makes the existing look and feel its best.

Best shampoo for thinning hair – support hair needs

The best shampoo for thinning hair will look after the existing hair. When experiencing physical hair loss or hair thinning, it exposes hair structure problems you probably did not know were there.

As a Trichologist, I use a microscope to diagnose hair loss and hair thinning. 90% of the time, we find the genetic hair structure has changed, and you did not know.

With hair structure changes, the best hair shampoo for hair thinning will support the hair structure needs with the prescriptive amount of hair softening, moisture, repairing and hair support without weighing the hair down.

Best shampoo for hair growth – do not coat the hair

The best shampoo for hair growth will protect the existing hair while working with hair loss treatment for hair growth. Following hair loss you will experience hair thinning, as the hairs are lost diffusely over the scalp. This can result in up to 50% loss of hair volume all over the scalp.

In the case we have here, the fine hair with hair loss suffered hair breakage from the wrong coating hair products. Coating hair that has lost structure will result in hair breakage on top of the hair loss.

Hair that has lost structure has no elasticity, the ability to stretch and return, and cannot handle the hair coating products flooding the market these days. A lot of these product promote stronger, thicker hair, but need to come with a warning and an experienced pretreatment elasticity test.

Hair thickening shampoo

The aim of a hair thickening shampoo is to rough the hair cuticle or to coat the hair strand. Either scenario is damaging treatment of fragile hair not growing properly. A hair thickening shampoo should be for your individual hair type, fine hair, thick hair, coloured hair or curly hair, and help support the natural hair structure.

It is safer to use the right hair shampoo and conditioner prescriptive to your hair and then use safe hair styling products to add the volume and thickness desired.

A hair shampoo should hug the hair and start the process of closing the hair cuticle, most clints don't even have a hair cuticle when we meet them. The hair should feel soft after one hair shampoo, following scalp cleansing. Hair shampoo should not make the hair feel oily, slimy, dry, straw like or tangled.

Anti-hair loss shampoo

Products promoted as anti-hair loss shampoo are not really a hair shampoo. To prevent hair loss, you need to work with the hair cycle, which is in your DNA and the hair cell. There are many products we use to correct and even control the hair cycle to prevent hair loss, but you still need to use a prescriptive hair shampoo for hair longer than 10cm.

Scalp is skin which is a living thing. Hair is made of so many layers and is not living once it passes through keratinisation and reaches past the surface of the scalp. You simply cannot treat both scalp and hair with the same product when experiencing hair loss, hair thinning and scalp conditions.

Trichologist – Absolique Hair Health Clinic

Diagnosing hair loss, hair thinning, and scalp conditions is what I do as Absolique Trichologist. When going through hair loss treatment and hair growth treatment, it is important you feel good about your hair appearance.

This is why Trichologist will always recommend the right scalp treatment and hair shampoo and hair conditioner for all of your hair and scalp concerns. Prescribing the right products and teaching how to use them correctly has helped my clints look and feel better almost instantly, while we work to address the underlying causes.

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

Best Conditioner for Hair Loss

How to make your hair soft and managable



Before



After

Last article we talked about the best shampoo for hair loss. We were saying how it is not that simple. To choose the best conditioner for hair loss is also complex. The best conditioner for hair loss will help your hair look and feel its best by addressing your hair type, while experiencing hair loss.

The best hair conditioner for hair loss should be gentle on the hair and not contribute to the hair loss by damaging the hair or making the hair feel dry. Conditioner for hair loss should make the hair feel soft and manageable, but not weigh it down.

Conditioner for hair fall

Hair conditioner for hair fall should be more about your hair type, not the hair loss. A hair conditioner should soften the hair and close the hair cuticle. Hair loss products are more scalp products, so a conditioner for hair fall will not help the physical hair. Remember here physical hair loss is caused by the body three months earlier. Hair conditioner for hair fall cannot stop hair loss, no matter what the product claims to do.

Best conditioner for hair loss and regrowth

When experiencing hair loss, going through hair loss treatments and hair regrowth treatments, the best conditioner for hair loss and regrowth will help the existing hair. Hair loss can expose other problems with the hair you may not have been aware of. The remaining hair may now feel dry, brittle, be frizzy and showing hair breakage.

Good conditioner for hair loss – your hair type

Things to consider when choosing a good conditioner for hair loss and your hair type:

- Hair strand type – fine, medium, thick
- Hair structure – straight, wavy, curly
- Hair condition – dry, oily, coloured, bleached, physically damaged, chemically treated
- Hair needs – moisture, protein or combination

With so many products on the market and so many different names for moisture and protein, it can be tricky to choose what is a good conditioner for you.



Coating hair conditioners – hair breakage

There are also many coating hair products out there, don't use the synthetic silicones, hair relaxers that coat the hair or claim to repair the hair with keratin coating, as they will break the hair if it does not have normal structure. The hair strand structure is normally compromised with hair loss and hair thinning. You cannot see this with the naked eye, you need a microscope. These type of keratin coating products come with conditioners to use at home to maintain the coating, this can cause ongoing hair breakage.

Trichologist – prescriptive conditioner for your hair type

Helping people with hair loss, hair thinning, and scalp conditions is my thing.

Offering prescriptive hair shampoo and the best hair conditioner for hair loss is included in my services. We can choose your hair type and provide the best combination of moisture, protein, softening, repairing and combinations to get the most out of your hair while experiencing hair loss and hair thinning, and when going through and beyond hair loss treatments.

Hair falls out when applying conditioner

When experiencing hair loss, you are losing double the normal daily hair loss. This hair loss is collected mainly when you wash your hair. If you have not washed your hair for three days this could look like 600 hairs. These hairs will release from the existing hair, where it is caught, or tangled. Adding the hair conditioner, which is softening the hair, makes it look like the hair conditioner is causing hair loss, but it is not.

Hair loss is from the scalp, caught in the hair and found more so on wash days when applying conditioner. People fall into the trap of avoidance behaviour, not washing the hair when experiencing hair loss in fear it will cause more hair loss. Not washing the hair and avoiding hair conditioner won't help, it only makes hair collection higher on wash days. Not using hair conditioner could also damage the hair making it very difficult to manage on top of the physical hair loss.

Alopecia shampoo and conditioner

The main types of alopecia I want to mention here are autoimmune alopecia areata, the patchy type of hair loss where the immune system attacks the hair follicle. Then there is the hormone related pattern hair thinning, androgenetic alopecia.

For both types of alopecia, and for general health, alopecia shampoo and conditioner should have no harmful ingredients. The most commonly known ingredients to avoid are sodium laurel sulphate and propylene glycol. You can find more harmful ingredients to avoid in the [easy_pH test kit](#) and Absolique toxic decoder.

Absolique Hair Health Clinic – Trichologist

Helping with the look, feel and management of hair during hair loss treatments and while waiting for hair regrowth are game changers for my clients. It is so important to be happy with your hair appearance during these hair changing times. The right hair shampoo and hair conditioner can make things much easier.

Be careful not to fall for the marketing hair loss shampoos and conditioners. You just cannot treat hair loss or add real hair volume with shampoo or conditioner.

Absolique hair health clinic carries a range of hair products and can help to choose the right ones for you. We can also help to go through the box of hair products you may have collected, and let you know what fits best now.

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

Hair Growth Shampoo and Conditioner

Will shampoo and conditioner make your hair grow?



We have talked about the best shampoo for hair loss and the best conditioner for hair loss. Now we want to show you what can be achieved with hair loss treatment and hair growth shampoo and conditioner.

Hair shampoo cannot stop hair loss but the right hair shampoo can make your hair look and behave much better during hair loss and hair thinning treatment.

Hair conditioner also cannot stop hair loss but the right hair conditioner for your hair type can be life changing for how you manage your hair and the hair appearance. Being happy with your hair during hair loss treatments can provide so much confidence, while waiting for the hair to regrow.

Hair growth treatment

Real hair growth treatment addresses why the hair is not growing and is also sometimes combined with hair loss treatment for existing hair loss. With the example we show here the hair was long, dry, broken, frizzy and just not looking good and difficult to manage.

Hair loss treatment

The hair loss and hair growth treatment used got the hair growing normally again so the natural curl returned. We also added prescriptive moisture-based hair shampoo and hair conditioner for the longer and previously curly hair. The result was astounding, once we could see the hair structure was returning along with the more hydrated and softer hair.

Hair growth products

Hair growth products are focused on the scalp and rarely consider the poor hair condition. When hair growth products are combined with a prescriptive hair shampoo and hair conditioner, the results are for both hair growth and existing hair and hair management.

Hair mask for hair fall

A hair mask for hair fall is a conflicting term I find people searching for. A hair mask is typically a heavier hair conditioner that can act as a hair treatment mask if left on longer. A hair mask cannot stop hair fall. But when combined with hair loss treatment, hair growth treatment and the right hair shampoo and hair mask as used here, you can experience a hair transformation.

Hair treatment for hair loss

As we keep saying, hair treatment for hair loss should provide the right scalp hair loss treatment with correct and prescriptive hair treatment shampoo and conditioner for hair longer than 10cm.

Best hair loss treatment

The best hair loss treatment will look at all of your concerns and underlying causes and address them at the same time for minim 4 months. It needs to be prescriptive for your individual type of hair loss or hair thinning, based on qualified and correct microscopic diagnosis and blood test results.



Trichologist – hair loss help

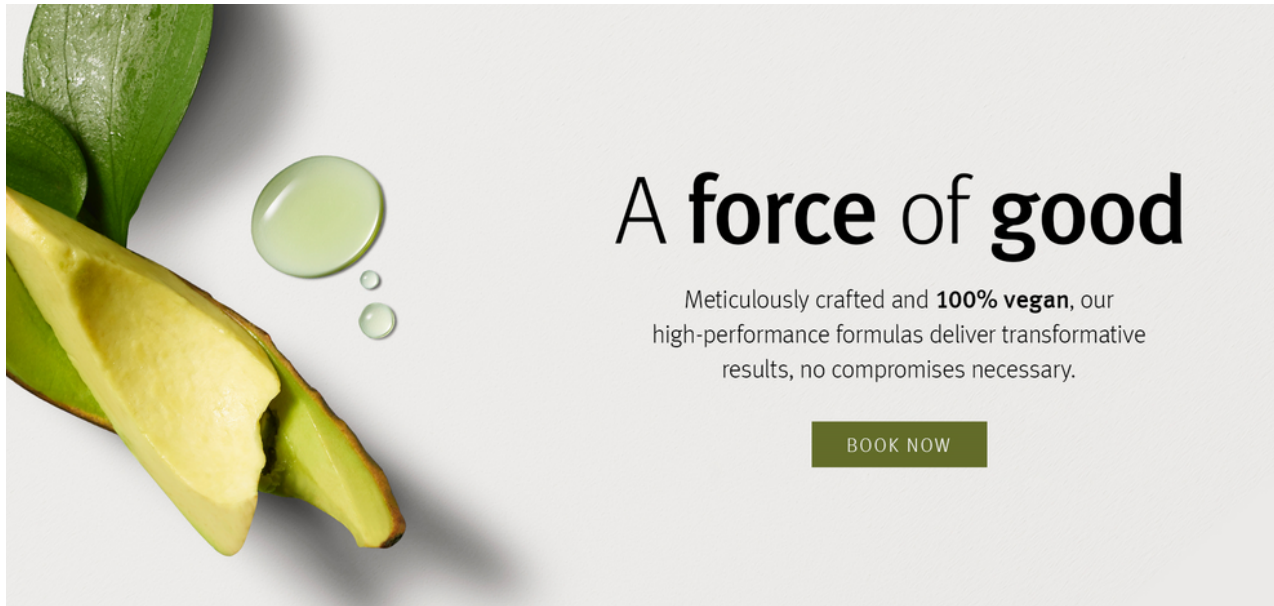
I am a Trichologist, hair and scalp specialist and I use microscopic diagnosis and also know how to read your blood tests and symptoms to find causes of hair loss and hair thinning.

The results we share are our clients using combination treatments based on correct diagnosis of both hair and scalp, and hair management strategies, all available at Absolique Hair Health Clinic in Brisbane or online all over the world.

Watch the article video on our
YouTube channel:
@CarolynFrostTrichologist

Hair Care Package

A new product line and promotion is coming to Absolique!



Unlock Your Hair's Potential

Discover the ultimate hair transformation at Absolique Hair Health Clinic, as we proudly introduce our partnership with Aveda, with our Hair Care Package. Our shared mission is to help you achieve not just good, but exceptional hair – the kind that radiates health and confidence. Whether you're dealing with hair loss, hair thinning, or scalp concerns, we have your back.

At Absolique, our Trichologist is all about addressing the very roots of your hair issues, ensuring your locks not only exist but flourish.

Thanks to our partnership with Aveda, we can now offer you a tailored prescriptive approach to hair care with our Hair Care Package, encompassing:

- Carefully selecting the perfect shampoo and conditioner for your unique hair needs.

- Introducing at-home treatments to combat dry, frizzy, or unruly hair.
- Providing heat protection and styling solutions that leave no oily residue.
- Enhancing volume and prolonging the life of your hairstyle.

Our all-inclusive \$120 Hair Care Package covers:

- A one-on-one consultation designed to understand your specific hair concerns and styling preferences.
- Precise strand testing to pinpoint the ideal moisture and protein balance your hair craves.
- A detailed analysis of your hair type to ensure product recommendations are spot-on.
- A personalized hair care program, exclusively crafted to meet your needs.
- A luxurious hair-washing experience in our private salon, where you'll witness firsthand the magic of the right products.
- Expert drying and styling guidance, unlocking the true potential of your hair.

Here's the exciting part: when you invest \$120 in Aveda products during your visit, you'll receive the entire Hair Care Package absolutely free.

This is your chance to embark on a hair transformation journey with Absolique and Aveda, where we'll unlock the hidden potential of your hair, leaving you feeling confident and radiant.

*Ready to transform your hair
and confidence?*

Join us at Absolique and Aveda – where your hair's true potential awaits!

Unlock your hair's potential with Aveda at Absolique Hair Care Package from 17th of October 2023. Call or email to book your hair transformation.

Please note that our hair dry-off service is not a full blow-dry. The Hair Care Package may not be suitable for exceptionally long hair, where additional fees may apply in such cases.



Bioenergetics at Absolique

Your first WellNES Scan free



Absolique Trichologist is offering your first Bioenergetics NES Health Scan FREE – Valued at \$125 – for existing and active Absolique Clients.

Bioenergetics – is a term that has been making waves in the health community.

But what exactly does it mean? How does it redefine our approach to well-being?

Bioenergetics isn't just another buzzword; it encapsulates a holistic approach to health, integrating physical, mental, and spiritual dimensions.

Bioenergetics is about acknowledging the interconnectedness of our being and the environment we inhabit.

With the world evolving at a rapid pace, our understanding of health and wellness must evolve too. And BioWellness is that next step in our collective journey.

Come, explore this concept with us, and let's together lay the groundwork for a healthier tomorrow.

[Learn more about Bioenergetics and the liquid remedies – Infoceuticals here](#)

Brisbane hair loss clinic – NES Health Scan

To choose the right infoceuticals for you, Absolique Trichologist will run a non-invasive NES Health scan which can be performed in clinic (Brisbane hair loss clinic) or online by voice scan.

Interested in trying a NES health scan? Absolique Trichologist is offering your first Bioenergetics NES Health Scan FREE – Valued at \$125 – for existing and active Absolique Clients.

Once scanned, Absolique Trichologist will talk you through how to interpret the results and then open the software application for you to learn more about your health at home and at your leisure. The NES Health bioenergetics scan is impactful individual information about your entire body system.



Absolique Trichologist

I have become a NES Health Practitioner along with my Trichology qualifications and services to help clients track health progress and see things blood test cannot pick up. Sometimes the human body does not respond as expected, so the NES Health scan helps me to pinpoint possible problems for you to get the best hair and health results.

Bioenergetix and hair loss treatments

Hair loss, hair thinning, hair loss treatments, scalp conditions and scalp treatment, can all be complicated when it is a medical problem or non-responding nutritional problem as the underlying cause. NES Health Bioenergetics helps me as your Trichologist to see the whole picture. Never could practitioners obtain all this information about your individual body system, at such an affordable price.

Energy

Bioenergetics Infoceutical of the month



With spring here and a growing to do list, the need for increased energy is more than understandable. But before you reach for a second – or third? – cup of coffee, we recommend a better solution: NES Health's Energy Bioenergetics Infoceutical.

This month's featured Infoceutical enhances the energy available for physical activity. It may be useful when you or you are energetically depleted due to chronic illness, mental exhaustion, stress, toxic exposure, malnutrition, or poor breathing. Use before and during physical activity.

Here's to conquering renewed Energy!

NES Health Bioenergetics Energy and other feel good Infoceuticals available at Absolique Hair Health Clinic **\$38 each.**

Directions for use – take 15 drops or 2 eyedroppers full, with green drink daily or as needed with water or another beverage. Infoceuticals can be taken with any drink and around food.

Want to know more about Bioenergetics and the miracle of liquid Infoceuticals?

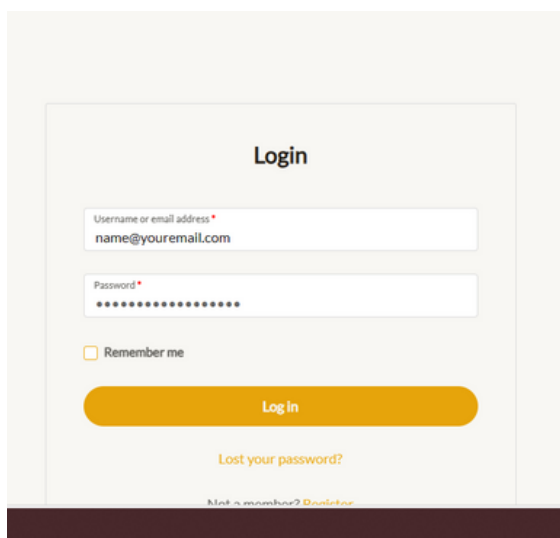
Watch an informative [video here](#)

Absolique Hair Health Clinic Trichologist is using NES Health Bioenergetics scanning and Infoceuticals to help clients achieve the best health outcomes along with Absolique hair loss treatments, scalp treatments and hair growth treatments.



Shop Login + Team News

Behind the scenes news and updates from the team at Absolique



Shop Login

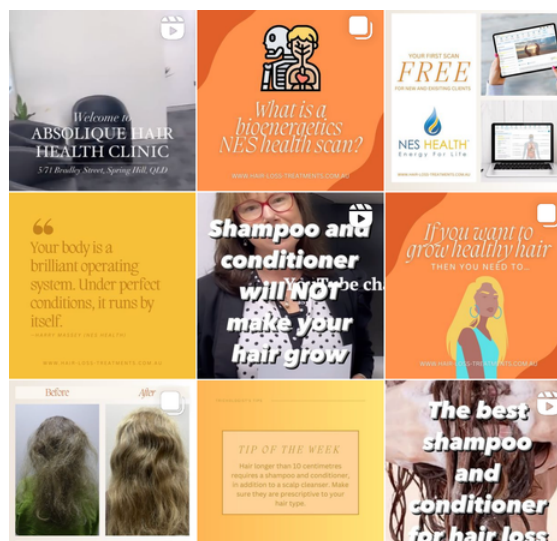
We have been made aware that some clients are having some trouble finding where to log in to shop online at Absolique. Below are some instructions on how to log in from your computer or mobile device. We hope this helps.

1. Visit Absolique website:
www.hair-loss-treatments.com.au
1. If you're logging in from your computer, select the **PRODUCTS/SHOP** option. If you are logging in from your mobile device you will need to find the menu button ☰ at the top of the site first.
2. Select **SHOP**.
3. Select **MY ACCOUNT**
4. If you are an existing customer, enter your email and password.
5. If you are a new customer, select **REGISTER**.
6. Enjoy your Absolique shopping experience.

Social Media

Do you follow us on our social media accounts?

As well as our monthly newsletter, we are actively posting on our YouTube, Instagram and Facebook accounts. Be sure to follow along to keep up to date with any relevant information, news, or promotions with have going on in clinic.



Reception Hours

Our reception hours are subject to change without notice, so be sure to call ahead for product pick-up just incase! Carolyn will still be taking appointments on Fridays and Saturdays, but clinic is not open to walk-ins during those days.

Tuesday 10am - 4pm

Wednesday 10am - 4pm

Thursday 10am - 4pm

Friday & Saturday Reception Closed

Sunday-Monday CLINIC CLOSED