

HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



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The Hair Loss & Wellness Issue

Welcome to our latest newsletter, where we explore the intricate connections between hair loss and birth control, as well as the surprising role of vitamin D deficiency in thinning locks. Discover effective treatments tailored for men experiencing hair loss, along with insights into our new nutrition services designed to support overall hair health.

We'll also highlight exciting business collaborations that aim to bring you the best resources and solutions for maintaining vibrant, healthy hair, health and wellness. Stay informed and empowered on your hair care journey!

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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Hair Loss from Birth Control

Understanding hair loss from birth control



Experiencing hair loss from birth control, after starting, stopping, or changing birth control? You're not alone. This issue, known as telogen effluvium, usually surfaces about three months after a change. This timeline helps pinpoint and prepare for hair loss from birth control. Hormonal fluctuations can disrupt the hair growth cycle, causing healthy hairs to shift into the shedding phase.

Hair loss after stopping birth control

Hair loss after stopping birth control is common, often beginning three months later and lasting an additional three months. While it may take up to a year for full regrowth, there are proactive steps you can take, especially with the help of a Trichologist.

Prevent hair loss after stopping birth control

To address hair loss after stopping birth control, start with a blood test. Many women experience lows and

deficiencies, particularly in iron, vitamin D, and B12, which can contribute to hair loss. It is common to experience more hair loss from birth control in the presence of these nutritional lows.

Get Help from a Trichologist

If you're experiencing hair loss linked to birth control, consider consulting a Trichologist. They can guide you through prevention and recovery strategies. Start your journey at least three months before making changes to your birth control. Or reach out for help if you are currently experiencing hair loss from birth control.

Trichologist Brisbane

Trichologist Brisbane at Absolique Hair Health Clinic has been helping women with hair loss from birth control for over 25 years and has experienced it first-hand. Carolyn can help you form a hair loss treatment or hair growth plan wherever your journey with birth control may be.

Low Vitamin D Hair Loss

A growing concern



Low vitamin D is often overlooked in discussions about causes of hair loss. Despite its significance, many medical professionals aren't aware of the strong link between vitamin D levels and hair health. A deficiency can manifest as hair loss, hormonal imbalances, and other skin issues.

Real Results: Case Study on Vitamin D and Hair Loss

We recently helped a peri-menopausal woman regain her confidence by addressing her hair loss, hair thinning, hair breakage, scaly scalp, oily scalp and dandruff, all associated with low vitamin D. Our comprehensive approach included:

- A tailored scalp and hair washing routine
- Targeted hair loss treatments
- Comprehensive blood test analysis
- A nutritional program with food and supplements

In just four months, hair and scalp symptoms had subsided with normal hair regrowth now visual. As vitamin D levels raise from lows 20-50 nmol/L to goal of 150 nmol/L, hair and scalp returned to normal function with combination therapy topical hair loss



and nutritional program support, demonstrating the importance of a strategic approach to treatment.

The Importance of Vitamin D - Vitamin D Deficiency Hair Loss

Vitamin D plays a crucial role in overall health, and low levels can lead to hair loss and hormonal hair thinning. For instance, this 48-year-old woman with a vitamin D level of just 39 nmol/L experienced not only hair loss and hair thinning but also hormonal imbalances and skin issues. Current reference ranges are outdated; a level of 150-300 nmol/L is recommended in Australia. Vitamin D deficiency hair loss is real, check your vitamin D levels are sufficient.

Work with a Trichologist for Optimal Health – Trichologist Brisbane

If you suspect vitamin D deficiency hair loss, connect with a Trichologist Brisbane at Absolique Hair Health Clinic. She can provide personalized guidance and help you achieve optimal vitamin levels for healthier hair and scalp. Images represent vitamin D hair growth before and after.

Male Pattern Baldness

Hair loss treatment for men



Male pattern baldness is one of the most common causes of thinning hair men. Male pattern baldness is predominantly hereditary, with only one dominant gene from either mother or father required to inherit the gene. For those with the inherited gene, you will find a family history of male pattern baldness and an average age of onset which confirms it is genetic.

Thinning Hair Men

These days thinning hair men is occurring with no genetic or hereditary influence, and with a much earlier age of onset. The reason for this is various factors:

- Diet, lifestyle and nutrition
- Synthetic hormones and endocrine disruptors
- Environmental xenoestrogens

Most people are not aware of these factors and where they come from, so it is an eye-opening journey of discovery to learn about and implement changes which assist with hair regrowth treatment for men.



Male pattern baldness treatment

The male pattern baldness treatment used here was a basic topical approach that is simply changing the way you wash your hair.

Basic topical male pattern baldness treatment:

- [Scalp brush therapy](#)
- [Scalp Cleanser](#)
- [Activance Clinician](#)
- [pH testing](#), toxic decoder

Along with diet, lifestyle and nutritional changes, learning about endocrine disruptors and xenoestrogens, you can achieve visual results in as little as 4 months.

The best hair loss treatment for male – Trichologist

As a Trichologist for over 25 years, the best hair loss treatment for male is achieved by working with health and hair together. The healthier the human, the better hair we can grow, and the more protection one can achieve even if you have hereditary male pattern baldness.

Scalp Treatments at Absolique

Introducing our indulgent scalp treatment experience



Discover the ultimate in scalp pampering with our functional & Indulgent Scalp Treatment Experience.

Begin with a personalized consultation with our expert trichologist to address your specific concerns. Enjoy a microscopic examination of your scalp, followed by a stress-relieving Aveda massage ritual and a calming tea to set the mood. Experience invigorating scalp brush therapy, a tailored prescriptive scalp treatment, and a luxurious scalp massage for deep relaxation. Learn effective scalp cleansing techniques and enjoy custom hair care products for a revitalized look. Conclude with a final microscopic review to showcase your transformed appearance and take-home detailed care instructions to maintain your refreshed scalp and hair.

Personal Consultation with Our Trichologist: Share your scalp concerns and receive tailored expert advice to set the stage for a revitalizing journey.

Microscopic Examination: Begin with an in-depth review of your scalp and hair, capturing before images to truly understand your unique needs.

Stress-Relieving Aveda Massage Ritual: Sink into bliss with a soothing massage designed to melt away stress and uplift your spirit before starting your scalp service.

Aveda Calming Tea: Sip on a complimentary cup of soothing Aveda Calming Tea, adding a touch of serenity to your experience.

Scalp Brush Therapy: Enjoy our scalp brushing technique that invigorates your scalp, bringing not only a refreshing sensation that awakens your senses, but lifts debris and stimulates the scalp.

Tailored Prescriptive Scalp Treatment: Delight in a luxurious and effective treatment customized to address your specific scalp needs.

Introduction to Scalp Cleansing:

Discover the art of effective scalp cleansing with a hands-on guide to achieving the perfect cleanse.

Custom Hair Care Products: Enjoy the application of prescriptive shampoo and conditioner, selected specifically for you to enhance your hair's natural beauty. This treatment is ideal for hair lengths longer than 10 cm.

Luxurious Scalp Massage: Revel in an additional indulgent scalp massage that promotes deep relaxation and rejuvenation, using prescribed scalp conditioner tailored to your needs.

Nourishing Leave-In Scalp Treatment: Receive a bespoke leave-in treatment tailored to meet your scalp's unique needs and leave it feeling refreshed.

Hair Drying and Shaping: Enjoy a professional drying and shaping session, crafted to give your hair a flawless finish and elevate your look.

Home Care Demonstration: Take home comprehensive instructions with written and video guides, ensuring you can maintain your refreshed look with ease.

Final Microscopic Examination: Conclude with a detailed review of your scalp and hair, showcasing after images that highlight your transformed appearance.

Pricing:

Short Hair: \$130

Medium Hair: \$160

Long Hair: \$210

Extra Long: \$260

Nutrition by Nikki

Exciting Nutrition services coming to our clinic!

We're thrilled to announce new nutrition services at our clinic, led by our expert, Nikki! Starting in October 2024, Nikki will offer personalized nutritional guidance tailored to your specific needs!

New Resource: Clean 15 and Dirty Dozen Guide

In line with our commitment to promoting health through nutrition, we are introducing a free document that outlines the Clean 15 and Dirty Dozen. This guide will be available upon request for our clients, providing valuable information on which fruits and vegetables are safest to consume and which ones to avoid due to high pesticide residues. Understanding these lists can help you make informed choices that support your health and well-being.

Why Nutrition Matters for Hair Health

Did you know that the chemicals, pesticides, and herbicides found in our food can disrupt hormonal balance? Many of these substances act as endocrine disruptors, contributing to health issues such as thyroid dysfunction and hormonal hair loss.

The **Dirty Dozen** — those fruits and vegetables with the highest pesticide levels—can negatively affect your body's pH, increase free radicals, and overload the liver, which hinders natural detoxification processes. This, in turn, can impact your overall health and hair growth potential.

On the other hand, consuming foods from the Clean 15 list, rich in nutrients, vitamins, and essential fatty acids, can help nourish your body and promote healthy hair growth. Clean food equals better nutrition and overall well-being!

What Nikki Offers

Nikki's services will focus on:

- **Food Combining:** Learn how to pair foods for optimal digestion and nutrient absorption.
- **Ferritin-Boosting Foods:** Discover which foods can help improve your ferritin levels for better hair health.
- **Meal and Menu Creation:** Get help designing meals that fit your dietary restrictions, including gluten-, dairy-, and sugar-free options tailored to your allergies or sensitivities.

If you have any questions or would like to be notified when these services launch, please don't hesitate to reach out!

Final Thoughts

By prioritizing clean, nutrient-dense foods, you can significantly improve your health and support your hair growth journey. Keep an eye out for our new Clean 15 and Dirty Dozen guide, and get ready to transform your nutrition with Nikki's expert services!

For a FREE copy of 2024 Clean 15 and Dirty Dozen Guide, email info@absolique.com.au

Team News & Updates

Behind the scenes news and updates from the team at Absolique



Huge congratulations to Nikki who is now a qualified, certified Nutritionist! We are all so proud of you and your new skillset. Excited to see you changing peoples lives for the better. Lookout for Nikki's nutrition service coming soon to Absolique.

Carolyn has been busy networking this month with ongoing inspiration from women in business at [Brisbane Business Hub](#). Here are our new friends that we are excited to be collaborating with.



The Sol Trader Collective - HAIR WIZARD – Becc Watts

Transforming Hair and Hearts on the Sunshine Coast.

Specialising in Coastal Colours + Holistic Hair + Scalp therapy.

TXT 0474708743 🍷🌱

[The Sol Trader Collective \(thesoltradercollective.com.au\)](#)



Pelviology – Pelvic Health Physiotherapy - Alex Diggles

We are here to work with you and tackle your bladder, bowel, prolapse or pelvic pain conditions.

These conditions are more common than you think!

[Pelviology. Women's and Men's Health and Pelvic Floor Physiotherapy.](#)



End Physio - Cancer Rehab & NDIS Registered Provider Physiotherapist, Pilates Instructor and Yoga Therapist at End Physio - Emma Najman

Exercise Matters to Combat Ageing & Feel Better! Rise From The Floor With Ease & Grace

[Pilates](#) | [End Physio](#) | [West End](#) | [Cancer](#) | [NDIS Registered Provider](#) [Physio](#)



Hair by Sandra Keperra

Home studio to specialist cut and colour technician.

<https://www.facebook.com/hairbysandrakeperra/>



Heidi Hancock – Lifestyle and fitness coach

As a health and fitness coach, I guide women through the unique challenges we face as we navigate the hormonal changes, body transformations, and energy shifts that come with being over 40.

[Lifestyle & Fitness Coach - heidihaancock.com](https://www.heidihaancock.com)

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.