

HAIR, HEALTH & NEWS



TRICHOLOGIST - CAROLYN FROST

Turning over a new leaf: Expert tips on hair health during pregnancy and post partum

As we settle into Autumn, we're excited to bring you the latest news and updates from Absolique, focused on supporting your hair health and overall wellbeing.

In this issue, we highlight our in-clinic and online services, offering expert guidance on achieving healthier hair and a nourished scalp. Whether you're exploring hair regrowth solutions for men or seeking help with hair loss in women, our dedicated team is here to provide personalised care tailored to your needs.

We also dive into the vital role nutrition plays in promoting strong, vibrant hair.

Discover essential tips to nourish your hair and scalp from within, and learn about the benefits of Nutraviva Collagen Hydrolysate in supporting hair strength and growth. This month's "Hungry for Nutrition" feature brings you nutrient dense food tips to complement your hair care routine. Plus, stay updated on our clinic's latest news, services, and upcoming events.

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

Team Absolique

In this newsletter you can expect:

In Clinic and Online Services

Hair Health - Hair Regrowth for Men

Hair Loss in Women

Nutrition Tips For Healthy Hair and Scalp

Nutraviva Collagen Hydrolysate

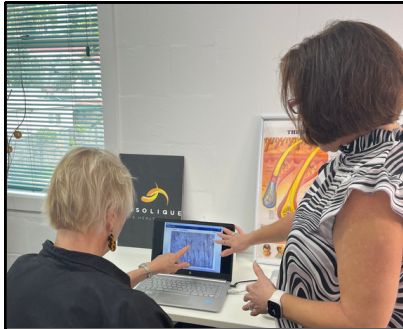
Hungry For Nutrition at Absolique

Clinic News and Updates

IN CLINIC AND ONLINE SERVICES

Restore your confidence with a professional Hair and Scalp Check at Absolique Hair Health Clinic

Are you experiencing sudden hair loss or persistent thinning? Do you struggle with scalp irritation or other concerns? At Absolique Hair Health Clinic in Spring Hill, Queensland, we offer comprehensive Hair Health and Scalp Check services, available both in-clinic and online.



HAIR HEALTH AND SCALP CHECK

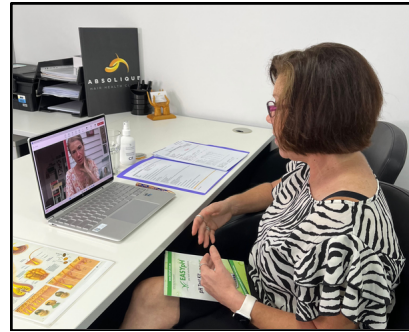
\$270 - 75 MINS

Our Hair Health and Scalp Check is a detailed Trichology service, ideal for those dealing with long-term hair thinning, sudden hair loss, or complex scalp issues. Our expert Trichologist will work with you to uncover the root causes of your concerns.

In-Clinic Service Includes:

- Microscopic Examination: A deep dive into your scalp and hair at a microscopic level.
- Comprehensive Diagnosis: Assessment of hair type, growth patterns, and issues like thinning or alopecia.
- Health History Review: Evaluation of your hair and overall health history.
- Blood Test Analysis: Review of relevant blood test results.
- Q&A Session: Time for all your questions and concerns.
- Tracking & Monitoring: Ongoing digital tracking of your hair and scalp health.
- Tailored Treatment: Personalised advice with at-home care instructions.
- Follow-Up Appointment: 30-minute follow-up within a month.
- Extended Support: Four months of email support for continued guidance.

Our goal is to help you restore your hair health and confidence with a clear, personalised treatment plan.



ONLINE HAIR HEALTH AND SCALP CHECK

\$270 - 75 MINS

Can't make it to Brisbane? We offer the same detailed Trichology service online for clients worldwide. Perfect for those living interstate or overseas, our online service allows you to receive expert analysis and tailored treatment, no matter where you are.

Online Service Includes:

- Microscopic Images: Capture and send high-quality images of your scalp and hair.
- Diagnosis & Treatment Plan: Detailed analysis of hair type and scalp condition.
- Health History & Photos: Provide your health history and photos of current and past hair.
- Blood Test Results: Share past or current blood test results if available.

Your Trichologist will assess your information and provide a comprehensive diagnosis and personalised treatment plan, along with follow-up support.

Why Act Now?

Hair, skin, and nails are a reflection of your internal health. If you're noticing changes in your hair, don't wait for the problem to worsen. Our services have helped men, women, and children of all ages with a range of hair and scalp concerns.

How to book your appointment:

- In-Clinic Service: [Book online at Absolique Hair Health Clinic.](#)
- Online Service: Email info@absolique.com.au



HAIR HEALTH

HAIR REGROWTH FOR MEN

This article discusses the benefits of improving overall health in relation to hair regrowth for men. The case presented involves a 33-year-old individual who experienced hair thinning and an oily scalp over the past two years, particularly at the front and top of the scalp.

Hair Thinning in Men

Frontal hair thinning in men is often attributed to male pattern hair thinning, which typically progresses gradually. Rapid hair thinning over a two-year period may indicate underlying health issues affecting the hair cycle.

Best Hair Loss Treatment for Males

An effective hair loss treatment should begin with microscopic diagnosis. Carolyn, a Trichologist at Absolique Hair Health Clinic, utilizes microscopy to determine genetic hair type and evaluate the hair cycle, comparing it to areas of concern. This assessment should include the terminal area at the back of the head.

Supplements for Hair Loss

Selecting supplements for hair loss should be based on individual blood tests to address specific issues without side effects, while also providing additional health benefits. In this particular case, low vitamin D levels were found to contribute to overall scalp concerns and had initiated early onset pattern hair thinning.

Saw Palmetto for Hair Loss

Saw palmetto is used exclusively for DHT (dihydrotestosterone) related male pattern hair thinning.



It does not address general hair thinning cycles. Without microscopic diagnosis by an expert like a Trichologist, including saw palmetto in supplements might be ineffective.

Combination Therapy - Male Hair Loss Treatment

With accurate information, a healthy individual with a balanced diet, lifestyle, and vitamin D deficiency can undergo male hair loss treatment that targets both symptoms and causes, without relying on drugs, harmful ingredients, or minoxidil.

Trichologist Brisbane

We are committed to helping you achieve positive results within four months. Witnessing significant improvement within this timeframe is gratifying.

To share your hair loss or hair thinning story, please email Absolique Trichologist Brisbane at info@absolique.com.au or [book your first 15-minute consultation free by phone \(AU only\) here.](#)

HAIR LOSS IN WOMEN

HAIR HEALTH

This case of hair loss in women had persisted intermittently for 12 years due to various health factors. Trichologists Brisbane at Absolique Hair Health Clinic had previously provided effective treatment for female hair loss. However, ongoing life events had once again caused thinning hair.



Treatment for Thinning Hair in Females

Treatment for thinning hair should always begin with a microscopic diagnosis and thorough trichology consultation to identify the causes. Given past success, we were confident of achieving positive results again by identifying the current contributing factors.

Menopause and Hair Loss

During this period, menopause occurred along with ongoing stress at different levels. There were also issues such as high iron storage, fluctuating thyroid levels, and low vitamin D. Continuous stress can significantly affect the body, causing various health problems, including impacting hair health. The body was not stable enough to manage menopause, which further contributed to hair loss and poor hair health.

Effective Hair Loss Treatment for Females

The most effective hair loss treatment for females involves individual diagnosis to understand specific hair and health conditions. In this case, the hair structure deteriorated, resulting in frizzy, hard-to-manage hair. After four months of treatment, the hair's structure, texture, curl, body, and volume returned to normal.

Natural Approach to Hair Loss Treatment

While medication for hair loss can be effective, the client preferred a natural approach. We utilized combination therapy, including a basic topical hair growth treatment and selected nutrition based on pH testing, blood test reports, and discussions about diet and lifestyle.



Individualized Treatment for Thinning Hair

Emphasis on individualized treatment is crucial. It is important not to spend money on products unless individual concerns have been adequately addressed and aligned with personal beliefs.

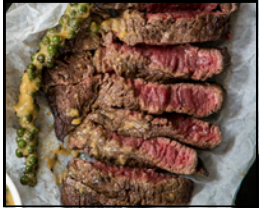
Trichologist Brisbane Services

Absolique Trichologist Brisbane offers assistance and guidance through the extensive information available. The key elements include a microscopic diagnosis and addressing individual concerns and underlying causes.

For help with hair loss in women and to regain hair health, reach out to Absolique Trichologist Brisbane offering first 15 minutes free phone chat (AU only), to [discuss your hair concerns, book here.](#)

TOP NUTRITION TIPS FOR HEALTHY HAIR AND SCALP

Great hair isn't just about what you put on it—it starts from within! The right nutrients can keep your hair strong, shiny, and growing at its best. If you're dealing with breakage, thinning, or a dry, flaky scalp, your diet might be to blame. Let's break down the best foods to nourish your hair and what to skip.



1. Feed Your Hair with Protein

Hair is made of keratin, a type of protein. If you're not eating enough protein, your hair may grow slower or become weak and brittle.

Best protein sources:

- Antibiotic Free Range Chicken – Easy to digest and packed with protein for hair growth.
- Pasture Raised Eggs – Bonus: They also contain biotin, which can help prevent breakage.
- Grass-fed beef – Loaded with protein and iron, which keeps hair from shedding.

Plant-based options: Lentils, quinoa, tofu, and tempeh.



2. Boost Shine with Omega-3s

Omega-3 fatty acids keep your scalp hydrated and reduce inflammation that can lead to hair loss.

Best omega-3 sources:

- Wild-caught salmon – Rich in EPA and DHA, the best forms of omega-3s for hair health.
- Sardines – Small but mighty when it comes to omega-3s!
- Chia seeds – A great plant-based option for those who don't eat fish.

Plant-based options: Flaxseeds, hemp seeds, walnuts, and algae oil.



3. Support Strong Strands with Collagen

Collagen helps produce keratin, giving hair strength and elasticity.

Best collagen sources:

- Bone broth – The ultimate natural source of collagen.
- Chicken (with skin) – Contains collagen and protein for hair support.
- Egg whites – High in proline, an amino acid essential for collagen production.

Vegan tip: While collagen itself isn't plant-based, you can support your body's natural production with vitamin C-rich foods like oranges, bell peppers, and strawberries.



4. Keep Your Scalp Happy with Iron & Zinc

Low iron (especially low ferritin) is a common cause of hair shedding, while zinc helps keep your scalp healthy.

Best iron and zinc sources:

- Grass-fed beef – One of the best sources of heme iron, which your body absorbs easily.
- Chicken thighs – A good source of both iron and zinc.
- Pumpkin seeds – Great for a plant-based iron and zinc boost.

Plant-based options: Spinach, lentils, black beans (pair with vitamin C for better absorption).



5. Don't Forget Biotin & B Vitamins

B vitamins help create red blood cells, which carry nutrients and oxygen to the scalp and hair follicles.

Best biotin and B vitamin sources:

- Egg yolks – One of the best natural sources of biotin for strong hair.
- Chicken breast – High in B vitamins that support hair growth.
- Almonds – A great plant-based biotin source.

Plant-based options: Sweet potatoes, sunflower seeds, nutritional yeast.

Foods to Avoid for Healthy Hair

Not all foods are hair friendly. Some can weaken strands and contribute to hair loss.

Too much sugar – Spikes insulin levels, which can mess with hormones and lead to hair thinning.

Processed & fried foods – Increases inflammation, which can affect hair follicles.

Excess alcohol & caffeine – Can dehydrate your scalp and deplete hair-boosting nutrients like zinc.

Final Thoughts

Want better hair? Start in the kitchen! A well-balanced diet with protein, omega-3s, collagen, and essential vitamins & minerals will keep your hair strong, shiny, and growing its best. And don't forget—hydration is key, so drink plenty of water!

GLOW FROM THE *INSIDE OUT* WITH NUTRAVIVA COLLAGEN HYDROLYSATE



Let's talk about the secret weapon you'll want to recommend to anyone struggling with hair vitality.

Nutraviva Collagen Hydrolysate + Vitamin C isn't just another supplement; it's a scientifically backed, clean beauty powerhouse designed to not only support hair health at the deepest level, but helps fight aging and nail health.

This isn't the usual collagen; it's the ultimate solution that nourishes hair from within, ensuring strength, shine, and growth. With glowing reviews from both users and our trusted suppliers, we're excited to bring this innovative product to the forefront of our practice.

Why You Will Love It:

- 9.3g of collagen peptides per serve – crucial for promoting hair strength and elasticity, minimizing breakage, and enhancing overall hair quality.
- 40mg of Vitamin C – key for collagen production and protecting hair follicles from oxidative stress (think antioxidants for healthier, stronger hair).
- 18 amino acids – including glycine, proline, and hydroxyproline, which play vital roles in hair growth and structure.
- Aspartame-free & Clean Ingredients – transparency is key; Nutraviva is committed to providing only the best, ensuring that each scoop supports not just hair health, but overall wellness.
- Effortless to mix – can be added to water, smoothies, or even coffee without compromising taste or effectiveness.

How It Works:

Collagen is essential for maintaining healthy hair, keeping follicles strong, preventing thinning, and promoting hair regeneration. With Nutraviva's unique formula, you will benefit from a holistic solution that enhances hair structure, improves scalp health, and supports long-term hair vitality.

📦 35 Serves Per Tub – Only \$57.00!

–At just \$1.63 per serving, Nutraviva Collagen Hydrolysate offers an affordable, daily way to elevate your clients' hair health from the inside out. It's the investment that pays off in shine, strength, and overall hair vitality.

Who Can Benefit: *Everyone!!*

Nutraviva Collagen Hydrolysate is your go-to for promoting strong, shiny, and healthy hair—backed by science and clean, honest ingredients.



Hi, I'm Nikki, a qualified nutrition coach and the founder of Hungry For Nutrition. I'm excited to bring my science-backed, real-food approach to nutrition coaching at Absolique Hair Health Clinic!

Whether you're looking to lose weight, build muscle, boost endurance, improve overall

wellness, or support healthy iron levels, I provide personalized nutrition strategies designed to fit your lifestyle—without restrictive dieting.

How I Can Help You:

- ♦ Sustainable weight loss without crash diets
- ♦ Muscle recovery & performance optimization for fitness and sports
- ♦ Energy-boosting nutrition tailored to your lifestyle
- ♦ Macro-balanced meal planning to take the guesswork out of eating
- ♦ Food for Ferritin: Nutrition strategies to support healthy iron levels
- ♦ Coming Soon: Nutrition coaching for peri/post-menopause support!

Where You Can Work with Me:

- 📍 In-Person Coaching: Chelmer & Spring Hill
- 💻 Online Consultations: Available Australia-wide

Packages & Pricing

- ✅ One-on-One Coaching
 - Initial Consultation (45 min) – \$89
 - Includes an in-depth health & lifestyle assessment, personalized goal setting, and practical nutrition guidance.
 - Follow-Up Sessions – \$60-\$85
 - For ongoing support, progress tracking, and strategy adjustments.
- ✅ Coaching + Meal Plan Packages (Best Value!)
 - Kickstart Package – \$249 (Initial consultation + 2 follow-ups + meal plan)
 - Transform Package – \$449 (Initial consultation + 5 follow-ups + meal plan & macro tracking)
 - Elite Coaching – \$649 (Initial consultation + 8 follow-ups + 6-week meal plan & full support)

Whether you're training hard, aiming for fat loss, or looking to improve energy and iron levels, let's create a nutrition plan that fuels your goals—inside and out!

✉ Book your consultation today!
www.hungryfornutrition.com.au

CLINIC NEWS AND UPDATES

BEHIND THE SCENES AT ABSOLIQUE

In a whirlwind of exciting milestones, Dani recently selected her dream wedding dress, a moment she's been eagerly anticipating! We can't wait to see her walk down the aisle in it!

Meanwhile, Nikki is celebrating the successful launch of her business, which kicked off with a spectacular open day event. The turnout was fantastic, it's clear that Nikki's hard work and passion are paying off!



Last but not least, Carolyn is taking an unexpected yet much-deserved break with her husband, Daniel whisking away to a surprise getaway that promises to be the perfect mix of relaxation and adventure. She will be back assisting you with your hair loss treatments in clinic on April 9th.



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.