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HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



WHAT'S IN THIS MONTH'S ISSUE:

Page 2 - 3:

Let's Talk About Women's Hair Loss

Page 4 - 5:

Male Baldness Can Impact Self-Esteem

Page 6:

Scalp Treatment Solution

Page 7:

Product Spotlight - *Xali Organics Lash Serum*

Page 8 - 9:

Bioenergetics - Infoceutical of the Month - *Emotional Stress Relief - ESR*

Page 10:

Team News + Updates

The Solution Issue

This month we cover all basis, from scalp health to lashes!

Absolique Trichologist jumps into the impact on self esteem for young males losing hair and shares her tips on preventing womens hair loss.

We share two product spotlights - our Infoceutical of the month and a new product for targeting lush lashes that you can find in clinic.

Don't forget to check out Team News + Updates for Trichology and Salon opening hours.

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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Let's Talk About Women's Hair Loss

And how to prevent it.



Women's hair loss is complex. Rarely is there one cause. This is why we need to talk about women's hair loss, and how to prevent it. When your hair changes, it is a sign something is wrong within.

Don't accept thinking or anyone telling you it is age related or just a part of life.

Hair Loss is Not Age Related

This case was history of anaemic state, low vitamin B12, low vitamin D, and irritable bowel syndrome. These are some serious health issues that cause problems within the body and in turn effect the hair cycle. Hair is non-essential to life, so the body will always rob nutrition from the hair first or eject the hair as in telogen effluvium. Here we found repeated episodes of this diffuse hair loss. Most cases hair loss is health related, not age related.

Loose Anagen Syndrome

Repeated events of telogen effluvium, diffuse hair loss in presence leads to diffuse hair thinning and ongoing the hair bulb loses structure. We call this loose anagen syndrome. A Trichologist can pick this up with microscopic diagnosis looking at hair structure to identify the changes. Most cases it is a structure problem that can be corrected and achieve hair regrowth.

Post Menopause

Now post menopause, the feared hormonal women's hair loss, female pattern hair thinning had also crept in. There is nothing here to fear, and it can all be treated to achieve prevention of hair loss, hair loss treatment and hair growth treatment. You just need to get the right advice, from a Trichologist.

Trichologist – Hair and Scalp Specialist

Absolique Hair Health Clinic Trichologist will help you understand your hair loss, take the fear out of hair loss and hair thinning, and help you get on with a healthy life with healthy hair. Hair loss is not age related, you can prevent it, and it is never too late to get started.

Combination Therapy

Combination therapy means addressing both symptoms and causes. Here we did some very basic topical hair loss treatment with select nutrition based on blood tests, in an otherwise healthy person.

Trichologist is the one to help

Absolique Trichologist will provide individual diagnosis to recommend the right hair loss treatment and hair growth treatment for you. These results are what we can achieve for you, in as little as four months. Simple, affordable, and effective hair loss treatments.

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

Male Baldness Can Impact Self Esteem

It should be taken seriously.



Male baldness at any age can be confronting, but in the teenage years, is not meant to be happening and can impact self-esteem.

Don't Ignore the Signs

Hair loss and hair thinning are signs something is not right in the body. Don't ignore the signs. Male baldness should be taken seriously, especially at a younger age. The story we have here today following 4 months hair loss treatments, he was only 16 years old.

Early Onset Male Baldness

Male baldness can have hereditary factors, but you don't have to accept that these days. Most cases Absolique Hair Health Clinic Trichologist helps, there are other underlying causes leading to the early onset male baldness.

Underlying Causes

Common hair loss and hair thinning underlying causes for young men are low vitamin D, low iron, and low ferritin and low B12.

Study stress, social stress, sport, puberty, poor diet, growth spurts, are all contributing factors.

Nutritional Therapy Hair Loss Treatments

When there are nutritional lows or deficiency, we need to use combination therapy. Here we used food for ferritin, a free guide by Absolique Trichologist and targeted supplements for the nutritional side of hair loss treatments.

Topical Hair Loss Treatments

Then we connected the hair cycle for hair growth treatment combined with hair loss treatment, as it was a current case of telogen effluvium diffuse hair loss, low iron hair loss, or more specifically, low ferritin hair loss.



Combination Therapy

Addressing both symptoms and causes at the same time will always deliver the best results. We had a lot of work to do here in the first four months of treatment. Sadly, this takes time, there are no miracle hair loss treatments. We are still working with this client but are so excited to see the hair growth coming through, with no minoxidil or medications. Natural hair loss treatment.

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

Scalp Treatment Solution

When it's more than dandruff

When the cold weather hits, scalp conditions tend to flare up. With the temperature drop, dry air, lowered humidity the skin and scalp can scale up quickly. There are scalp treatment solutions available, when its more than dandruff.

Dandruff

Dandruff is a slight flaky scalp, it is a small branny scale, that should be easily controlled with frequent washing.

Scalp scale

If scalp scale is getting out of hand to the point you can no longer wear a black shirt, you should do something about it.

A dry scalp that is tight or painful is also not normal.

If you are feeling lumps, bumps, or find yourself picking at the scalp, this is not normal.

Scalp sores are also a sign something is out of order with the scalp.

Scalp treatment

When it is more than dandruff, scalp treatment solution can be a welcome relief to troubled scalp conditions, almost instantly.

Prescriptive scalp treatment

It is important to get some help, from a Trichologist ideally, a hair and scalp specialist, to choose the right scalp treatment for. I use a microscope to look for signs on the scalp and collect client history, to choose the right scalp treatment for you.



Trichologist

Here we had history of psoriasis, an autoimmune condition. This time we had an extreme dry scalp, but not the usual reddened base that is typical of psoriasis.

To get some scalp relief from the itchy tight scalp, we used gentle scalp brush therapy, Absolique Scalp exfoliant as scalp treatment for 10 minutes, then clean with Absolique scalp cleanser, and to seal the scalp and add moisture, we used Activance Clinician.

When there is a scalp condition present, this should be repeated minimum every second day. If simple home therapy scalp treatments are not providing any relief or causing further discomfort, you should seek professional advice.

Clean Scalp Treatment set is available in our online shop for \$124 or in clinic – just add your favourite leave in scalp treatment to top it off. Professional scalp treatment is also available in clinic Brisbane from \$120.

Watch the article video on our
YouTube channel:
@CarolynFrostTrichologist

Xali Organics Lash Serum

New Absolique Product Spotlight



Discover the Lash Transformation with Xali: My Personal Journey to Lash Perfection!

As someone who's always longed for fuller, more luscious lashes, finding the right solution seemed like an endless quest. I wear glasses so hate the feeling of lash extensions getting caught in my lenses. That is, until I stumbled upon Xali Lash Serum—an absolute game-changer in my beauty routine.

My Lash Evolution: Ever since incorporating Xali into my daily regimen, the results have been nothing short of astonishing. Gone are the days of feeling self-conscious about my lashes; now they're longer, stronger, and more stunning than ever before. With just a single swipe along the base of my upper and lower lash line each day, I've watched as my lashes have flourished into their fullest potential.

Gentle Yet Effective: One of my biggest concerns with lash serums was the potential for irritation, especially given my sensitive skin prone to dermatitis. However, Xali's natural and safe ingredients proved to be a game-changer. Not only did it deliver on its promise of enhancing my lashes, but it did so without causing any adverse reactions. No redness, no itching—just beautiful, healthy lashes.

Join the Xali Revolution: If you're tired of short, lackluster lashes and ready to embrace a transformation like never before, I can't recommend Xali enough.

Beauty with Integrity: Beyond its remarkable results, Xali stands out for its commitment to ethical beauty. As a vegan-friendly and cruelty-free brand, they've won me over with their dedication to both quality and compassion.

Experience the Difference: Say goodbye to lash extensions and hello to the natural beauty of your own lashes. Join me on this journey to lash perfection with Xali Lash Serum. Your lashes—and your confidence—will thank you.

Xali Organics Lash Serum now available from Absolique Hair Health Clinic Spring Hill.

Emotional Stress Release (ESR)

Bioenergetics Infoceutical of the month

This month, we shine a spotlight on ESR (Emotional Stress Relief), a vital tool in managing daily stressors.

ESR – Emotional Stress Relief is linked to:

- EI1 Neurosensory/Large Intestines - Emotions: holding on/letting go, fulfilment/frustration, hope/despair, self-worth/guilt.
- EI7 Blood field/Gallbladder - Emotions: decisiveness, honesty, loyalty, emotional blocks, anger, wrath, bitterness.
- EI12, Shock/Spleen - Emotions: worry, pleasure, sympathy, contentment, acceptance, forgiveness, hope, security.

ESR helps harmonize the body's rhythms, fostering calm amidst life's fluctuations. Its gentle formula eases strong reactions, alleviates burdens of everyday stress and supports nutrient absorption, crucial during stressful times.

At its core, ESR restores the body's natural flow of information, disrupted by stress. It aids in restoring balance, offering relief from headaches, and supporting overall well-being.

Explore how ESR provides holistic support in our article, [5 Ways to Address Emotional Health for Better Patient Outcomes.](#)

What are [Infoceuticals](#) | [NES Health](#)

BONUS - First Bioenergetics scan is FREE with qualified NES Health Practitioner, Trichologist at Absolique Hair Health Clinic. We are using this modern-day scanning tool to combine with your medical blood tests results for in the moment nutritional and health support – VALUED AT \$125

Watch founder of NES explain the healing powers of bioenergetics.

[How I Restored my Health with Bioenergetics](#)



Why NES Health Bioenergetics and Infoceuticals at Absolique Hair Health Clinic?

Trichologist at Absolique Hair Health Clinic is always looking for the best way to look after you and your health. We find a gap between medical and allied health professionals. This leads to troubles pinpointing underlying causes, when it comes to health and in turn hair loss, hair thinning, and scalp conditions. With unusual autoimmune health conditions on the rise and new findings of the microbiome, bioenergetics provides us with an intricate yet non-invasive look within.

Bioenergetics and the associated remedies, Infoceuticals, are leading edge technology based on traditional Chinese medicine findings and acupuncture body connections, combined with modern day science.

As a Trichologist of over 25 years, I always try to stay up with technology, and in this case, bioenergetics is leading the way.



Absolique Trichologist has studied Bioenergetics and is now a qualified practitioner with NES Health and their amazing, integrative NES health scanning and reporting system.

Absolique Trichologist uses this innate scanning and diagnostic system to find connections to missing information in blood tests, or when blood test are not available or practical, and when there are complicated problems where we require more information that is not otherwise available.

Two years into scanning and reading scan results, I can say, by combining with symptoms, and blood tests results, the NES scanning is accurate and on point with recommendations every time. Email Absolique Trichologist Brisbane to book your first free NES Health Bioenergetic scan.

Team News & Updates

Behind the scenes news and updates from the team at Absolique

Carolyn and Nikki attended the Women in Business Big Day Out at the Brisbane Business Hub, a place where local businesses connect.

It's a resource hub and growth incubator for Brisbane businesses, with complimentary workshops, events and one-on-one mentoring with industry leaders; strong support for women in business; and convenient co-working spaces in the heart of Brisbane City, as well as a range of helpful online resources.



We had the pleasure of Irene dropping in with her rapidly growing babies. We really appreciate you still help up out working from home with 3 young children. And extra special to see you in person!

Please note our reception hours and Trichology hours differ from each other and may change at short notice.

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.

Trichology Hours -
by appointment only:

Tuesday: 11am - 5pm
Wednesday: 11am - 6pm
Thursday: 11am - 6pm
Friday: 11am - 6pm
Saturday: 11am - 2pm

Reception Hours:

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

**Clinic is closed on
Sunday & Monday**

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