

HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



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The Scalp Solution Issue

This month we are providing some much needed relief for those pesky scalp issues. With the cooler drier weather, Absolique Trichologist is talking all about scalp treatments.

We share our method of hair regrowth without those nasty side effects and show our clients impressive results without the use of minoxidil.

And we give you advice on what you should do if you experience unexpected hair loss.

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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What To Do When You Have Experienced Hair Loss

and your hair has not grown back normally.



Here we had past ferritin deficiency hair loss and hair thinning. The iron storage ferritin will trigger hair loss when levels get to 30 and below, it is a state of ferritin hair loss. Ferritin deficiency causes telogen effluvium diffuse hair loss.

When you have experienced hair loss from ferritin deficiency, what you need to do is raise the ferritin to 70 or over for health and normal hair growth.

Telogen effluvium, diffuse hair loss, diffuse hair thinning

We found the current ferritin level was 40, this is not enough for health and hair growth. So, the hair cannot grow back to its genetic hair type and normal hair structure. The body needs the ferritin more. For health and hair growth, the magic number is 70-100 for women.

The telogen effluvium disrupts the hair cycle. When the hair cycle comes back around, and there is not enough ferritin, you end up with diffuse hair thinning following on from the diffuse hair loss.



Here we had lost 20% structure of the genetic hair type. You can see all the frizzy hairs, that is lost structure, the hair could not grow back normally.

What to do when the hair has not grown back normally?

The first thing to do is check your blood tests for your ferritin levels and check for other nutritional and associated lows. Here we also found other low nutritional levels needed for health and hair growth, B12 was 234 out of 400 and low vitamin D 98 out of 150.

Hair loss is not seen as a medical condition, so it is important to get a copy of your blood tests and share with Absolique Trichologist. Medically, you are only low when deficient, this is not going to get normal hair regrowth.

Female pattern hair thinning – FMPHT

This diffuse hair thinning now exposes recessions, where we also found minor female pattern hair thinning, FMPHT. Here it is important to understand it is not the real problem. Too many people focus on the wrong thing. What you can see at the front and recessions, the hair thinning from gradual miniaturisation is completely different to low ferritin type diffuse hair loss and diffuse hair thinning. The biggest clue here is physical hair loss is from a disturbed hair cycle. Pattern hair thinning is not physical hair loss, it is a gradual miniaturisation.

Hair loss treatment with Trichologist Brisbane

Combination therapy always works best to address causes and symptoms. Absolique Hair Health Clinic Trichologist Brisbane will always provide you individual combination therapy recommendations based on microscopic diagnosis, client history and blood tests results. Most hair loss treatments don't work because they do not combine, and they are generic, not individual.

Hair loss treatment used here

Basic topical and select nutrition targeting individual requirements.

- Scalp brush therapy, scalp cleanser, Activance clinician
- Food for ferritin, food combining, stop nutrient robbers, gluten, dairy, sugar
- pH testing, Phytogreens, select collagen, essential fatty acids, Vitamin D
- Prescriptive hair products

Basic topical is a hair washing routine performed at home that helps to reconnect the hair cycle, for normal hair growth to return. This only works in the presence of good nutrition and an otherwise healthy individual.

Achieve hair growth in 4 months

Combination therapy addressing both symptoms and causes can achieve hair growth in as little as 4 months. Hair structure returns, along with structure comes hair volume, hair shine and hair curl is returning replacing the previous hair frizz. Also scalp itch, oil and scale cleared with this basic scalp and hair approach. For hair longer than 10cm also need prescriptive hair products

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

Hair Regrowth Without Side Effects – No Minoxidil

It is possible to achieve regrowth results without side effects



As a Trichologist, hair and scalp specialist, helping people with hair loss, hair thinning and scalp treatments, I find it confusing why there are hair growth treatment products promoted for hair growth, yet they cause side effects and hair loss.

Hair regrowth is possible without side effects and without using minoxidil.

Topical and oral minoxidil are commonly recommended by the medical community, without consideration of causing hair loss which can make the hair loss problem worse.

Young male hair loss treatment

Here we had a young man aged 21 with diffuse hair loss, telogen effluvium that triggered early onset male pattern hair thinning or androgenetic alopecia.

Trichology consultation and microscopic diagnosis, Hair Health and Scalp Check, found history of strong acne medication 4 courses over 3 years on top of study stress.

Strong acne medication can save the skin from scarring, but also causes telogen effluvium, diffuse hair loss, particularly when there are nutritional lows.

Male hair loss treatment was chosen to address these individual concerns, the broken hair cycle, malfunctioning hair cell, diffuse hair thinning 70%, early onset male pattern hair thinning, dandruff, oily scalp and dry scalp, low nutritional levels of vitamin D and B12.

Men's hair growth treatment – no minoxidil needed

Minoxidil is old science, it was used as a blood pressure medication 30 years ago. It came to be used as a hair loss treatment for its vasodilator properties. But as a medication, it can have side effects.

For this men's hair growth treatment, we worked with topical antioxidants products, a clean scalp technique and nutritional therapy. There was no minoxidil needed and our side effects are health, hair growth and a happy scalp.



Hair regrowth treatment with Absolique Trichologist:

- [Scalp brush therapy](#)
- [Scalp cleanser](#)
- [Scalp tonique](#)
- [Microneedle therapy](#)
- [Activance clinician](#)
- [GRN grow.revitalise.nourish serum](#)
- pH testing and nutritional therapy

When taking individual circumstances into consideration, you can form a natural hair loss treatment plan that will work, because it addresses both symptoms and causes, in combination therapy.

Absolique Hair Health Clinic – Trichologist Brisbane

Absolique Trichologist Brisbane has been helping people with hair loss, hair thinning and scalp treatments for over 25 years. She prides herself in delivering results from individual hair loss treatments based on your personal concerns and situation. Having a personal hair loss treatment plan can save time and money normally wasted on generic online products or one size fits all hair clinics.

Absolique hair loss treatments and hair regrowth treatments can deliver results in as little as 4 months. Trichologist Brisbane then helps with [mapping and tracking services](#), and reviewing blood tests for long term outcomes.

In the rare event topical minoxidil is required, we would only ever recommend a compounded formula with no propylene glycol (PG). We would always stabilise the hair cycle first, this approach avoids any possibility of hair loss side effect. Starting and stopping over the counter minoxidil can cause hair loss, reach out to Trichologist Brisbane to form a plan to avoid this and look at natural hair loss treatment alternatives.

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

Scalp Treatment

When it's more than dandruff

Here we started with a microscopic diagnosis to choose the right scalp treatment products. It is important to understand the scalp symptoms to get results with scalp treatment products. Built up scalp scale and oil in patches represented early stages seborrheic dermatitis, but it was not at the inflammation stage. However, the built-up scalp scale was clogging the hair follicles preventing hair growth.

Scalp Treatment Brisbane

We started with in clinic scalp treatment Brisbane, because we had both scalp and hair concerns and needed to professionally clean the scalp to begin natural hair loss treatment.

Here at Absolique Hair Health Clinic, we offer practical and functional scalp treatment that cleans and refreshes the scalp and can also prepare for hair loss treatment.

Scalp Treatment and Hair Loss Treatment

Whether it is a scalp condition on its own or combined with hair thinning and hair loss, Absolique Trichologist, a hair and scalp specialist, understands how to use combination therapy to treat both scalp and hair loss at the same time.

Nutritional Therapy

We also look at nutrition, there are always contributing factors with hair and scalp skin. Here we found low Vitamin D,

Low iron stores of ferritin, low B12 and extra need for essential fatty acids. When nutritional lows are present, we work with food and supplement. Neither food or supplements alone are enough in the first 4 months of scalp treatment and hair loss treatment.

More Than Just a Relaxing Head Spa

Absolique Hair Health Clinic scalp treatments Brisbane are more than just a relaxing head spa. With so many head spas popping up, why spend over \$200 at a head spa for a one-off treatment, when you can get your own scalp treatment products to do at home scalp treatment when you need it for better and longer lasting results.

Common Scalp Care Questions

- What is the best scalp treatment? Gentle, safe ingredients that work, prescriptive to your scalp concerns and hair type.
- What removes scalp buildup? Scalp brushing with scalp brush therapy. safe scalp and hairbrush is the best and feels great too.
- How can I treat my scalp? Scalp cleansing is life changing, tee up with prescriptive hair products for longer hair.
- Are scalp treatments worth it? To get instant scalp relief, absolutely!

Scalp Treatments May Reduce Hair Thinning and Hair Loss

Unclogging the hair follicles and balancing oil production can reduce hair loss by improving scalp health. Over time, regular scalp treatments can promote thicker, healthier hair and healthier hair growth.

How Do I Clean My Scalp?

Start with scalp brush therapy. To gently exfoliate daily scalp build-up, use a [delicately exfoliating scalp scrub](#) as part of your haircare regimen at least once a week. An exfoliating scalp scrub is used as a precursor to scalp cleansing with scalp cleanser and then finish with a [scalp moisturiser](#) to protect and balance the scalp.



Trichologist Brisbane

Scalp treatments and scalp care products – individually prescriptive, not just online or over the counter. Trichologist Brisbane will help to get the right product = results – save time, save money get rid of scaly scalp quick!

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



Scalp Exfoliant

Absolique Product Spotlight



Recently, I had the opportunity to experience the Absolique Scalp Exfoliant firsthand in a clinic visit, and I must say, it exceeded my expectations in every way.

Non-Invasive Treatment: One of the standout features of the Absolique Scalp Exfoliant is its non-invasive nature. Unlike harsh chemical treatments or abrasive scrubs, this exfoliant gently dissolves and removes scalp build-up without causing any discomfort or irritation. The process involves applying the exfoliant directly to dry scalp, followed by a relaxing soaking period of 5-10 minutes. During this time, I felt a mild, refreshing sensation—thanks to ingredients like Peppermint, Spearmint, and Cedarwood—making the experience both therapeutic and enjoyable.

Fresh and Clean Sensation: Upon rinsing, my scalp felt remarkably fresh and clean. The exfoliant effectively lifted away any residue or impurities, leaving my scalp revitalized and my hair ready for the next step in my routine. This clean feeling lasted well beyond my appointment, reinforcing the effectiveness of the treatment in maintaining scalp health.

Seasonal Must-Have: As we enter a new season, finding products that cater to changing scalp needs is essential.

The Absolique Scalp Exfoliant stands out as a must-have for its ability to address a range of scalp conditions—from dandruff to oil imbalance—while maintaining a focus on gentle, natural ingredients. Its blend of Aloe Vera, Olive Oil, and Walnut Seed Powder not only soothes but also nourishes, making it ideal for year-round use and particularly relevant for seasonal transitions.

Comprehensive Care Approach: For optimal results, combining the Absolique Scalp Exfoliant with the Absolique Scalp Cleanser is recommended. This combination ensures thorough cleansing and prepares the scalp for subsequent treatments or styling. The synergy between these products underscores Absolique's commitment to comprehensive scalp care, tailored to individual needs and preferences.

Conclusion: In conclusion, my in-clinic experience with the Absolique Scalp Exfoliant was nothing short of exceptional. From its non-invasive application to the refreshing aftermath, this product sets a new standard for scalp exfoliation. Whether you're looking to address specific scalp concerns or simply maintain a healthy scalp, incorporating the Absolique Scalp Exfoliant into your routine promises tangible benefits.

As we embrace a new season, consider adding this innovative exfoliant to your skincare regimen for a fresh start and renewed scalp health. Your scalp—and hair—will thank you for it.

Polarity

Bioenergetics Infoceutical of the month

Happy July! As 2024 enters the second half of the year, people are busier than ever! It's a great time to also consider how we can free our bodies and minds from daily stress and electromagnetic influences. One powerful way to achieve this is through grounding, also known as earthing.

To maximize the benefits of grounding, you might also consider using our Polarity Infoceutical (PL). Designed to restore the proper negative charge to your biofield, it helps your body handle electromagnetic fields (EMFs) and recover from air travel. The Polarity Infoceutical also supports the correction of the wave that carries genetic memory and consciousness, linking to what are traditionally called chakras. These energy centres store information about life events, further enhancing your connection to memory and self-awareness.

In addition to grounding, you can support your body's polarity by taking a walk by the sea or using an ionizer in your room.

These practices, combined with the use of Polarity Infoceutical, can help restore balance and vitality to your body and mind.

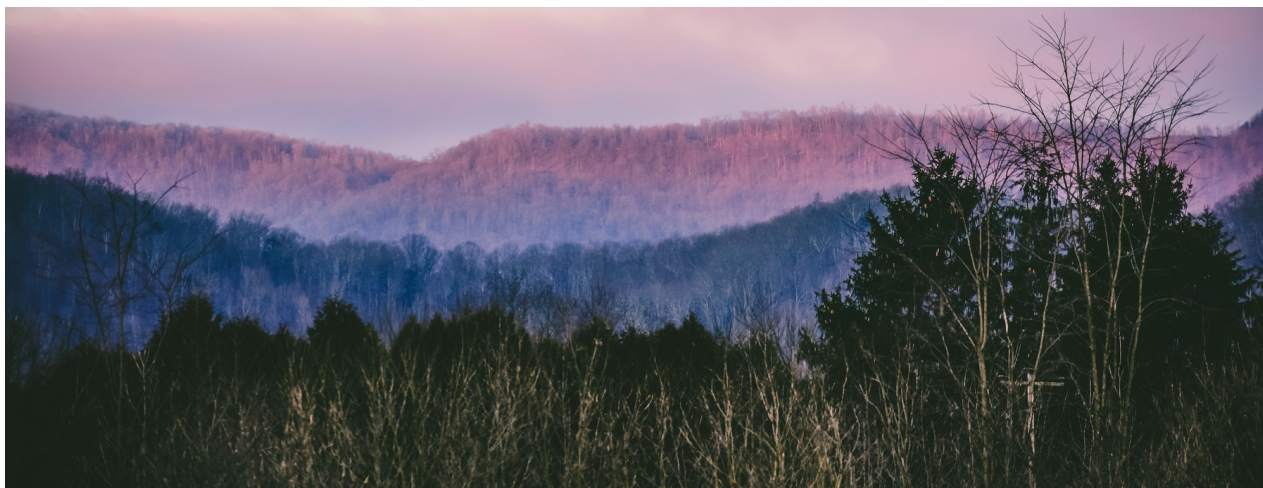
As we enjoy the days getting longer again, let's also take time to connect with the Earth and restore our inner harmony. Wishing you a wonderful and grounded July!

To learn more read Energy4Life latest research white paper ➡ [The Emerging Science of Water](#).

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

BONUS - FREE - VALUED AT \$125

First Bioenergetics scan is FREE with qualified NES Health, Energy4Life 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. Check how your body is coping with stress and electromagnetic fields (EMFs). In the moment and individual scan results!



[Watch founder of NES Energy4Life explain the healing powers of 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 your hair, scalp and 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.



ABC Radio Interview

Q&A Highlights from Absolique Trichologist's interview with ABC Radio



ABC Radio announcer Kylie Baxter, and listeners ask Trichologist questions about all things hair loss, hair thinning, scalp health and more...

Q&A Highlights:

Q: Did your mum eat something when she was pregnant that made your hair freak out?

A: Most likely not! Our hair type is genetically determined by chromosomes and DNA. Changes in DNA can lead to shifts in hair type.

Q: What can be done for hair thinning and flaky scalp? Is it internal or external?

A: Both! Internal factors like nutrition and hydration play a crucial role, while external factors such as styling techniques and hair treatments also impact scalp health.

Q: Can alopecia be reversed?

A: Yes! Absolique Trichologists have successfully treated various types of alopecia using a combination of nutrition, dermatological treatments, and scalp care.

Q: What's the best treatment for frizzy curly hair?

A: Moisture is key! For frizzy curls, addressing internal health and using moisturizing products like Aveda Be Curly can work wonders.

Q: Do hair oils work?

A: It depends. While beneficial for thicker hair, lighter alternatives are preferred for those with thinning concerns and scalp conditions.

Q: How do I tackle persistent dandruff and dry scalp?

A: Persistent dandruff indicates a scalp condition. Addressing essential fatty acids and Vitamin D intake, along with scalp cleansing and moisturizing, can promote scalp health.

We will share some more interesting questions and answers in August Newsletter.

*Listen to the
[ABC Radio interview here](#)*

Team News & Updates

Behind the scenes news and updates from the team at Absolique

Nikki - *With my recently finished study in diploma of nutrition, I will bring a fresh perspective to the importance of nourishing your body for optimal hair and scalp health. I aim to help you achieve your wellness goals and maintain healthy, vibrant hair from the inside out.*

Carolyn – *Fun fancy dress wedding at The Enchanted Gardens, Oatland House, Parramatta. From queens, dragon princesses, Darth Vader, men in black, pirates and Tinkerbelle, it was a very colourful wedding and reception that will be remembered for a long time.*



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.