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HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



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The Christmas Issue

This month we are talking all about transformations!

We share our real client stories of hair and scalp problems, even helping one client turn 30 years of hair loss around.

You'll find more of our favourite new products in clinic for both hair styling and health, and not one, but two of our brand new Aveda product packs (that make great Christmas gifts!).

For Christmas closure dates, see Team News + Updates.

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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The Best Hair Loss Treatment for Women

Absolique Trichologist helps turn around 30 years of hair loss in four months!



Before



After

This article is about the best hair loss treatment for women and helping you to understand action and understanding are key components to women's hair loss treatment. This story is about 30 years of hair loss and hair thinning all over the scalp with progressive worsening of frontal and top hair thinning.

The best hair loss treatment for women is to act and get a correct diagnosis with Absolique Hair Health Clinic Trichologist.

Best hair loss treatment for female

30 years is a long time to put up with these hair concerns for females and I want to encourage all women out there that there are real treatments that do work. You just need to find the right people to help you.

Here there had been Dermatologist, other Trichologist and more Dermatologists. All focused on the most common problem, the female pattern hair thinning and thyroid concerns.

The hair cycle was never considered. The hair cycle breakdown is the most common cause of ongoing hair loss and hair thinning I see in my clinic. This case was 95% broken down with the dreaded hormonal female pattern hair thinning that can happen at any age but had come in here post menopause.

Best hair regrowth for women

Hair loss, hair thinning and even female pattern hair thinning are not related to ageing, so don't let anyone tell you it is. The best hair regrowth for women is individual and microscopic diagnosis as available at Absolique Hair Health Clinic.

Hair is a sign of health. Here we had on and off medication, incorrect treatments, dermatologist misdiagnosis, diagnosed lactose intolerant, past Graves Disease and nutritional lows. All were overlooked as the real cause of the hair loss causes and related to the hair thinning.



Female hair loss treatment

Nutritional status also showed vitamin D deficiency (46 out of 150) also contributing to hair thinning, poor hair growth, and hormonal female pattern hair thinning. Female hair loss treatment must consider these nutritional levels to get them out of deficiency and into sufficiency for hair to grow and protect against female pattern hair thinning.

Hair loss shampoo for women

Life events get in the way and many turn to hair loss shampoo for women, but this will never fix the underlying cause. Modern Trichologists are up to date with female hair loss treatment that work because of the combination therapy and individual microscopic diagnosis.

DHT blocker for women

In most cases of hair cycle and hair cell breakdown, DHT is a secondary concern. Prescriptive DHT blockers in this case were a cause of further stopping and starting of hair loss. So, a word of advice, don't start or stop DHT blocker for women without getting your Absolique Trichologist diagnosis first.

Trichologist Brisbane

After 30 years of struggling with hair loss and hair thinning, we have this client back on track with these results achieved in the first four months. Now it is very exciting to see what happens in the next four months.

Four months is the time frame to see results from hair loss treatment at scalp level, that is how long it takes to regrow hair.

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

Hair Loss Treatment – Men's Health

The hair loss treatment journey of a young 20 year old male



Hair loss treatment men's health is a combination of hair loss treatment and men's health therapy. We share some results with this combination therapy in a young man aged 20 with 2 years history of hair falling out, receding hair line and a bald patch appearing.

Trichologist at Absolique Hair Health Clinic will always check via microscopic diagnosis, how the hair cycle is functioning and look at men's health. Here we found 50% of the genetic hair had changed at the back of the head in the terminal area.

Best hair loss treatment for men

The best hair loss treatment for men is a correct diagnosis. This case appeared to be male pattern hair thinning or androgenetic alopecia. However, with microscopic diagnosis, Trichologist could tell the hair cell and cycle were broken down to just 50% normal function, back in the genetic hair area.

This cellular breakdown left untreated, leads to early onset male pattern hair thinning, which is what we can see here. Here the best hair loss treatment for men was to correct the hair cycle.

Male hair loss treatment

Male hair loss treatment also needs to consider health. Trichologist checked the blood tests and found low iron stores for a male of 20 years old, and low vitamin D. Iron stores are called ferritin and is needed for cellular function. The low levels were inhibiting normal hair growth, that was the 50% breakdown we found with the microscope in the terminal area.

We also found low levels for vitamin D. Vitamin D is needed in sufficiency in the body for normal hormone production and regulation. Pattern hair thinning is a hormonal driven type of hair thinning. Natural protection from male pattern hair thinning is to get vitamin D levels into sufficiency.

Male pattern hair loss

It's interesting that male pattern hair loss is not actually physical hair loss.



It should really be referred to as male pattern hair thinning. That is what it is, a gradual miniaturisation of hair caused by DHT dihydrotestosterone. DHT is not the enemy here, the cellular breakdown is letting you down along with a trigger, and poor health, bad diet is a big trigger to bring on early onset male pattern hair thinning.

If you are experiencing physical hair loss, as many men do, think this is different, this is hair loss, get some blood test done and contact Absolique Hair Health Clinic Trichologist.

Hair treatment for hair loss for male

The hair treatment provided here was targeted to both the hair cycle and the early onset pattern hair thinning. Topical hair loss treatment, hair thinning treatment and nutritional therapy were used but only the basics.

What does only the basics mean? Well it looks like a simple hair washing routine we teach you and a drink to take once a day, simple. Scalp brushing, scalp cleansing, topical scalp and hair treatment.

Prevent receding hairline

The treatment we used contained topical antioxidants which help to prevent the receding hairline getting worse, in most cases.

As a Trichologist for over 25 years, I know the healthier the human the better prevention we can achieve, even when there are hereditary factors.

The clause here is 'the sooner you start treatment, the better the prevention'.

At 20 years old, this was the perfect time to start prevention treatment, but we are now also doing targeted hair growth treatment. Hair growth treatment won't work on a broken cell or when there is hair loss.

Trichologist help

The help I can provide as a Trichologist is invaluable. So many people waste time and money on hair growth treatments that don't address the right problem or address the real underlying cause.

As Absolique Trichologist I promise you an honest diagnosis and will only ever recommend a treatment that would work for you and your health.

Watch the article video on our
YouTube channel:
@CarolynFrostTrichologist

No More Scaly Scalp!

Don't suffer through scaly scalp, itchy scalp, oily scalp, it is not normal.



Before



After

Absolique Hair Health Clinic Trichologist has scalp treatments that can end your scalp problems quickly.

Changes in hair, skin (scalp) and nails are signs something is not right within. Don't ignore the signs. If you scalp has changed or increasingly causing you discomfort or distress, you need help to choose the right scalp treatment for you.

Scalp psoriasis

Scalp psoriasis is an inflammatory scaly patchy scalp condition. Scalp psoriasis has autoimmune triggers and can flare up randomly or around stressful times. There is no need to suffer the uncomfortable scalp scale that comes with scalp psoriasis, get the right scalp treatment for your scalp psoriasis.

Scalp psoriasis treatment

Scalp psoriasis treatment should be both topical and nutritional to get scalp psoriasis relief. Either one of the approaches on their own do not work long term.

Scalp psoriasis is a scalp condition that cannot be cured but can successfully get remission from annoying symptoms.

Dry scalp treatment – oily scalp treatment

Dry scalp treatment and oily scalp treatment is prescriptive to address the level of moisture required along with exfoliating and cleansing. There is no one product that can treat dry scalp or oily scalp, it needs to be prescriptive and consider the hair type and hair length too.

Best antidandruff shampoo

The best antidandruff shampoo will help to slow and stop the dandruff returning. Most off the shelf and online products don't look at the individual caused behind the scalp dandruff and can increase the dandruff requiring more frequent use of traditional antidandruff shampoos.

Absolique Hair Health Clinic have thousands of success stories eliminating the dandruff cycle looking both inside and out of the body recommending the right products for you and most importantly, how and when to use them!



Itchy scalp treatment

Absolique itchy scalp treatment get right to the cause and can provide instant relief. Itchy scalp treatment may include an in-clinic scalp treatment and a home care scalp treatment.

We check in on how things are going at the two to three week mark to ensure the treatment is working for you. We then check in two months later to make sure the itchy scalp treatment is still working, and if not, why.

Sometimes we need to change tactics or add other layers to the treatment, and as always, if topical is not working, we look within.

Scalp moisturiser

A super important part of scalp treatments is using a scalp moisturiser to rebalance the scalp skin. Scalp moisturiser is not a common term but can be included in most hair washing regimes. One of our favourite scalp moisturisers is Activance Clinician with MSM. The MSM works to rehydrate the scalp without leaving any residue and it does not affect the hair.

We have a new scalp moisturiser conditioner by Aveda that we are loving, and again, does not affect the hair. A life changing layering product to address both scalp and hair for the individual concerns.

Trichologist – Scalp Treatment Brisbane

Absolique Trichologist is a hair and scalp specialist. Helping people overcome all types for hair and scalp concerns is my specialty. We continue to add to our treatment arsenal, so there is no hair or scalp problem too big or too small.

Scalp treatment can be in clinic scalp treatment that starts with microscopic snap of you scalp to choose the right scalp treatment path for you.

For those with more complex problems, we go deeper with our in depth and exclusive Hair Health and Scalp Check.

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

Hair Transformation and Hair Regrowth

We have found the recipe for exceptional hair



We share an amazing hair transformation and hair regrowth that was achieved with some hair loss treatment, hair growth products and Absolique Hair Health Clinic Aveda hair care package.

Hair loss treatment takes four months to work on the cellular problem, down at the cellular level. Here we had diffuse hair thinning and pattern hair thinning and hair breakage. There is a lot to consider to deliver the best hair loss treatment.

Trichologist

As a Trichologist, I am a hair loss, hair thinning and scalp specialist and I also work closely with nutrition. Some call me a hair doctor. I am also a qualified hairdresser. With all this knowledge, I can really help deal with underlying causes of hair loss, hair thinning, scalp conditions and deliver total hair transformations.

Hair doctor near me

We are based in Spring Hill, Brisbane, Queensland, Australia. For many this won't be hair doctor near by, but we can help people all over the world with online services. We may not be able to physically do this hair transformation for you, but we can certainly find your underlying causes and recommend hair growth products and hair care products for you, anywhere in the world.

Hair loss treatment

Absolique Trichologist will always provide you with a diagnosis so you know why and how you can treat the cause for long term results. There are so many new hair loss clinics popping up with generic treatments that are promoted to use long term to keep the results.

You should know there are other choices, a Trichologist should be the first step before spending money online on hair growth products that may be completely wrong for you.

Hair loss in women

Hair loss in women is complex and complicated. You need someone who understands you and your individual circumstances. Plus, there is a huge difference between hair loss in women and hair thinning in women. Many just lump it all together, it just won't work long term.

Hair Transformation – Hair care package

Exclusive to Absolique Hair Health Clinic, our hair transformation hair care package using Aveda products including prescriptive Aveda shampoo for scalp shampoo and hair shampoo and a new concept to Absolique Trichologist (yet is working so well) scalp conditioners which are separate to hair conditioners!

We are achieving amazing results on both hair and scalp when we can prescribe personalised scalp and hair care to address hair loss, hair thinning, hair breakage and scalp conditions.

Best hair loss treatment

The best hair loss treatment will address your individual concerns and underlying causes. Absolique Trichologist can do this for you. We specialise in women's hair loss, but we also help with men's hair loss and men's hair thinning.

Don't waste any more money on hair growth products or hair care products, get professional, prescriptive advice that can transform your hair.

[Check out our 'Unlock your hair potential' package here.](#)

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



Aveda Christmas Pack

Elevate your haircare routine with our exclusive collaboration designed by Iris Van Herpen.



Nutriplenish Deep Moisture Hydrating Trio Pack Value \$144 | RR \$116

Unleash nutrient-powered hydration for irresistibly lush, visibly healthier hair.

- Luxurious 250ml shampoo, 250ml conditioner, and 30ml leave-in conditioner.
- Packed with 94% naturally derived ingredients and potent superfoods.
- Indulge in omega-5-rich organic pomegranate oil for ultimate nourishment.
- Shampoo and conditioner feature certified organic coconut oil and mango butter for deep replenishment.
- Ideal for dry to very dry hair types, this vegan trio is free from silicones, sulfated cleansers, parabens, gluten, mineral oil, and petrolatum.

Nutriplenish Light Moisture Hydrating Trio Value \$144 | RR \$116

Experience nutrient-powered hydration with a feather-light touch.

- Featherweight 250ml shampoo, 250ml conditioner, and 30ml leave-in conditioner.
- Enriched with 94% naturally derived* ingredients and powerful superfoods.
- Revel in the nourishing embrace of omega-5-rich organic pomegranate oil.
- Shampoo and conditioner blend certified organic coconut oil and mango butter for soft, smooth results.
- Perfect for all dry hair types, this vegan trio is free from silicones, sulfated cleansers, parabens, gluten, mineral oil, and petrolatum.



Unveil the beauty of limitless nature in every strand!

Limited stock, email, or phone order, can arrange post or pick up from Spring Hill. Treat yourself or a loved one! Contact Absolique today.

Aveda Product Spotlight

Beat the humidity with Be Curly Curl Control Cream



*Transform your hair routine
with this incredible styling
cream!*

Be Curly Curl Control is crafted from 96% naturally derived ingredients, it's a lightweight marvel that defines your curls effortlessly.

The wheat protein blend works its magic, expanding in wet hair and retracting when dry, ensuring your curls stay defined all day. Say goodbye to frizz as this vegan and cruelty-free formula encourages curls while providing all-day frizz control. The delightful fragrance, a blend of certified organic lemon, bergamot, orange, and pure flower essences, adds a touch of luxury to your styling experience.

This wonder product is your secret weapon against Brisbane's hot heat. Not only does it define curls, but it also bravely fights humidity, ensuring your hair stays flawless in any weather conditions.

Applying the cream on damp hair is a breeze, and whether you air dry or use a diffuser, the result is stunning volume and curl definition. For those coveted beach waves, simply twist large sections of hair with your fingers and let them air dry. Using a 20-50 cent piece size is a good base and then feel free to build from there depending on length and fullness of hair.

Amp up the hold with a spritz of Brilliant Medium Hold Hairspray for that extra oomph!

Free from parabens, mineral oil, petrolatum, formaldehyde, and synthetic fragrance, this product is a game-changer for your hair care routine. Treat your locks to the love they deserve – your curls will thank you!

Say goodbye to bad hair days – with this styling cream, you're in control, embracing the beautiful bounce and definition even in Brisbane's sizzling temperatures.



Emotional Stress Release (ESR)

Bioenergetics Infoceutical of the month



Amidst the hustle and bustle of the holiday season, managing stress becomes paramount for our well-being.

Enter ESR - the Infoceutical, connected to Energetic Intergrator - EI1, the Neurosensory - Large Intestine Meridian, required for large intestine function and mineral absorption amongst other functions.

ESR Infoceutical is also connected to Energetic Intergrator - EI7, the Blood Field - Gall Bladder Meridian required for blood cell production; hemoglobin, blood pressure regulation and immune activation, along with more functions to support stress.

ESR Infoceutical is also connected to Energetic Intergrator - EI12, the Shock - Spleen Meridian required for Spleen; lymphatic fluid, Pancreas: sugar metabolism, Digestive function, digestive enzymes.

ESR Infoceutical is designed to smooth out the body's energetic patterns and offer a much-needed respite from stress and the chaos stress causes in the body.

This specialized remedy targets general day-to-day stress but also serves as a soothing antidote for any reactions to infoceutical protocols. Beyond stress relief, ESR Infoceutical can even prove effective in alleviating headaches and optimizing nutrient absorption.

So, as the holiday whirlwind approaches, consider incorporating this ESR Infoceutical into your routine for a little extra support in maintaining your equilibrium and managing stress effectively.

Click here to find out more about [NES Health Infoceuticals](#).

[Learn how a NES Scan analyses your Body Field](#)

Absolique Hair Health Clinic Trichologist is now also a NES Health Bioenergetics Practitioner.

Special offer – get your first NES Health Bioenergetics Scan FREE

Team News & Updates

Behind the scenes news and updates from the team at Absolique

Girls Lunch

It's that time of year again! As we gear up for the festivities and the much needed time off, this also means time for long-overdue catch ups for many people.. us included!

The team at Absolique had a lovely end of the year lunch at local cafe, Spring Hill Kitchen. Beautiful setting, food, and company.



Time off for our Trichologist, Carolyn looks like productive time at their country property painting and weeding and taking their new camper trailer for it's maiden voyage!



Christmas Closures

The clinic will be closed between Christmas and New Year from **4pm on Thursday 21st December** (2pm is the deadline for product orders) and will reopen on **Tuesday 9th January 2024**.

No product orders will be available during the closing time, as we are all going to enjoy the break. For any emergencies, Absolique Trichologist will monitor her email (info@absolique.com.au).

Whether you are a dedicated client of Absolique, or just support us by following along on our socials, we'd like to thank you for your on-going support and wish you all a very Merry Christmas and Happy New Year,

Here's to 2024, the year for hair and health!