

HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



WHAT'S IN THIS MONTH'S ISSUE:

Page 2 - 3:

The Difference Between
Types Of Hair Loss

Page 4 - 5:

Hair, Skin, Nails

Page 6:

Diet And Male Pattern Hair
Loss

Page 7:

Aveda Product Spotlight:
Brilliant

Page 8:

Bioenergetics Product of the
Month - *Liberator*

Page 9 - 10

Mamamia Article Feature

Page 11:

Team News + Updates

The “New Year, New Hair” Issue

We are back and already helping you with your hair and scalp health journeys!

In this month's edition, we are unpacking the differences between the types of hair loss. We share our male and female client success stories.

Absolique Trichologist, Carolyn features in another Mamamia article, answering the question: *Is air-drying better or worse than heat drying?* And we have yet another round of Product Spotlights with Aveda and Bioenergetics.

We are also excited to announce the launch of a new Aveda product next month in clinic, a 10 second flash treatment for hair breakage! This will retail for \$69 and will be game changing for anyone wanting to repair damaged ends.

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](#)

The Difference Between Types Of Hair Loss

...and why it's important to take action.

FFA – Frontal Fibrosing Alopecia, AGA – Androgenetic Alopecia, Pseudopelade, Diffuse Hair Loss and Diffuse Hair Thinning

With all of these types of hair loss and hair thinning, it is so important to take action as soon as you notice a change in your hair. The sooner you understand what is happening, why and contributing nutritional, genetic or environmental influences, the sooner you can start treatment. The goal would be to save as much hair as possible and get at least remission.

FFA – Frontal Fibrosing Alopecia

Frontal Fibrosing Alopecia is an autoimmune condition that can cause permanent hair loss. It is diagnosed by the frontal location of baldness along with the red and raised frontal folliculitis that can surround actively effected hair follicles.

Frontal Fibrosing Alopecia can be supressed in remission by various treatments, but some cases do not respond when there is a combination of other health problems.

FRONTAL FIBROSING ALOPECIA



Absolique Hair Health Clinic | Spring Hill, QLD

Nutritional lows and deficiency, stress and lowered immunity also contribute. Frontal fibrosing alopecia left untreated can cause large areas of permanent baldness.

ANDROGENETIC ALOPECIA



Absolique Hair Health Clinic | Spring Hill, QLD

AGA – Androgenetic Alopecia

Androgenetic Alopecia is a hormonal driven type of hair thinning with genetic and environmental influences. This type of hair thinning is diagnosed by the miniaturisation of hairs in the frontal, top, recessions and crown of scalp. It is not physical hair loss, but as the condition increases it can appear as areas of baldness. Androgenetic alopecia rarely leave large areas of complete baldness in women, there are always some fine vellus hairs present.

The scalp may be oilier in this area but will appear otherwise normal but may have increased number of empty follicles when viewed under the microscope. These follicles can be recovered with certain treatments if provided in time.

PSEUDOPELADE



Absolique Hair Health Clinic | Spring Hill, QLD

Pseudopelade – Pseudopelade of BROCC

Although the exact cause of Pseudopelade has not been identified, it is believed to be an autoimmune disease. Other factors that may be involved include infections with *Borrelia burgdorferi*, the bacterium that causes Lyme disease and issues with the cells involved in hair growth (stem cell failure).

This is a scarring type of hair loss in patches, but the patches can be irregular in size, unlike alopecia areata. This scarring type of hair loss can creep through the scalp, but common location seems to be top of head. Also known as footprints in the snow, reaching remission with this type of hair loss is the best outcome. Hair transplants may be used to fill in the bald patches if required once remission is proven.

Important to Take Action

As with all types of autoimmune conditions, there are medical and natural treatments available. Nutritional lows and deficiency can lead to lowered immunity and autoimmune conditions.

Any type of hair loss or hair thinning are signs something is wrong within the body, please don't ignore the signs.

With all these hair loss conditions, it is important to take action as soon as you notice a change in your hair. If you start thinking something is wrong or has changed, take some photos every month. Most of these hair loss conditions now have some form of medical treatment. Too many cases have waited years thinking about it when the damage cannot be reversed.

As a Trichologist, I use microscopic diagnosis and use the signs present at the time of the microscopic view. Hair loss and hair thinning conditions can change and often also overlap. For this reason, it is important to have regular four-month check with your Trichologist, Dermatologist and or Doctor when experiencing any health condition and hair loss. Once the hair is stable, it is good practice to check in at least once a year as preventative hair and health.

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

Hair, Skin, and Nails

Don't ignore the signs



Before



After

Hair, skin, and nails are the bodies outward appendages. They are non-essential for health, so the body will always choose a body emergency related to function, over the hair, skin, and nails.

It is for this reason that hair, skin, and nails are the first outward signs that something is wrong within. In this case. It was the scalp skin. The scalp skin had become dry, scaly, and annoyingly itchy.

Hair, skin, nails – changes mean something is wrong within

Some people will genetically have oily scalp or flaky scalp, inherited scalp psoriasis and the like. But in this case, all these scalp symptoms were new. The scalp itch was so distracting that she confided in a work colleague about the problem who then recommended a Trichologist.

Trichologist – hair and scalp specialist

A Trichologist is a hair and scalp specialist. Absolique Hair Health Clinic Trichologist uses microscopic diagnosis to look at the hair and scalp symptoms. This Trichology microscopic diagnosis combined with consultation and reading of blood tests, helps get to the underlying causes.

Hair and scalp specialist – blood tests

Absolique Trichologist has trained to read blood tests to pick up deficiency, low levels and aim for sufficiency which is preventative health care. In this case everything was low. We had low iron, low ferritin, the storage of iron, low B12 and history of not holding onto B12, low vitamin D and signs of no Essential fatty acids, EFA's.

All of this was contributing to the scalp concerns and represent the whole nutritional balance was out of order. One side effect here was the hair. The microscope uncovered the hair was no longer growing to it genetic potential.

DIFFUSE HAIR LOSS



Absolique Hair Health Clinic | Spring Hill, QLD

Diffuse hair thinning

With all these nutritional lows, the hair had gradually been thinning, this is called diffuse hair thinning because it effects the hair diffusely over the entire head. It is gradual which is why it had not been picked up. If your hair has changed, it is a sign something is not right in the body.

Don't ignore the signs, get some blood tests, and come see Absolique Trichologist. We can help in person at our Brisbane clinic or online anywhere in the world.

In this case we achieved scalp relief in 2 weeks and normal hair growth by 4 months. Hair shine returned along with hair volume and the hair breakage had stopped, and the scalp itch had not returned.

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

Diet and Male Pattern Hair Loss

Does diet really play a part in male pattern hair loss?



As a Trichologist having studied nutrition three times over three decades, I have always believed diet and lifestyle contribute to early onset male pattern hair thinning.

Early Onset Male Pattern Hair Thinning

Nearly every case of early onset male pattern hair thinning (age 18-45) that presents in my clinic has diet and lifestyle causes. In these cases, when we amend diet and lifestyle, along with some simple topical hair loss treatment, we get results.

Study Proves

A study published in 2023 proves diet and lifestyle factors can increase incidence, onset, and severity of male pattern hair loss, also known as male pattern hair thinning. Some of the diet and lifestyle things measured by the study are Smoker, alcohol consumption, exercise, sleep, consumption of healthy food vs junk food, the numbers speak for themselves.

Results with nutrition

These before and after images and results were all from four months of combination nutritional therapy, diet and lifestyle changes and topical hair loss treatment with hair growth treatment.

Absolique Hair Health Clinic Trichologist looks at individual nutritional levels including iron, iron stores (ferritin), B12, Vitamin D, thyroid balance and function and essential fatty acids, as they all play a role in health, immunity and male pattern hair thinning onset.

Trichologist Help

Need help to get health and hair back on track? We are located in Brisbane, Australia, but coach people all over the world to get real results, health and hair.

Watch the article video on our
YouTube channel:
@CarolynFrostTrichologist

Aveda Product Spotlight

Introducing our Brilliant Medium Hold Hair Spray



A dynamic fusion of style and care.

This non-aerosol liquid spray offers a medium hold that shields hair from humidity while imparting a dazzling shine and definition to your locks.

Infused with certified organic aloe, it's your true ally in taming frizz while embracing the power of functional botanicals.

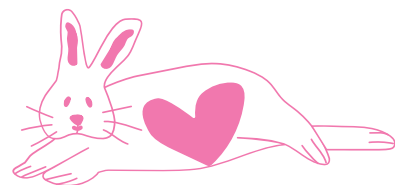
The pure-fume aroma is a sweet, spicy, and sensual symphony, featuring citrus top notes, cinnamon leaf, clary sage, clove stem, lavandin, lemon, and Australian sandalwood essential oils. Immerse yourself in an aromatic experience that complements your style.

To unleash the full potential, pump to dispense and spray 4-10 pumps 25cm from dry hair, maintaining a style with medium hold and brilliant shine.

For those seeking maximum body, lift your hair to new heights with this exceptional formulation. For the curly girl trying to maintain her frizzy tresses in the sizzling Brisbane heat pair with Aveda's Be Curly Curl Control for the ultimate humidity combat duo.

Elevate your styling routine with Brilliant where functionality meets botanical brilliance.

Cruelty free. People tested.



Liberator

Bioenergetics Infoceutical of the month



Check out the Liberator Infoceutical, a name chosen to reflect its powerful mission of freeing you from the burdens of the past. Unlike anything else, the Liberator operates on an emotional level through the brain, serving as a comprehensive unblocker for shocks and traumas that may linger in your subconscious.

Designed to bring these buried emotions to the surface for processing, the Liberator Infoceutical also plays a crucial role in restoring the flow of vital information between your central nervous system, heart, and connective tissue matrix. The effects of embracing the Liberator's potential are nothing short of remarkable. You may experience vivid dreams, heightened daydreaming, an enduring sense of happiness, improved sleep, enhanced problem-solving abilities, and a notable reduction in anxiety. It's a transformative journey toward a brighter future.

As you embark on this liberating path, you'll find yourself unburdened by the weight of the past and empowered to fully embrace the present.

Step into the world of the Liberator Infoceutical and experience the profound shift it can bring to your life.

NES Health Liberator Infoceutical is available from Absolique Hair Health Clinic for \$35

If Absolique Trichologist has set you up with NES Health account, you can buy Liberator Infoceutical online here is the link <https://portal.neshealth.com>

Want to know more about NES Health Bioenergetics scanning, go [here](#)
Absolique Trichologist is offering first scan free valued at \$125

You will find some interesting things about your health and wellbeing, as a whole and the fascinating interactions.

NES Health scans are available in clinic Brisbane or online by voice scanning.

Special offer – get your first NES Health Bioenergetics Scan FREE

Blowdrying vs. Air-drying

Absolique Trichologist features in Mamamia Australia



When it comes to beauty, it can feel like a new set of 'rules' pops up every day. From haircare to makeup and skincare, it seems almost impossible to keep on top of what's 'right' and 'wrong'.

It can feel overwhelming. Confusing. Even when writing and talking about beauty is literally your job *gestures to self*.

But there's one particular viral beauty opinion we need to discuss. Because it's been floating around for a while now, and it goes against everything we were ever taught.

In case you didn't read the headline (nice!), it's about your hair. More specifically, how you dry it.

Because apparently, air-drying your hair causes way more damage to your scalp and strands than using heat — and, look... we're going to need to take a seat.

Just search #airdryinghair on TikTok and you'll find millions upon millions of videos — a lot of which speak to the concerns of air-drying your hair over heat-drying your hair. And it's got us confused as hell.

So, is there actually any truth to it? Well, according to a study, it was found that, "although using a hair dryer causes more surface damage than natural drying, using a hairdryer at a distance of 15 centimetres (about six inches) with continuous motion causes less damage than drying hair naturally."

To get to the bottom of air-drying vs heat drying situation, we spoke to trichologist (aka scalp and hair expert) Carolyn Evans-Frost from Absolique Hair Health Clinic. Because it turns out air-drying your wet hair isn't as good as you might think...

Here's what she said when we frantically cornered her and asked all the questions.

Does air-drying hair cause damage?

In short, yes. "Air-drying won't damage hair but can be negative for the scalp," said Evans-Frost.

"For longer hair or thicker hair, air-drying can leave the scalp wet for too long, and I see it turn into a scalp condition over a period of time.

Anyone with a scalp condition, scalp scale or scalp oil should dry the scalp.

"When bacteria is involved, you don't want to leave the scalp skin wet or even damp for a long time."

Eeek!

Additionally, tying hair up while wet is a no-no. We feel like we already knew this though, right? RIGHT YOU GUYS??

"If you notice your hair is still wet when you let it down, you should take up scalp drying (using heat). Then the hair can air-dry."

"Air-drying hair can also weigh it down. So for hair loss and hair thinning, quickly blasting the scalp dry with safe medium heat can create more volume."

What's the best way to dry your hair?

When it comes to the best way to dry your hair, Evans-Frost recommends a combination of both for best results. She said, "Blast the scalp dry with the hair anti-gravity – upside down on cool or medium heat. You can then air-dry or finish with a hair dryer, but I would be using a heat protector if completely drying on medium heat."

And take it easy on the brushing and hair ties, folks.

"High heat and lots of brushing can damage wet or damp hair. Hair is more elastic when wet, so will stretch and cause hair breakage if using too much tension or very bristly brushes."

Is using a hairdryer bad?

Yes, we can still damage our hair through heat styling, but not if you do it the right way. According to our expert, it's totally fine to use heat on your hair – so long as it's medium heat.

"It should not burn your hair or scalp. And as mentioned before, if you're completely drying your hair, you must use heat protectors. If you see smoke coming off the hair or from the hair dryer, it is damaging heat."

We feel seen. And silly.

As Evans-Frost explained, "I always find balance is best. I recommend using medium heat to scalp dry and then air-dry the hair, if time permits. Or completely dry the hair on medium heat, not using too much brushing until it's dry. Then you can tie your hair up."

"I have had the opportunity to test many drying and styling tools, and a good gauge is if it's too hot to handle, it will be damaging the hair if you're not using heat protector."

"And even then, where there's smoke, there is fire."

So, there you have it. If you want to avoid damage to your scalp and hair, use a heat protector and blast it on medium only.

[Read the original article here:](#)
[Mamamia - Is airdrying hair worse than using a hairdryer?](#)

Team News & Updates

Behind the scenes news and updates from the team at Absolique

Starting the year strong

The team at Absolique all spent the break doing all the things they love. Carolyn braved the heat out on the property refreshing the balconies with a new coat of paint. Her and husband, Daniel took their new camper out for their first trip.



Irene and her partner whisked away to the beaches of North Stradbroke Island for their intimate elopement, followed by two days of fun in the sun. And our favourite friendly face,

Nikki has been busy with her head in the books and on track to completing her Nutrition course. We are very excited to be able to add this as an extra service to our dedicated clients at Absolique.



Now we are back in clinic, our reception hours are back to normal. For all in clinic product purchases, we do still encourage you to arrange a time to pick-up from the clinic. We may be busy with clients and are not always available at reception and we would hate to miss you.

Please note that reception and Trichology hours differ from each other. **Trichology is open Tuesday - Saturday.**

Reception Hours:

Monday: *Closed*
Tuesday: *10am - 4pm*
Wednesday: *10am - 4pm*
Thursday: *10am - 4pm*
Friday: *Closed*
Saturday: *Closed*
Sunday: *Closed*

For any inquiries, contact reception on (07) 3229-3242 or email Carolyn at info@absolique.com.au.