

HAIR, HEALTH & NEWS



Here's what has happened in the last month and what's to come!

Happy New Year from Absolique Hair Health Clinic!

New Year, new hair—let's get your hair and scalp sorted! Stop wasting money on random products and allow us create a personalized treatment plan that addresses your unique concerns. Whether you're experiencing hair thinning or scalp issues, our team are here to provide the right solutions for lasting results.

We're also excited to share insights from Nikki, our nutritionist, who has been helping clients improve their health from the inside out.

Join us this year to finally see the results you've been waiting for. With Dani's styling expertise and Nikki's nutritional advice, alongside our Trichologist's, Carolyn's knowledge and tailored treatments, we've got everything you need to restore your hair and scalp health.

If there are any topics you would like covered, please let us know by contacting Absolique Trichologist via email --
info@absolique.com.au.

Team Absolique

In this newsletter you can expect:

Scalp Treatment and Hair Health

New Year, New Hair!

Men's Hair Loss Natural Solutions

BOAVER 10

Optimising Hair Health and Nutrition

Hair Salon Services with Dani

Clinic News and Updates

SCALP TREATMENT AND HAIR HEALTH

HOW TAILORED SOLUTIONS CAN IMPROVE YOUR HAIR AND SCALP HEALTH

Scalp treatment and hair health are integral components when examining scalp and hair science. However, individuals experiencing conditions such as scaly scalp, itchy scalp, oily scalp, or sore scalp often find that traditional scalp treatments can be extremely harsh on the hair, potentially leading to hair breakage.

Effective scalp treatment should not only provide relief for the scalp but also be gentle on the hair. Most scalp treatments are formulated specifically for scalp skin without taking into account factors such as hair type, length, or condition.

Trichologist Scalp Treatment Help

At Absolique Hair Health Clinic, we encountered a severe case of seborrheic dermatitis that had persisted for many years and had reached a painful stage. After trying numerous shampoos purported to be the best for seborrheic dermatitis, the individual decided to consult with our Trichologist, a hair and scalp specialist, and visit our in-clinic head spa.

Our Trichologist at Absolique Hair Health Clinic in Brisbane takes both scalp condition and hair health into careful consideration when designing prescriptive scalp treatments within our head spa. We also recommend homecare scalp treatments along with suitable hair products for each individual. This comprehensive approach ensures the best and most enduring results for scalp treatment.



Microscopic Diagnosis – Absolique Head Spa

Microscopic diagnosis is a critical tool we utilize to identify specific scalp conditions or problems, allowing us to select the appropriate scalp treatment. In this case, we significantly reduced the scalp scale, itchiness, irritation, redness, and inflammation visible at the front hairline.



Absolique Trichologists are equipped to assist with various scalp and hair concerns, including:

- Dry scalp treatment
- Scalp oil
- Itchy scalp treatment
- Scalp serum
- Scalp moisturizer
- Scalp exfoliation
- Hair scalp treatment
- Scalp treatment near me
- Scalp eczema treatment
- Best shampoo for seborrheic dermatitis
- Head spa
- Scaly scalp

Start your scalp treatment relief and hair health journey today! Email Absolique Hair Health Clinic Trichologist at info@absolique.com.au or [book online](#) with a first 15 minute phone chat with Trichologist FREE.



NEW YEAR, NEW HAIR!

HAIR LOSS TREATMENT FOR WOMEN

Start the new year with female hair loss treatment. Trichologist at Absolique Hair Health Clinic has helped women with hair loss and thinning for over two decades using holistic methods that address both symptoms and underlying causes.

Best Hair Regrowth Treatment for Women

A microscopic diagnosis ensures the best treatment. Absolique Trichologist offers precise recommendations based on detailed analysis of your hair and scalp.

Hair Regrowth for Women

In four months, we treated broken hair cycles, early-stage female pattern thinning, and nutritional deficiencies contributing to hair loss.

Hair Loss Treatment for Women

Hair loss in women varies greatly. If you're concerned about hair loss or thinning, contact Absolique Trichologist for personalized treatment in 2025!





MEN'S HAIR LOSS NATURAL SOLUTIONS

EVOLVING NATURAL SOLUTIONS FOR MEN'S HAIR LOSS

The landscape of men's hair loss natural solutions has significantly advanced. With the integration of science and technology, new and effective methods to address men's hair loss naturally have emerged. Maintaining overall health enhances results, as neutralizing free radicals through health practices can greatly aid in natural hair loss solutions. This approach works in tandem with natural topical hair growth products and supportive nutrition.

Remedies for Male Pattern Baldness

Pharmaceutical treatments for male pattern baldness have been available for over 30 years, often rebranded with new chemical combinations. However, these treatments may still lead to side effects. Given the numerous alternative options now available, reliance on such pharmaceutical remedies is no longer necessary.

Natural Hair Loss Treatment for Men

Many men consult Absolique Hair Health Clinic's Trichologists seeking natural hair loss treatments to avoid medication side effects. Recognizing that alternatives exist can be daunting when researching online. Absolique Trichologists can provide comprehensive discussions of all potential options. Early intervention at the first signs of hair loss or thinning can prevent further issues and is both simple and cost-effective.

Hair Loss vs Hair Thinning

Typically, a male presenting with hair thinning receives a generalized diagnosis and treatment recommendation. However, Trichologists at Absolique use microscopy to analyze genetic hair from the donor site, comparing expected hair growth to actual patterns. In some cases, underlying causes such as low ferritin, vitamin D, and B12 levels are identified. Over time, unaddressed physical hair loss can gradually lead to male pattern hair thinning, which differs significantly from true hair loss.

Thinning Hair Remedies for Men

Before selecting remedies for thinning hair, consult with Absolique Trichologist to fully understand your unique hair condition, including hair cycle status and growth potential versus physical hair loss. Comprehensive health evaluations, including blood tests, are conducted to ensure optimal hair growth conditions.

BOAVER 10

WHAT IT IS AND WHAT YOU NEED TO KNOW

Bovaer 10 is a feed additive that helps cows burp (and fart) less methane, which is a powerful greenhouse gas.

It contains:

- Silicon dioxide (aka sand – yum?)
- Propylene glycol (a food stabilizer)
- 3-NOP (3-nitrooxypropanol) – the active ingredient that stops methane production in the cow's gut.

While Bovaer 10 is scientifically backed as safe, the long-term impact on humans is still a bit of a grey area—especially when it comes to things like gut health, hormones, and inflammation. And guess what? All of these can influence hair growth.

Wait, Could This Actually Affect My Hair?

No one's saying your shampoo will suddenly stop working because of a cow's diet, but let's connect some dots:

Gut Health & Nutrients – A healthy gut = better absorption of essential vitamins and minerals, which are all crucial for hair growth. If Bovaer 10 alters gut bacteria in cows, could it (indirectly) impact human digestion over time?

Hormonal Balance – Anything that disrupts hormone levels has the potential to trigger hair loss conditions like androgenetic alopecia. While there's no direct proof of Bovaer doing this, long-term studies are lacking.

Inflammation & Oxidative Stress – Chemical additives can contribute to inflammation, and hair follicles hate that. More inflammation = weaker strands, increased shedding, and slower growth cycles.



"Frankenmilk" or Just Another Myth?

Social media loves a scandal, and Bovaer-fed dairy has been unfairly dubbed "Frankenmilk." But the science says otherwise—3-NOP breaks down in the cow's gut and doesn't actually end up in meat or milk.

That said, if you're all about choosing over free (as in, opting for food you choose rather than just avoiding things), there are natural alternatives on the horizon!

Seaweed to the Rescue?

If methane reduction is the goal, seaweed-based solutions like Rumin8 are showing promise. Studies suggest that certain red seaweeds can cut methane emissions in cows without synthetic additives.

Other natural methane-reducing options include:

Saponins – Found in plants like alfalfa, they naturally reduce methane production.

Essential Oils – Some oils, like garlic and citrus extracts, are being explored as feed additives.

So, What's the Best Move for Your Hair

- Stick to whole, nutrient-rich foods to support hair health.
- Choose grass-fed, Bovaer-free meat and dairy if you want to avoid unknowns.
- Keep an eye on natural alternatives like seaweed that may be a win for the environment, cows and your health.

FINAL THOUGHTS: KEEP IT BALANCED

BOVAER 10 IS A COOL INNOVATION FOR REDUCING METHANE, BUT THERE'S STILL A LOT WE DON'T KNOW ABOUT ITS LONG-TERM EFFECTS. IF YOUR HAIR HEALTH IS A TOP PRIORITY, STAYING MINDFUL OF WHAT'S ON YOUR PLATE IS ALWAYS A SMART MOVE.

A Note from Our Supplier:

When we reached out to one of our trusted suppliers, Nutraviva, to inquire about the presence of Bovaer in their products, we were truly impressed by their thorough response and unwavering commitment to maintaining the highest quality standards. Their dedication to purity confirmed that we had made the right choice in choosing to stock their products.

Here's what they shared with us:

"Our core products come from grass-fed, finished cattle, meaning the animals naturally graze on pasture. Feed additives like Bovaer are not part of their diet."



To ensure the accuracy of this, Nutraviva has been proactively working to find an independent lab that can test their products. Given that Bovaer is a relatively new compound, developing testing methods for food products has proven challenging. However, they're collaborating with a lab to help fund the creation of these tests, with the goal of having results ready by the end of next month.

This commitment to transparency and quality is just one of the reasons we're proud to offer Nutraviva's products to our customers.



OPTIMISING HAIR HEALTH THROUGH NUTRITION

NOW AVAILABLE AT ABSOLIQUE!

Exciting news! I'm thrilled to announce that I will be joining Absolique Hair Health Clinic to offer specialized nutrition support for not only hair and scalp health but also health goals.

Hair loss and scalp concerns are often linked to nutrient deficiencies, gut health, and overall diet. My goal is to help you nourish your body from the inside out, ensuring you're giving your hair and or body the best possible foundation to thrive.

During a consultation, we'll dive into a food recall, goal setting, ongoing support and tailoring meal plans to suit your needs.

How to book:

📞 Call/text: **0404 355 991**

✉ Email: **hungryfornutritionnikki@gmail.com**

🌐 **www.hungryfornutrition.com.au**



HAIR SALON SERVICES WITH DANI

BEAUTIFUL HAIR, THOUGHTFUL CARE

We're thrilled to introduce Dani, our amazing new hairdresser at our Organic purpose-built salon! Dani brings a wealth of experience and passion to the table, offering top-tier service with a personal touch. Whether you're looking for a fresh cut, vibrant color, or simply expert advice on how to care for your hair and scalp, Dani is here to help. She truly listens to your needs and tailors every appointment to make sure you leave feeling like the best version of yourself.

Our private, calm salon offers a welcoming, intimate environment—far from the hustle and bustle of typical salons. We pride ourselves on focusing on your hair and scalp health and addressing any concerns, with careful consideration given to both the products and techniques we use.

Book with Dani today and experience the difference of a salon that truly cares about you and your hair!

ABSOLIQUE ORGANIC HAIRDRESSING SALON PRICELIST			
LADIES HAIRCUTS - accompanied by our Signature Scalp Brush Therapy and Prescriptive Scalp Cleansing			
Cut Only			\$80
Stylecut & Blowdry			\$120
Restyle & Blowdry			\$140
LADIES STYLING - shampoo and blowdry			
Short			\$60
Medium			\$70
Long			\$80
GLOBAL COLOUR (TINT)		HIGHLIGHTS	
Regrowth (up to 6 weeks)	\$80	Hairline & Partline	\$140
Short	\$120	Half Head	\$160
Medium	\$140	Full Head	\$220
Long	\$160		
COLOUR SERVICE UPGRADES - with any colour service			
Few Highlights (approximately 6)			\$50
Extra Highlights (up to 12) or Soft Balayage			\$85
Quarter Head Highlights w/ Global Colour Service			\$85
Gloss & Shine with Aveda Toner			\$40-\$80
HAIR TREATMENTS - Hydrate, Repair, Strengthen, Smooth, or Shine Add to any hairdressing service or have as a standalone treatment in clinic			
HAIR MASK	BOTANICAL REPAIR BOND BUILDING PROFESSIONAL 3 STEP TREATMENT	BOTANICAL REPAIR BOND BUILDING FLASH TREATMENT	SCALP TREATMENT
An intense conditioning treatments carefully selected prescriptive to your hair needs. Formulated with naturally derived nourishing ingredients that hydrate, repair, and strengthen your hair.	A 3-part treatment consisting of an Equalizing Primer, Strengthening Additive and Bond Additive. Contains the highest levels of naturally derived polymers that mimic the F layer of the hair which is usually destroyed in hair colouring. Provides 5x stronger hair.	Gives hair a boost of strength, smoothness, and shine in 10 seconds, after botanical repair strengthening shampoo and strengthening conditioner. Features vegan lactic acid and lamellar liquid crystal technology. Provides 2x stronger hair	Prescriptive scalp treatment to suit your scalp concerns. Great for built up scalp scale, oily scalp, itchy scalp, persistent dandruff, psoriasis, seborrheic dermatitis, scalp eczema, or to simply treat yourself to a cleansing scalp treatment and a relaxing scalp massage
\$35	\$50	\$25	\$125



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CLINIC NEWS AND UPDATES

BEHIND THE SCENES AT ABSOLIQUE

The team is getting back to reality after a refreshing holiday break. Trichologist, Carolyn spent some time at the property, where the cucumber harvest was abundant. She even got creative and made some bread and butter pickles with the surplus! After that, they went caravanning to Stanthorpe, which was a lovely way to unwind and enjoy the outdoors.

Nikki and her family have been deep into home renovations. While it's an exciting project, as anyone who's been through it knows, it never seems to happen on time! But they're making progress, and it'll be worth the effort in the end.

Dani had a lovely holiday as well, spending quality time with her family. On top of that, she's been busy with wedding planning for her big day coming up in July this year! There's plenty to organize, but she's handling it all with her usual grace and excitement.

It's great to see everyone recharging and making progress on personal projects. Now, it's time for the team to dive back into work with renewed energy and focus!



Please note -- our reception hours vary, please always call ahead for product pick up and hairdressing appointments with Dani available upon request.

**Trichology hours are by appointment
Tuesday - Saturday**

**Clinic is closed on
Sunday & Monday**

For any inquiries, contact Carolyn on 0414 953 580 or email info@absolique.com.au.