

HAIR, HEALTH & NEWS


TRICHOLOGIST - CAROLYN FROST

The latest in trichology, treatments, and product comebacks!

August is Hair Loss Awareness Month, and we're taking the opportunity to share powerful insights, proven results, and practical solutions to support your hair and scalp health. From why scalp cleansers are a non-negotiable in any hair care routine to the best products for hair regrowth, we're diving into what really works, backed by results, not trends.

We're also excited to announce that Modere is back in stock, explore key foods rich in biotin, and share new dandruff treatment options that get real results.

Plus, don't miss a closer look at recent hair loss treatment success stories for women, and our latest clinic news and updates to keep you connected with what's happening at Absolique.

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:

Why We Use Scalp
Cleansers

Hair Loss Awareness
Month

Modere is Back!

Hair Loss Treatment
for Women Results

The Best Products for
Hair Regrowth

Dandruff Treatment

The Top Food
Sources of Biotin

Clinic News and
Updates

WHY WE USE SCALP CLEANSERS

AND THE NEW SCALP CLEANSERS AT ABSOLIQUE



Scalp is skin. Scalp cleansers are designed for scalp skin. There are many different scalp cleansers now available, depending on your individual scalp and hair concerns.

When we are helping you with hair loss, hair thinning and scalp concerns, the easiest access to help these problems is through the scalp skin. The scalp is the quickest way of reaching the cellular problem, but we must safely access the scalp.

This is where we may use scalp brush therapy and scalp cleanser, to create a clean environment on the scalp ready to use natural hair loss treatment products and scalp treatment products that don't harm your scalp, you or your health.

Scalp cleansing incorporated into your hair washing routine can be life changing and eliminate unwanted scalp oil, oily hair and scalp scale. It is such a simple thing to do. Just like washing your face with a facial cleanser, you wash your scalp with a scalp cleanser.

The scalp cleanser does need to be right for your scalp type too; Trichologist Brisbane can help to choose the right one for you. For hair longer than 10cm you still need to use a hair shampoo and hair conditioner on the mid-lengths and ends of hair but keep off the scalp.

Short hair or no hair concerns, a scalp cleanser and one of our signature combination scalp and hair treatments could suffice.

Absolique scalp cleanser is no longer available with these new and amazing scalp cleansers options now available in clinic and online.

Rosemary, mint shampoo – scalp cleanser – this one is the closest formulation to Absolique Scalp Cleanser

Invati exfoliating shampoo- scalp cleanser – great for thin and thinning hair

Scalp solutions balancing shampoo – scalp cleanser – great when there is scalp scale, dandruff or other scalp concerns like psoriasis, seborrheic dermatitis and neurodermatitis.

As always, correct diagnosis is the key to choose the right products for individual hair and scalp concerns. Reach out to Absolique Trichologist for more information on our new scalp cleansers, natural hair loss treatments and scalp treatments.



HAIR LOSS



AWARENESS MONTH

Hair Loss Awareness Month, observed annually in August, seeks to raise visibility around the often overlooked yet significant issue of hair loss. Contrary to common belief, hair loss is not primarily a male concern; it can affect women and children as well. While men may be more prone to conditions such as male-pattern baldness, increasing incidences of alopecia, hair thinning, and substantial hair loss among women and children are also noteworthy. Numerous factors can contribute to hair loss, including genetics, acute stress, illness, medical treatments (such as chemotherapy), potent medications, surgery and anaesthesia, dietary restrictions, nutritional deficiencies, grooming habits, trauma, and pregnancy.

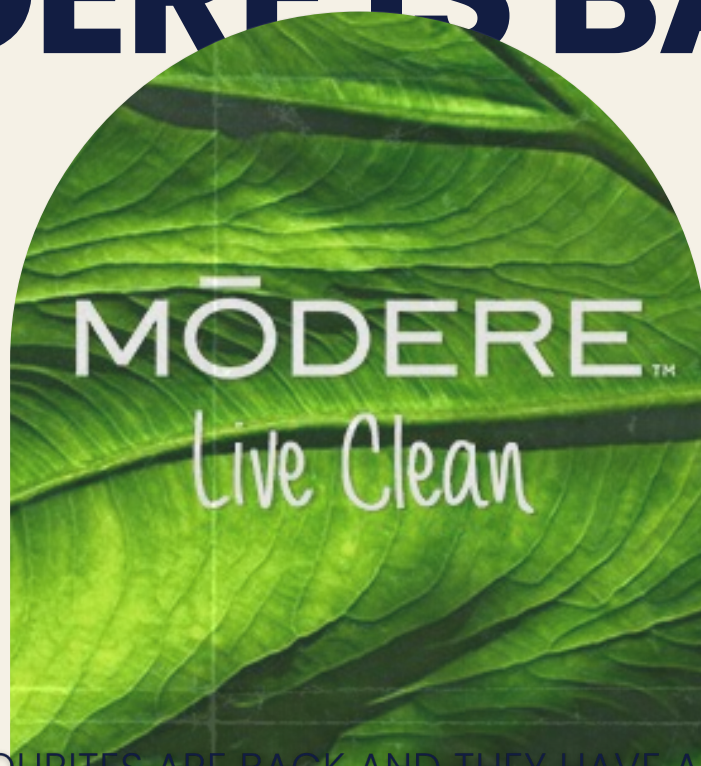
IT IS ESSENTIAL NOT TO OVERLOOK SIGNS SUCH AS HAIR LOSS, HAIR THINNING, OR SCALP CHANGES, AS THEY MAY REFLECT BROADER HEALTH CONCERNS.

This hair loss awareness month provides an important opportunity to recognise that changes in hair, skin, or nails may indicate underlying health disturbances. Because hair, skin, and nails are considered non-essential by the body, nutritional and energy deficiencies often manifest first in these areas when resources are redirected to support more vital functions.



During Hair Loss Awareness Month, individuals are encouraged to consult with a qualified hair and scalp specialist, known as a Trichologist, to thoroughly investigate potential causes of hair loss, hair thinning and scalp issues. Identifying underlying factors is crucial for effective intervention and, where possible, restoring healthy hair growth.

MODERE IS BACK!



YOUR FAVOURITES ARE BACK AND THEY HAVE A NEW HOME

In case you missed our recent emails, we've got great news – your Modere favourites are back, now with a new home at Shaklee!

That's right, many of the trusted Modere nutritional and personal care products you know and love are now available through Shaklee Australia, and more are being added regularly.

Where to Shop:

To make things simple, we've set up a direct link that gives you the best members' pricing straight away.

[Click here to order](#)

(This link connects directly to the Absolique page)

And even more Modere products are being added to the Shaklee range soon, so stay tuned!

If you're having trouble setting up your account or finding the products you need, don't worry, we're here to help. Contact Carolyn Frost, Trichologist at Absolique Hair Health Clinic:

email: info@absolique.com.au

phone: 0414 953 580 (call or text)

Here are just some of the Modere favourites you'll find at their new home:

- **Phytogreens** – A nutrient-rich green drink to support overall health
- **Phytoreds** – Optimises antioxidant intake
- **Natural Mineral Drink** – A blend of essential minerals for everyday wellbeing
- **EFA Krill Complex** – Premium omega-3 fatty acids
- **Adult Daily Multivitamin** – Daily nutritional support for adults
- **Hair, Skin and Nails** – Specially formulated beauty nutrition
- **Liquid Biocell** – A unique chicken-derived collagen blend
- **Antioxidant** – Supports healthy ageing and cellular protection
- **Immune Health** – Keeps your immune system strong year-round
- **Probiotic and Trebiotic** – Promotes gut and digestive health
- **Chocolate Shake (Pea Protein)** – Vegan-friendly protein support
- **Stress Health** – Natural support during busy or challenging times
- **Prostate Health** – Formulated for men's wellbeing
- **Safe Personal Care & Household Products** – Non-toxic and effective options for everyday use

HAIR LOSS TREATMENT FOR WOMEN

A woman experiencing years of hair thinning visited Trichologist Brisbane at Absolique Hair Health Clinic in search of hair loss treatment for women. After a microscopic diagnosis and Trichology consultation, it was identified low ferritin and vitamin D as causes, a combination of topical treatment and nutritional therapy was recommended.

Hair Loss Treatment Approach

A targeted hair growth spray and nutritional changes were used to raise ferritin and vitamin D levels. Combining food, supplements, and lifestyle adjustments with topical hair loss treatments accelerates results more effectively than any method alone.



Hair Growth Spray vs Hair Growth Serum

A lightweight Activance Clinician hair growth spray was chosen over heavier hair growth serums to avoid weighing down fine hair, helping it appears fuller during hair loss treatment.



BEFORE

Topical Hair Loss Treatment

- [Scalp Brush Therapy](#)
- [Scalp Cleansing](#)
- [Shampoo and Conditioner](#)
- [Activance Clinician Spray](#)



AFTER

Nutritional Hair Loss Treatment

Diet adjustments to boost ferritin and vitamin D. Supplements: green drink (for absorption), collagen bovine for the amino acids & minerals to support ferritin, hair skin, nails & gut. Essential fatty acids EFA Krill complex to support vitamin D, vitamin D (5000 IU), and iron (taken separately with protein-rich foods). *Supplements should be timed for optimal absorption. *

Contact Trichologist Brisbane

If you would like help to get your hair thinning sorted, reach out to Trichologist Brisbane, we offer first 15 minutes phone appointment free (AU only). Contact Absolique Trichologist or book online.



THE BEST PRODUCTS FOR HAIR REGROWTH

Selecting effective best products for hair regrowth is most successful when based on an accurate individual diagnosis. Many people use generic products without identifying the specific cause of their hair loss, which may not address their needs effectively. Proper diagnosis is essential to determine the most suitable product for hair regrowth, as random selection may lead to unnecessary expenses and time spent.

Natural Hair Growth Remedies

In addition to scientific, technological, and medical advancements, there are a variety of natural hair growth remedies available. These options can reduce reliance on ingredients associated with potential side effects.

Home Remedies for Hair Loss

Most natural hair growth remedies can be home remedies for hair loss, performed at home and may offer cost savings compared to professional clinic treatments for hair loss. These approaches are accessible and can provide results comparable to clinical methods, depending on the underlying cause of hair loss.

Natural DHT Blockers

DHT blockers occur in forms other than prescription medications. DHT is naturally present in the body and typically becomes an issue for hair only when it binds in certain locations due to specific triggers, such as:

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

Identifying and addressing these triggers through measures that support immunity, cellular health, and antioxidant protection may help manage hair loss with natural DHT blockers.

Best Natural Hair Growth Products

Optimal outcomes from natural hair growth products often result from combination therapies tailored to individual causes and concerns, including any disruptions in the normal hair cycle. An individualised approach, incorporating topical, nutritional, and lifestyle considerations, may help address specific needs more effectively.

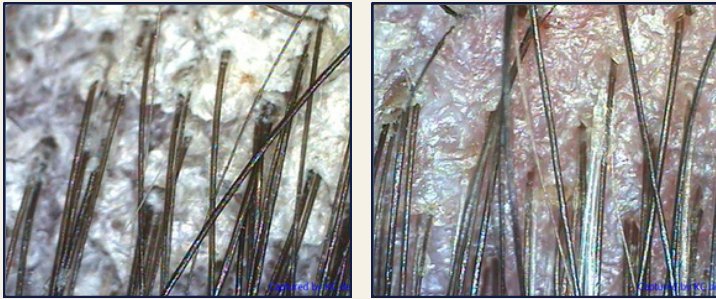
Trichologist Consultation

Absolique Hair Health Clinic in Brisbane, now offer initial free 15-minute consultations by phone, providing an opportunity to discuss products and strategies that may work for individual cases of hair regrowth, with Trichologist Brisbane. The examples provided illustrate four months of treatment, highlighting the restoration of hair cycle function, regrowth of vellus hairs miniaturised by DHT and male pattern hair thinning, overall health, dietary improvements, nutritional supplementation, and the use of topical natural hair loss treatments, excluding minoxidil.

DANDRUFF TREATMENT

WHEN DANDRUFF DOESN'T GO AWAY, IT'S TIME TO *DIG DEEPER*.

This account describes a dandruff treatment that did not resolve persistent dandruff, dry scalp, and scalp scaling. Over ten years, the scalp condition progressed to cover the entire scalp, resulting in continuous itching and daily discomfort. Generally, dandruff shampoo is expected to address simple dandruff cases within three months. If symptoms persist beyond this period, it may indicate deeper underlying causes that require investigation.



Dry Scalp Treatment

Previous approaches to treating dry scalp in this case did not target the underlying issues, which included low vitamin D levels and insufficient essential fatty acids (EFA). Both nutrients are important for maintaining skin and scalp health and immune function. The dandruff identified here was an early stage of seborrheic dermatitis—an autoimmune condition influenced by stress, reduced immunity, low vitamin D, and increased EFA requirements. Effective dry scalp treatment should combine topical management with addressing these contributing factors.

Best Dandruff Shampoo

Selecting an appropriate dandruff shampoo depends on an individual's specific scalp diagnosis. Using various anti-dandruff shampoos without professional assessment can be ineffective or potentially harmful, as some over-the-counter and prescription products contain ingredients that may worsen scalp conditions over time. Temporary improvements may occur, but long-term relief often requires identifying and managing the root cause.

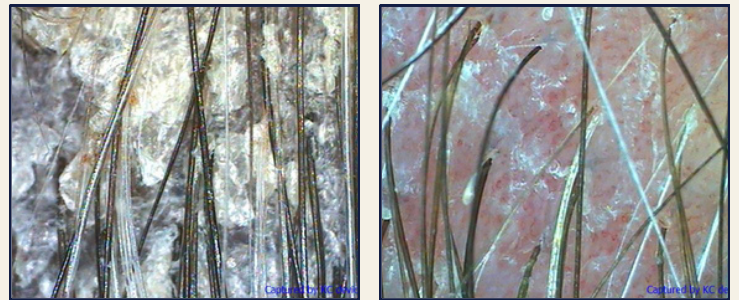
Scalp Treatment for Dry Scalp

In this instance, the scalp exhibited heavy scaling and trapped oil. [In-clinic scalp treatment](#) involved exfoliation and microscopic evaluation to address oil blockages. The procedure aimed to remove build-up, calm the scalp, and reduce itchiness associated with the condition.

Dandruff Treatment at Home

During professional treatments, clients receive instruction on at-home dandruff management and soothing routines to alleviate symptoms. Dandruff treatment at home might include:

- [Scalp brush therapy](#).
- [Scalp exfoliant](#)
- [Scalp cleanser](#)
- [Scalp conditioner](#)
- [Scalp moisturiser](#)



Scalp Treatment – Trichologist Brisbane

The described in-clinic scalp treatment provided immediate reduction of scale build-up and itchiness. With recommended home care, significant improvement was observed within three weeks, with both itching and scale reduced.

Trichologist Brisbane

Combining at-home scalp care with nutritional support is typically recommended for lasting results. In this particular case, only topical measures were possible due to lifestyle factors, yet positive outcomes were achieved rapidly. These products are available online. If scalp conditions do not improve within three months, it is advisable to consult with a trichologist for further evaluation.

THE TOP FOOD SOURCES OF BIOTIN

NOURISH YOUR HAIR NATURALLY. BIOTIN FROM WHOLE FOODS, NOT HIGH-DOSE HYPE.

Your body only needs a small amount of biotin daily, and the good news is that it's found in many common foods. Here are some of the best natural sources:

- Egg yolks – A biotin powerhouse, but be sure to cook eggs fully; raw egg whites contain avidin, which can block biotin absorption.
- Nuts and seeds – Almonds, sunflower seeds, and walnuts offer a healthy dose of biotin plus essential fatty acids.
- Legumes – Lentils, soybeans, and peanuts are rich in biotin and plant-based protein.
- Sweet potatoes – Not only great for biotin, but also packed with beta-carotene for hair and skin health.
- Oats and whole grains – These complex carbs give you energy and essential B vitamins.
- Spinach and broccoli – Leafy greens bring a gentle boost of biotin and other supportive nutrients.
- Bananas and avocados – Delicious and convenient, these fruits support digestion and hair health.

Tip: Cooking may reduce biotin levels slightly, so incorporating some raw or lightly cooked options can help preserve this vital nutrient.



The Risks of Too Much Biotin

While biotin is water-soluble (meaning your body excretes what it doesn't use), high-dose supplements—often marketed for hair growth—can cause more harm than good.

Potential risks of excessive biotin supplementation include:

- Lab interference: Biotin in large doses can skew blood test results, particularly thyroid, hormone, and heart tests, leading to misdiagnoses.
- Skin issues: Ironically, too much biotin can cause breakouts in some people.
- Imbalance: Excess biotin may mask or create imbalances in other B-vitamins, such as B5, which is also crucial for hair health.
- Medications: Too much biotin can mess with other medications in particular Thyroid. A Balanced Approach is Best

Instead of reaching for high-dose supplements, focus on a biotin-rich, whole-food diet and work with qualified health professionals who understand the complex relationship between nutrition and hair health.

At Absolique, we perform individualised Hair Health Consultations that assess your nutritional needs through blood testing and professional guidance—so you're never guessing or overdoing it.

CLINIC NEWS & UPDATES



Carolyn has been embracing the cooler season with some productive winter gardening and has generously shared her impressive 5kg harvest of homegrown turmeric. Clearly putting her green thumb to good use!

Meanwhile, Nikki has hit another major milestone, completing a course in Nutrition for Perimenopause & Women 40+. Her dedication to expanding her knowledge continues to inspire the whole team.

Vanessa is back and settling into the swing of things at Absolique, reconnecting with many familiar faces in clinic and salon.

Please note: Product pickup is no longer available. Due to staff illness and other commitments, in-clinic product pick up is discontinued. Products can still be purchased via our [website](https://www.absolique.com.au), by emailing info@absolique.com.au or by contacting Carolyn at 0414953580 (phone/SMS); all orders will be posted.

You may leave reception messages by phone or email reception@absolique.com.au but these are not checked daily.

Trichology appointments available:

Tuesday – Saturday

Hairdressing services:

offered on select Wednesdays and Fridays.

Clinic is closed:

Sunday & Monday

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