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HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



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The Holiday Issue

Season's Greetings from Absolique Hair Health Clinic!

As the holiday season approaches, we want to extend our warmest wishes to you and your loved ones. This year has been a remarkable journey, and we are grateful for your continued support and trust in our services. We are excited to announce a special holiday offering: the gift that keeps on giving, eGift Cards! As well as some stunning Christmas Hair Care packs, a perfect addition for under the tree for a loved one (or yourself)

As always, we share some happy hair stories from our dedicated Absolique clients with their impressive transformations.

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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Transform Your Hair

with Professional Women's Hair Loss Treatment



As a Trichologist at Absolique Hair Health Clinic, my mission is to help women achieve stunning hair transformations through effective hair loss treatments. Understanding the complexities of hair loss, especially in women, is key to providing the right solutions.

In many cases, hair loss can be due to a combination of causes. One such cause is telogen effluvium, often triggered by low iron levels, particularly ferritin. Even when ferritin levels are at the lower end of the spectrum, it can result in diffuse hair thinning, creating a vulnerable spot for female pattern hair thinning to develop.

Effective Hair Regrowth for Women

Achieving hair regrowth for women is entirely possible with accurate diagnoses and tailored treatments. At Absolique Hair Health Clinic, we base our women's hair loss treatment plans on a comprehensive microscopic evaluation of several factors:

- Genetic hair type
- Current hair concerns
- Hair cycle and cell function
- Overall health and blood test levels
- Presence or absence of female pattern hair thinning

With this thorough approach, we ensure that each treatment plan is personalized to address the unique hair loss concerns of each woman, maximizing the chances for successful hair regrowth.



Keys to Hair Transformation

Transforming hair health and appearance involves understanding the underlying causes of hair loss and addressing them with the right solutions. Here are some key treatments and approaches we recommend:

- Best hair loss treatments for females
- Topical solutions and alternatives to Rogaine for women
- Female hair replacement or female hair transplant for more severe cases
- Nutrition specifically formulated for female hair loss
- Hair fall treatments tailored for women
- Alopecia treatments targeting specific types of hair loss
- Hair thinning treatments designed for female needs
- DHT blockers to prevent hormonally driven hair loss
- Effective hair growth treatments for women
- Specialized hair loss shampoos for women



With the right diagnosis and a dedicated treatment plan, women can experience remarkable hair transformations, regaining not just their hair, but also their confidence and well-being. At Absolique Hair Health Clinic, we are here to support you every step of the way on your journey to healthier, fuller hair.

Hair Transformation: Men's Hair Loss Treatment

A nutritional approach to restoration for men's hair loss



Early Onset Male Pattern Hair Thinning

This case involves early onset male pattern hair thinning at age 16. The primary causes were determined to be physical hair loss telogen effluvium from nutritional deficiencies, specifically low levels of iron stores (ferritin), vitamin D, and B12. This resulted in diffuse hair loss and significant thinning at the front of the scalp, which is atypical for someone so young.

Causes of Male Pattern Hair Thinning

Male pattern hair thinning can be influenced by several factors:

- Hereditary factors
- Hormonal factors
- Environmental factors
- Free radical effects

Typically, even with genetic predisposition, the onset of male pattern hair thinning occurs much later than age 16. In this case, low ferritin and vitamin D levels, along with insufficient B12, contributed to hair cell and hair cycle disruption.

Despite these challenges, treatment focused on addressing the specific nutritional deficiencies rather than using rogain for men.

Alternatives to Rogaine for Men

Given the identified cause of hair cell and hair cycle breakdown, rogain for men was not deemed necessary. The patient underwent a 4-month treatment regimen aimed at restoring hair growth, which showed promising results without exacerbating hair loss.

Consult a Trichologist – Hair and Scalp Specialist

For more information or to schedule a consultation, contact Trichologist Brisbane at Absolique Hair Health Clinic.

We specialize in:

- Best hair loss treatment for male
- Best hair loss treatment for men
- Thinning hair men
- Male pattern baldness
- Male pattern baldness treatment
- Receding hairline men
- Hair treatment for men
- Hair loss prevention men

eGift Cards at Absolique Hair Health Clinic

Give the gift of healthy hair this Christmas



*Give the gift of healthy,
beautiful hair with an eGift
Card.*

Looking for a thoughtful gift for a friend, family member, or partner? Show them you care with an eGift card that can be used towards all Trichology and Organic Hairdressing services and products. Whether it's a special treat or a gesture of love, this gift offers the gift of healthier hair and self-care.

Flexible amounts

Choose any amount that fits your budget – perfect for any occasion.

Long expiry

The recipient can enjoy their gift anytime within 3 years.

Wide range of options

The eGift card can be used for a variety of treatments, including professional hair care services, trichology consultations, and high-quality organic hair products.

Easy to arrange

Simply call us at 07 3229 3242 or email info@absolique.com.au, and we'll help you personalize and send your eGift card.

Whether it's for a birthday, celebration, or just because, this eGift card is a meaningful way to show someone you're thinking of them while giving the gift of beautiful, healthy hair

Aveda Christmas Packs

Why You'll Love Our Exclusive Christmas Hair Care Packs at Absolique!

This festive season, treat your hair to the nourishing care it deserves with our specially curated Christmas hair care packs. Packed with premium ingredients and tailored to meet your hair's specific needs, these sets are the perfect gift for yourself or a loved one.



Nutriplenish™ Light Set – \$117

Hydrate, Nourish & Revive Your Hair with Superfoods

This luxurious, sulphate-free formula gently cleanses and hydrates your hair without stripping its natural moisture. Infused with powerful superfoods, it provides your hair with the nourishment it craves, leaving it soft, shiny, and full of life until your next wash.

Full-size Shampoo & Conditioner – *For everyday hydration and a refreshed feel.*

Mini Leave-In Conditioner – *A perfect travel companion that adds moisture and detangles hair with ease.*

Ideal for anyone looking to restore fine dry, depleted hair, this set ensures your strands stay healthy, hydrated, and radiant all season long.

Invati Advanced™ Ultra Set – \$142

Combat Thinning Hair with Our 4-Step System

Targeting fine to medium thinning hair, this advanced system works to reduce hair loss while boosting follicle energy, so you can enjoy fuller, more vibrant hair. It's a complete regimen for a revitalized scalp and stronger strands, all in a single set.

Full-size Shampoo & Conditioner – *The foundation for fuller, thicker hair.*

Mini Overnight Serum – *Helps restore and regenerate your hair while you sleep.*

Leave-In Conditioner & Scalp Serum formerly known as revitaliser – *Lightweight formulas to invigorate and protect your hair and scalp throughout the day.*

Free from Sulphates, Silicones, Parabens, Mineral Oils & Synthetic Fragrances, this system is the perfect solution for anyone with thinning hair looking for a boost.

Perfect for All Hair Types, Especially Fine & Thinning Hair!

Both of these sets are designed to enhance the health of your hair, leaving it smoother, shinier, and more manageable. Whether you're dealing with dryness or thinning, these packs have everything you need to maintain strong, beautiful hair through the holidays and beyond!

Get ready to give your hair the gift of nourishment, vitality, and strength this Christmas. Don't miss out—these festive packs are sure to sell out fast!

***Only available by phone and email order, not online.**

Party Season Nutrition

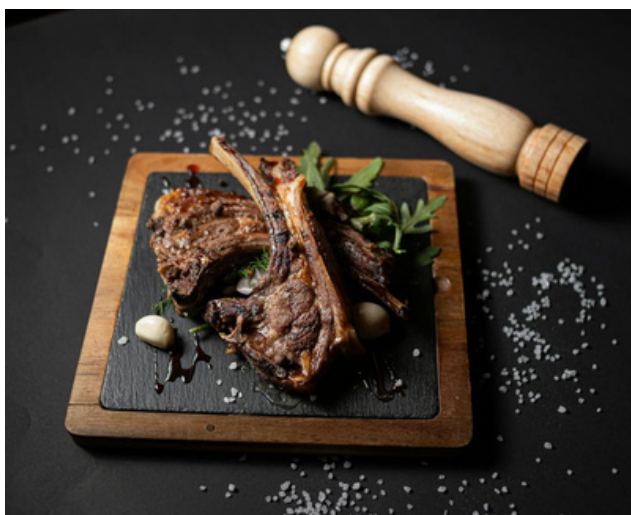
Sneaky Swaps to Keep You Energised

The silly season is here, and with it comes endless parties, delicious food, and festive drinks. While it's all about enjoying the moment, sometimes there's just too many moments. Making a few smart swaps can help you stay on top of your nutrition—boosting your energy, supporting ferritin levels, and keeping your body balanced. Here's how to indulge wisely without skipping the fun!

1. Pick Iron-Boosting Party Plates

Iron is a key player for energy, and festive foods are full of sneaky opportunities to get more.

- **Go for This:** Roast beef, lamb, or kangaroo skewers, for a punch of heme iron. Turkey not super high in heme, if you eat the darker meat with greens and vit c will still be a great boost of energy.
- **Skip This:** Sausage rolls or deep-fried snacks that fill you up without offering much nutrition.
- **Extra Tip:** Pair iron-rich dishes with vitamin C-rich sides like a rocket and citrus salad or grilled capsicum to boost absorption.



2. Alkalize with Smart Salads

Balance out heavier dishes with alkaline, nutrient-packed sides.

- **Choose This:** A vibrant spinach, avocado, and roasted beetroot salad sprinkled with walnuts and seeds.
- **Ditch This:** Creamy potato or pasta salads that leave you feeling sluggish.
- **Why?** Alkaline foods help balance the acidity of festive indulgences, leaving you feeling refreshed.



3. Desserts That Do More

Sweet treats don't have to derail you!

- **Try This:** Dark chocolate dipped strawberries spray free of course or a platter of fresh cherries or Mango.
- **Avoid This:** Desserts piled high with cream and sugar.
- **Pro Tip:** Dark chocolate (70% or more) sneaks in a dose of iron, and fresh fruit keeps it light.





4. Make Drinks Work for You

Festive drinks can quickly add up in sugar and calories—but with a few tweaks, you can sip smarter.

- **Lighten Up:** Mix wine with soda water for a spritzer or opt for low-alcohol beer.
- **Aperitif Twist:** Choose light cocktails like an Aperol Spritz (Aperol, soda, and prosecco) or gin with soda and fresh lime.
- **Mocktail Win:** Blend soda water with a vegetable juice of choice, lime, and mint for an energising, friendly fizz.
- **Why It Works:** Alcohol depletes nutrients, so choosing lighter options helps you stay balanced.

5. Smart Party Strategies

With so many parties, balance is key.

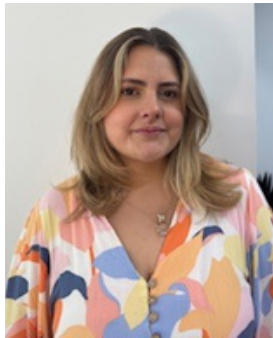
- **Pre-Load Smart:** Eat a small iron-rich snack before heading out—think boiled eggs or a handful of nuts—to curb hunger.
- **Hydrate:** Alternate every drink with water or soda water to stay hydrated and refreshed.
- **Keep Moving:** Dancing, mingling, and enjoying the vibe will keep you active and less focused on constant grazing.

Cheers to Feeling Great

The party season doesn't have to be a nutrition nightmare. With these sneaky swaps, you can enjoy the festive fun while keeping your energy up and your body balanced. So, sip smart, eat well, and celebrate to your heart's content!

Clinic News & Updates

Behind the scenes news and updates from the team at Absolique



Welcome to Our New Team Member

We are delighted to introduce Dani, the newest addition to the Absolique Team. Dani brings her expertise as a hairdresser and will be the welcoming face at our reception. She is eager to enhance her skills by assisting our Trichologist with hair and scalp concerns.



Exciting Career Moves

Nikki, while transitioning to her new role in Hungry for Nutrition, will still be a familiar presence around the clinic. Nikki and Trichologist Carolyn recently enjoyed a fabulous day together at the new Star Casino Brisbane for the Melbourne Cup. Our superstar Irene continues to provide invaluable support both in the clinic and across our online and social media platforms.

Holiday Closure Notice

Please be advised that our reception will **close on Thursday, December 19th at 4pm.** Please ensure all product orders are placed by 2pm on that day to guarantee dispatch before the holidays.

The clinic will reopen on Tuesday, January 7th, 2025.

Note that there will be no product orders processed during the closure period as the entire team will be away. Reception emails will not be monitored; for emergencies, please contact Carolyn at info@absolique.com.au. This email will be checked intermittently.

Reception Transition

During our reception transition period, we appreciate your patience. Please arrange any product pickups well in advance as our reception hours are currently inconsistent. Postal delivery remains the best option for products. Trichology appointments will continue as scheduled.

Season's Greetings

Thank you for being a valued member of the Absolique family. We wish you a joyous holiday season filled with peace, love, and great hair days!