

HAIR, HEALTH & NEWS



Our new year, new hair issue!

Happy New Year. We hope you are off to a positive start just like we are here at Absolique Hair Health Clinic. We have lots of new and exciting things to share with you over the coming months.

We are kicking things off with the brand new Hair Smart Project Teen Girls Edition. This exciting project includes educational sessions covering hair, scalp, skin and nutrition.

You will also find helpful information on hair and scalp nutrition, along with details on how to connect with our resident nutritionist Nikki if you need support getting your nutrition on track for 2026 and working towards your goals.

We are also very excited to introduce a new service called esmooth. This treatment is designed to help with frizzy and damaged hair, hair that reacts to humidity and hair that is difficult to manage. It is especially helpful during the early stages of hair loss treatments when progress can feel slow.

As always we are sharing some of our great before and after results for both female and male hair loss treatments.

Don't forget you can contact us for any questions or booking enquiries, including our free 15 minute consultation via our website, email, or phone.

Team Absolique

In this newsletter
you can expect:

The Hair Smart
Project (Teen Girl
Edition)

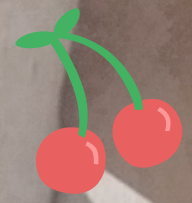
Hair Smart Project:
Nutrition basics

New e-smooth: Safe
hair smoothing

Hair breakage to hair
regrowth journey

Men's hair loss story -
Telogen effluvium

Clinic News and
Updates

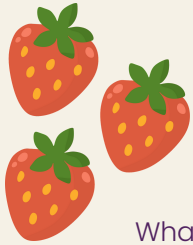


THE TEEN HAIR SMART PROJECT

Good hair starts at the scalp

The Hair Smart Project is an in-person learning session specifically designed for tween and teenage girls, helping them understand how to care for their hair and scalp properly during this important stage of adolescence.

Led by hair and scalp health specialist – Trichologist, this session is tailored for girls and their mums, focusing on prevention, simple routines, and practical knowledge that supports long-term hair health.



THE TEEN HAIR SMART PROJECT



What will the teens (and mums) learn?

- How to wash hair properly and how often
- Scalp care basics that support healthy hair growth
- What normal hair shedding looks like versus when to seek help
- Common teenage concerns including oily scalp, dandruff, and sensitivity
- Safe use of hair tools, heat styling, and awareness of online trends
- Nutrition basics that influence hair health, including iron and vitamin D awareness

What makes this session different?

- Small group, guided learning in a relaxed environment
- Scalp microscope demonstrations for real understanding
- Live hair washing demonstration on a model
- Clear, age-appropriate education without pressure or overwhelm
- Take-home hair and nutrition handouts



Education comes first. Product guidance is offered only where appropriate and tailored to individual needs.



Session Details

- Duration: Up to 1 hour
- Group size: 4–8 participants
- Accompanying adult: Free of charge
- Investment: \$20 per teen (pre-payment required)

Preferred times: Wednesdays and Fridays
Time: 4:00pm

Bookings

Places are limited to keep groups small and interactive. Minimum numbers apply.

Email your interest to info@absolique.com.au with The Hair Smart Project (Teen Edition) in the subject line.

Include in your email:

- Names of teen and mum
- Best contact number
- Preferred day and date (Wednesdays or Fridays at 4pm)
- If other days/times are more suitable

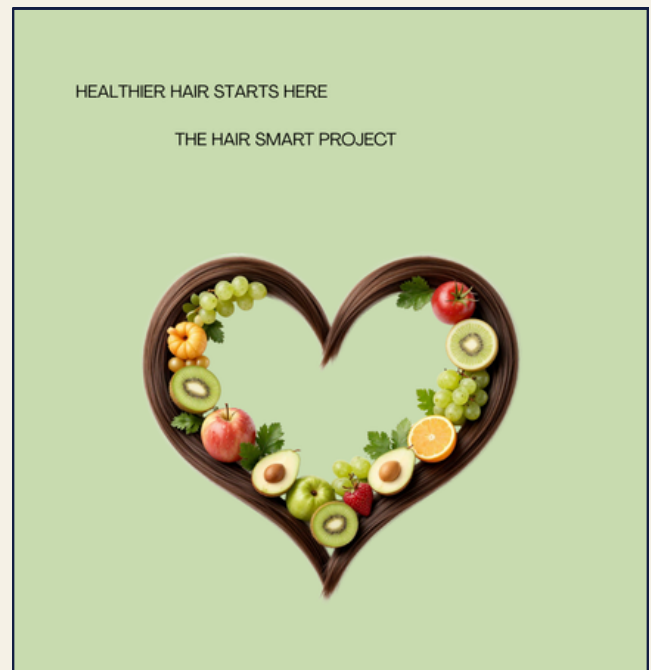
Terms and Conditions

- \$20 per teen participant; one accompanying adult attends free of charge
- Full pre-payment is required to secure a place
- A minimum of two paid bookings is required for the session to proceed
- Session dates may change or be cancelled if minimum numbers are not met
- Group size limited to a maximum of eight participants
- This is an educational session and does not replace individual medical or diagnostic advice, this service is offered separately
- One model will be required for demonstration purposes; (no blow-dry styling included)
- Product recommendations are optional and based on individual hair and scalp needs
- Handouts are included; nutrition services are offered separately



THE HAIR SMART PROJECT: NUTRITION BASICS INCLUDED

By Nikki, Nutritionist



As part of the Hair Smart Project, I will be providing a short, practical nutrition handout focused on the basics that support healthy teen hair..

The nutrition component covers:

- Why regular meals/fuel matter during growth and hormonal change
- The role of protein
- Iron and ferritin, particularly for teen girls
- Commonly missed nutrients that support hair and scalp health
- The importance of hydration
- Simple food habits that support overall wellbeing

The handout also includes:

- A small selection of teen-friendly snacks
- A page of easy, realistic recipes suitable for busy schedules

This information is designed to support trichology work, helping address internal factors that influence hair health — without detailed plans, tracking, or restrictive advice.

Foundational nutrition. Practical habits. Hair-smart support from the inside.

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NEW ESMOOTH: SAFE HAIR SMOOTHING

Using technology enriched with low molecular weight (advanced nanotechnology) Amino Acids, Organic Acids and Vegetable Proteins that are infused deeply into the hair cortex and medulla using a safe heat source suitable for your hair type- to give the ultimate safe smoothing and semi-permanent hair relaxing results, whilst maintaining the integrity of the hair.

e-smooth smooths and relaxes and restores hair to reduce hair frizz making your hair more manageable. Naturally derived amino and organic acids that are rich in hyaluronic acid, polypeptides, vegetable proteins, and ceramides, it deeply repairs and strengthens hair from within. Suitable for all ages, including children and pregnant women, e-smooth is a safe choice to achieve your hair dreams.

Absolique Trichologist Brisbane was a hair straightening expert in the past but dropped the service due to the damage it was causing to the hair and limitations on safe, non-coating ingredients. Along with technology the choices for safe hair smoothing and relaxing have improved, and we are finally happy to bring on e-smooth as a safe option to achieve smooth, frizz free hair that does not react to humidity. Suitable for all hair types because of the skill of Trichologist understanding your hair needs and weaknesses, choosing the right timing, heat level and number of passes to protect and successfully smooth troublesome hair.

As a hairdresser and Trichologist for over 35 years, you can trust Absolique Trichologist to only choose the right thing for your hair health.



New e-smooth services will be exclusively performed by Absolique Trichologist Brisbane, service prices will start from \$450 for shorter and finer hair types, with time to be around three hours for the full service. Trichologist will require a preservice consultation to establish the outcome, expectations and suitability as this is not a hair straightening service, it is hair smoothing and hair relaxing. We can defrizz hair leaving some curl movement but will not be hair straightening.

e-smooth hair smoothing and hair relaxing is expected to last for four to six months in the hair where touch ups and reapplications are safe and to be expected as a safe, semi-permanent service.

e-smooth - what does it do?

- De-frizzes
- Repellant - anyone scared of rain, hair wont frizz
- De-volumizes if required
- Easy to style and blow wave
- Adds more shine to your hair
- Conditioning - looks healthier, enhances shine
- Fume free - Safe for everyone (hairdresser/client)
- Suitable for all hair types
- Vegan formulated

e-Smooth deeply hydrates hair, helping it stays smooth, shiny and frizz free. Locks in moisture during treatment and keeps hair feeling soft long after.

Contact Trichologist Brisbane to see if e-smooth could help you manage your hair info@absolique.com.au or [book free phone chat here](#).

HAIR BREAKAGE REGROWTH JOURNEY



january 2025



may 2025



october 2025

A common story of repeated hair loss leading to hair thinning and hair breakage over the years. With children, career, juggling home duties and everyone else's food and needs, mums can simply forget about themselves. For this case it was the hairdresser that mentioned a problem with the hair.

I will never forget the first free phone chat we had, she said I am not sure if anything is wrong, I'm just busy, but my hairdresser said I should contact you.

So, she made the appointment for Hair Health and Scalp Check because she wanted to check out all thing's hair and health. We found a history of stopping starting birth control multiple times, 2 pregnancies and births within 2 years all which can contribute to telogen effluvium a diffuse type of hair loss. Overtime when hair does not grow back normally it will lead to hair thinning and then hair breakage.

There was general good health, but some nutritional levels were not quite right for normal hair growth. The microscope also found 95% of the genetic hair was not growing to its normal diameter, this represents a breakdown of the hair call and in tun the hair cycle, now showing up as diffuse hair thinning and loose anagen syndrome. Turns out what she thought was hair breakage was a hair growth problem. The poor hair cycle was so out of whack the hair did not know whether to grow, rest or fall, so it mainly fell and could not grow to any normal length, looking like hair breakage.

This is an easy fix for Trichologist Brisbane, working with the hair cell and hair cycle is a specialty with hundreds of positive for our clients over the years. Hair breakage to hair regrowth journey is a simple hair washing routine with some combined nutrition based on individual needs, to get the hair cell and hair cycle functioning again resulting in hair regrowth. This case started in January 2025 and look at the progress we achieved over 10 months with more hair to come and the now new scalp hairs growing longer (now they can) to fill the hair out.



january 2025



may 2025



october 2025

MEN'S HAIR LOSS STORY

TELOGEN EFFLUVIUM

july 2025



This was a case of physical men's hair loss, it was telogen effluvium, a diffuse type of hair loss that occurs three months after a significant event or change to the body. Trichologist Brisbane identified the event as a medication reaction following medical procedure on top of ongoing back pain. Another annoying symptom was dandruff that was hard to get rid of even with frequent washing.

For these combination Trichology cases we use both microscope and in-depth analysis of blood tests. Here we found underlying low iron stores-ferritin and low vitamin D. Both will contribute to the hair loss, inhibit normal hair regrowth and mess with the scalp dandruff. Microscope confirmed the scalp showed essential fatty acid deficiency, and the hair cycle disturbance from the telogen effluvium diffuse hair loss.

January 2026



All this information is good news as we formed a plan, a basic topical hair loss treatment and some individual supportive nutritional therapy along with teaching and following food for ferritin and food combining.

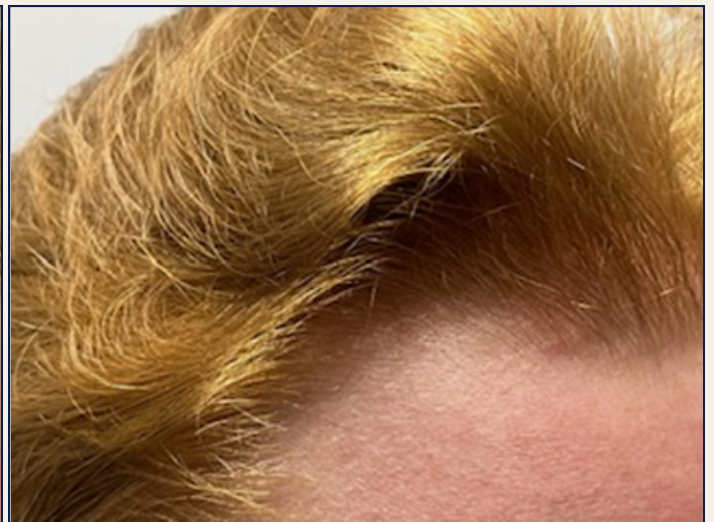
It is important to understand men's hair loss is very different to male pattern hair thinning. Physical hair loss is from the hair cycle and is always diffuse over the entire head. Pattern hair thinning is a gradual miniaturisation of hair in typical patterns at recessions, front, top, crown of head, it is slow progressing and is NOT physical hair loss. So be careful not to react to physical hair loss with the wrong treatment such as minoxidil, as it will cause more hair loss and is the wrong product for telogen effluvium.

Relate to this story, book your first 15 minutes free phone chat with [Absolique Trichologist here](#). (AU only). All other locations email info@absolique.com.au

july 2025



January 2026



CLINIC NEWS & UPDATES

Trichologist Carolyn had a big Christmas and New Year holiday for 3 weeks this time due to her husbands Daniel new work and forced closure. 3 weeks were perfect as you really feel like you have had a break and have come back with renewed energy and excitement for all the new things happening so far in 2026. Over the three weeks we had time in the city, country, coast and hinterland with 3 national parks and walks, it was a busy but great time!



Irene had a nice family break and is sad the kids are back at school, especially her baby boy starting his first year at prep, gee they grow up fast. Irene is looking forward to a bit more time to herself as much as she misses her babies and is excited to get working with Absolique on our new projects. Irene continues to be our superstar working behind the scenes on all our online needs.

Nikki and family had a great break with a highlight season passes to the theme parks (so kindly heavily discounted from her husband's work Xmas party at Movie World!! A day at SeaWorld with no rushing, a joy for all except the summer heat.

Nikki the Nutritionist has an exciting project to start the year, she will be presentation and providing a program to Kindergarten children and parents teaching the fun and importance of family nutrition and what a healthy lunch box should look like and how to create it, sound like fun education that we could all do with, go Nikki! You can find Nikki's nutrition at [Hungry for Nutrition](#). Nikki will be at Absolique Tuesdays and Wednesdays and is happy to do hairdressing for existing clients.

Vanessa had a great break too after a very busy end to the year juggling her private hairdressing and Absolique. She has some new chickens, all with names, their daily escapades entertain us all. However, one has turned out to be a rooster, mmm time to go, that early morning crow is a bit too much, luckily, he has another wonderful home to go to. Vanessa also has a new exciting venture this year, helping a friend through NDIS, so she will only be at Absolique on Fridays and happy to do hairdressing for new and existing clients.

Please note: Reception is not open regular hours so please always email or call ahead for product pickups. Products can still be purchased via our [website](#), by emailing info@absolique.com.au, or by contacting Carolyn at 0414953580 (phone/SMS).

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 Tuesdays, Wednesdays and Fridays.

Clinic is closed:
Sunday & Monday

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