

HAIR, HEALTH & NEWS



TRICHOLOGIST - CAROLYN FROST

Hair health from the inside-out

As always, we're here to help you better understand the many factors that influence healthy hair growth and overall wellbeing. Every month, we share the latest insights, real client experiences and practical advice to empower you with knowledge you can apply to your own hair health journey.

In this edition, we're showcasing two inspiring client stories that highlight what's possible with the right treatment approach for both women experiencing female pattern hair thinning and men facing early onset male pattern hair thinning. We also take a closer look at the growing conversation around A2 milk, separating fact from fiction and exploring what the current evidence tells us.

You'll also discover why scalp exfoliation is an important yet often overlooked part of maintaining a healthy scalp environment, and meet the innovative Evy Plasma Air Hairdryer, designed to support healthier styling without compromising your hair. Finally, we're sharing a few updates from the Absolique team and what we've been up to behind the scenes.

If there are any topics you would like covered in the future, please let us know by emailing [AbsoliqueTrichologist](mailto:AbsoliqueTrichologist@absoliquehair.com).

Team Absolique

In this newsletter
you can expect:

Women's Hair Growth
Story

Early Onset Male
Pattern Hair Thinning

A2 Milk Truths

Absolique Scalp
Exfoliant

The Future of Healthy
Hair Drying

Clinic News and
Updates

WOMENS HAIR GROWTH STORY

When it looks like female pattern hair thinning



At first, this case appeared to be female pattern hair thinning, also known as androgenetic alopecia. The hair thinning was visible around the recession area, front hairline and mid part line — all common locations associated with female pattern hair thinning.

However, appearance alone can be misleading. Around perimenopause, menopause and post-menopause, many women are quickly assumed to have female pattern hair thinning based on age and hair thinning location. In this case, that assumption did not tell the whole story.

Why the Correct Diagnosis Matters

A misdiagnosis can lead to incorrect treatment, which may allow the real issue to continue and, in some cases, contribute to further hair loss. Female pattern hair thinning does not cause physical hair shedding, and it does not affect the hair at the back of the head.

If the hair density, texture or growth pattern has changed at the back of the head, this is a sign that female pattern hair thinning is not the only concern. As Absolique Trichologist Brisbane, I often find female pattern hair thinning is a secondary concern rather than the main cause.

What the Microscopic Diagnosis Showed

The clearest clues came through microscopic diagnosis. The terminal hairs at the back of the head were not growing to their genetic hair type, shape or structure. This indicated diffuse hair thinning rather than female pattern hair thinning alone.

Diffuse hair thinning can develop gradually over years and may be influenced by changes in hair cell function, the hair cycle and nutritional sufficiency. When the terminal area weakens, the same weakness can also affect the areas where female pattern hair thinning appears, especially when combined with hormonal changes during menopause and the influence of dihydrotestosterone (DHT).

Common Contributors to Diffuse Hair Thinning

For women, diffuse hair thinning may be associated with a range of health and life events, including:

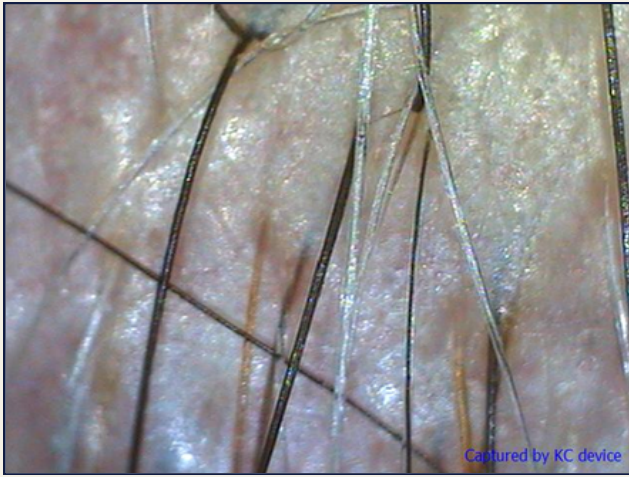
- low iron levels
- low vitamin D
- low vitamin B12
- thyroid changes
- birth control or medication changes
- pregnancy and childbirth
- surgery
- stress
- perimenopause, menopause or post-menopause hormonal changes

Why This Case Was Different

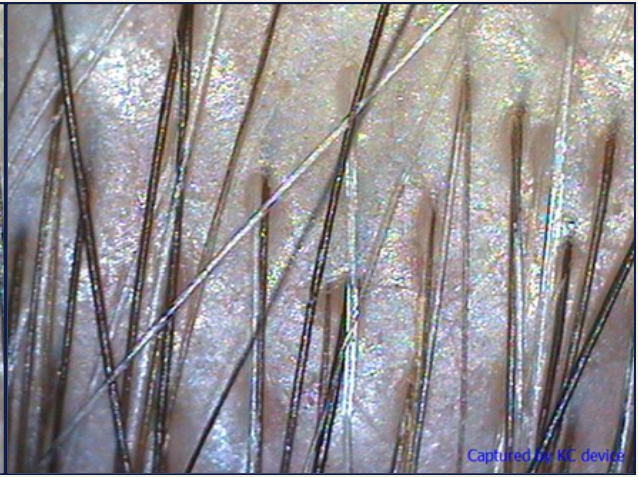
In this case, the genetic hairs in the terminal area were not growing as expected. This showed the main concern was diffuse hair thinning, not female pattern hair thinning alone. Female pattern hair thinning was present, but it could be supported indirectly by addressing the underlying diffuse hair thinning first.

This approach allowed for natural hair loss treatment rather than moving straight to common options such as minoxidil, which some people avoid because of concerns about side effects or long-term use.

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may 2026



The Treatment Approach

This women's hair growth story and images show how much improvement can be achieved when the diagnosis is accurate and the true underlying cause is addressed. Absolique Trichologist Brisbane focuses on natural hair loss treatments that can be performed privately at home, with no expensive in-clinic treatments, no travel time, minimal downtime and options to suit different budgets.

Treatment is based on combination therapy. This includes looking internally at nutritional needs and supplementation guided by individual blood tests, alongside topical hair loss treatment taught through verbal, written and video instructions.

What Is Included in the Hair Health and Scalp Check

The initial appointment is called a Hair Health and Scalp Check. It is designed to provide everything needed in one appointment, reducing the need for extra visits and additional costs.

The appointment is \$270 and includes 75 minutes with Absolique Trichologist Brisbane to review your hair and scalp history, health concerns, blood tests and microscopic diagnosis, followed by treatment options. Tracking also begins on the day, giving us a clear reference point for future progress.

Also included:

a 30-minute follow-up appointment within one month of the initial Hair Health and Scalp Check
a free phone check-in at the 8-week halfway point of treatment

Because new hair growth usually takes around four months to become visible, the 8-week phone check-in is not about expecting regrowth yet. It is a personal check-in to review expected markers, answer questions, provide reassurance and help you stay on track.

Next Step

Follow the link to learn more about the [Hair Health and Scalp Check](#) or choose the option for a [free 15-minute phone chat](#) with Absolique Trichologist Brisbane. Everything can be booked online.

Please stop buying products and spending precious time and money if you do not understand what you are treating. The right diagnosis matters.

EARLY ONSET MALE PATTERN HAIR THINNING

Early onset male pattern hair thinning is the typical pattern of male hair thinning appearing much earlier than expected. Today, it is increasingly seen in young men who may have no clear hereditary or family history of hair thinning.

Why Early Onset Hair Thinning Can Be Different

Early onset male pattern hair thinning is not always caused entirely by dihydrotestosterone (DHT). As an Absolique Trichologist in Brisbane, I have seen this type of thinning begin as early as age 16. This hair growth story focuses on a 30-year-old client experiencing accelerated male pattern hair thinning.

Typical male pattern hair thinning usually develops slowly from around age 40 onwards. It commonly affects the recession area, top, front and crown of the scalp, but it does not usually affect the back of the head. This back section is known as the terminal area, or "horseshoe", and is often used as the donor area for hair transplants.

DHT does not typically bind in the terminal area, which appears to be protected in some way. However, microscopic diagnosis at Absolique Hair Health Clinic found an issue in this client's terminal area. More than 15% of the terminal hair was not growing to its genetic hair form, confirming a diffuse hair thinning problem rather than solely male pattern hair thinning.

This finding opened the door to more treatment options. By looking for underlying causes and addressing them, treatment can be less invasive and may include more natural hair growth and hair loss support options.

Hair Health and Scalp Check

Absolique Hair Health Clinic in Brisbane offers a specialty service called the Hair Health and Scalp Check. This consultation looks at all contributing information to help identify the right choices for each person's individual hair and scalp concerns. The service costs \$270 and includes a detailed assessment designed to give you the information you need before choosing a treatment pathway.

Key Blood Test Findings

In this case, blood testing revealed several important nutritional deficiencies:

- Low B12
- Low Vitamin D
- Low iron storage

These nutrients support hair, skin and nails, but they are also essential for healthy cellular function. When levels are low, the body prioritises essential systems, meaning non-essential tissues such as hair, skin and nails may miss out.

B12 can help support the stress response. When B12 is low, it may affect adrenal function and, in turn, thyroid balance.

Vitamin D is important for immunity, skin and scalp health, and hormone production. Correct levels are especially important when addressing male pattern hair thinning.

Iron storage, in the form of ferritin, supports cellular function and energy. When iron stores are low, hair growth can be affected.

Low levels of these essential nutrients help explain why diffuse hair thinning was identified. When hair is not growing to its genetic hair type, cellular-level resilience may be reduced. Early onset male pattern hair thinning can also be influenced by environmental exposure to free radicals, as well as hormonal influences from food and personal care products.

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Hair Loss vs Hair Thinning

It is important to understand the difference between hair loss and hair thinning. Hair loss refers to physical hair shedding. When shedding is greater than normal daily hair loss, it is known as telogen effluvium, a diffuse type of hair loss that occurs across the scalp.

Hair thinning occurs when the hair strand itself is compromised. This can happen diffusely due to low nutritional levels, or it can occur through miniaturisation in the specific areas affected by male pattern hair thinning. Male pattern hair thinning is not the same as physical hair loss, and this important distinction is often overlooked.

Treatment Approach

Men's Hair Growth Treatment included both a topical approach and a nutritional regime. The topical component teaches clients how to complete treatment at home every second day, or three times per week, as part of a regular hair-washing routine. The nutritional component begins with food first. Supporting nutrition is then added when needed and is guided by individual blood test results. This combination therapy can deliver strong results when followed consistently for the first four months of treatment.

Expected Progress and Ongoing Support

Some clients, including this case, achieve impressive results in the first four months. However, continued work is often needed. An Absolique Trichologist will review progress and guide the next stage of treatment, usually over another four months.

The full recovery timeframe depends on the level of hair thinning at the start of treatment. In this case, treatment is expected to continue for around one year. As the program is completed at home, treatment costs can reduce over time. The more actively a client supports their health and nutrition, the better the potential outcome and the greater the opportunity to save money.

Start Your Hair Health Journey

To begin your hair health journey, reach out to Trichologist Brisbane and book a free 15-minute phone chat to discuss your concerns. You can also contact Trichologist Brisbane by email at info@absolique.com.au.



A2 MILK

What's all the full about?

Have you noticed A2 milk appearing on supermarket shelves and wondered what makes it different from regular milk? Let's take a closer look at what A2 milk actually is, where it comes from, and whether it's really better for you.

What Is A2 Milk?

All cow's milk contains protein, and one of the main proteins is called beta-casein. There are two common types of beta-casein found in milk:

- A1 beta-casein
- A2 beta-casein

Regular milk usually contains a mix of both A1 and A2 proteins. A2 milk comes from specially selected cows that naturally produce only the A2 form of beta-casein.

Which Cows Produce A2 Milk?

Different breeds of cows produce different types of milk proteins. Cows that typically produce more A2 milk include:

- Jersey
- Guernsey
- Charolais
- Limousin

Many modern dairy breeds, such as Holstein and Friesian cows, produce milk containing both A1 and A2 proteins. It's important to know that A2 milk is still 100% real dairy milk — it simply comes from cows that naturally produce only the A2 protein.



Is A2 Milk Better for You?

This is where things get interesting.

Some people report that A2 milk is easier on their digestive system and causes less bloating, gas, or stomach discomfort than regular milk.

Researchers are investigating whether a compound released when A1 protein is digested may contribute to digestive symptoms in some people. Several studies suggest some individuals experience less discomfort when drinking A2 milk compared with regular milk.

However, scientists agree that more research is needed. At this stage, there is no strong evidence that A2 milk prevents disease or is significantly healthier than regular milk for everyone.

Is A2 Milk Dairy-Free?

✗ No. A2 milk is still cow's milk, so it is definitely a dairy product.

If you have a milk allergy, A2 milk is not a suitable alternative because it still contains milk proteins that can trigger an allergic reaction.

Is A2 Milk Lactose-Free?

✗ No. A2 milk contains the same natural milk sugar (lactose) as regular milk.

If you are lactose intolerant, A2 milk may still cause symptoms because the lactose is still present.

Some people who think they are lactose intolerant find they tolerate A2 milk better, but this may be because they are sensitive to certain milk proteins rather than lactose itself.

What About Lactose-Free Milk?

Lactose-free milk is different from A2 milk.

Manufacturers add an enzyme called lactase to regular milk. Lactase breaks lactose into simpler sugars that are easier to digest.

The lactase enzyme is commonly produced from food-grade yeasts or fungi through a controlled fermentation process. The enzyme is thoroughly tested and is considered safe for human consumption by food safety authorities around the world.

This is why lactose-free milk tastes slightly sweeter than regular milk—the lactose has already been broken down into simpler sugars.

The Bottom Line

✓ A2 milk comes from cows that naturally produce only the A2 beta-casein protein.

✓ It is still dairy milk.

✓ It is not lactose-free.

✓ Some people find it easier to digest than regular milk.

✓ Lactose-free milk is a different product and contains added lactase enzyme to break down lactose.

For people who experience mild digestive discomfort after drinking milk, A2 milk may be worth trying. But if you have a diagnosed milk allergy or lactose intolerance, it's important to choose products that specifically meet your dietary needs.

Absolique Scalp Exfoliant **SCALP TREATMENT**



This is another success story showing how Absolique Scalp Exfoliant can support an effective [scalp treatment Brisbane](#). In this case, ongoing scalp issues were causing significant discomfort and affecting the client's social confidence. Scalp scale was constantly falling onto her shoulders and surrounding areas, making it embarrassing to be in company because of the visible trail of flakes left behind.

Professional Scalp Treatment for Immediate Relief

A professional scalp treatment Brisbane was performed to begin breaking down the built-up, caked-on scalp scale. While a professional treatment is not essential for everyone, many clients find it provides welcome relief from tightness, itching and discomfort.

The treatment experience is also calming and enjoyable. It includes scalp brush therapy and a scalp massage while the treatment is removed at the basin in the private hairdressing salon within Absolique Hair Health Clinic.

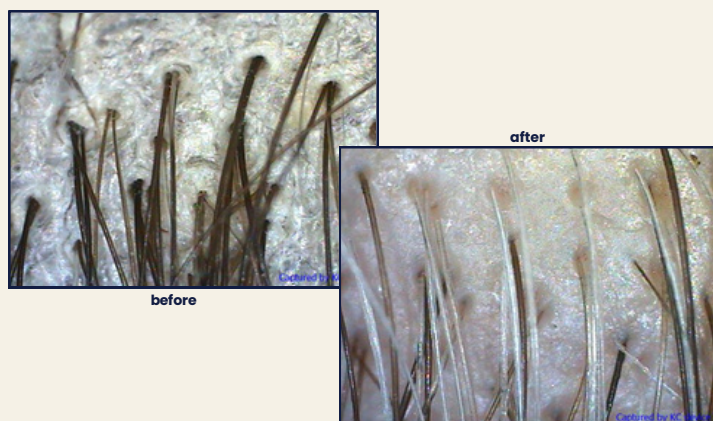
What Makes the Absolique Approach Different?

The key difference with scalp treatment at Absolique Hair Health Clinic is that a Trichologist in Brisbane examines the scalp under a microscope to identify the underlying problem. This helps determine the most suitable scalp treatment for each person.

Where appropriate, blood test results are also reviewed to better understand what may be contributing to the scalp condition.

Treating Symptoms and Underlying Causes

Many scalp conditions that require treatment can be a sign that something is out of balance within the body. Reviewing blood tests for functional and sufficient levels can help uncover the underlying cause.



This is why the Hair Health and Scalp Check can be so effective. It allows for an individualised combination therapy approach that addresses both the visible symptoms and the deeper contributing factors.

At-Home Scalp Relief and Maintenance

For clients who simply want scalp relief, [Absolique Scalp Exfoliant](#) is available to purchase online. For best results, it can be paired with:

- Scalp Brush Therapy
- A suitable scalp cleanser
- A leave-in scalp treatment or scalp conditioner to seal and support the clean scalp

When to Book a Scalp Consultation

If you are experiencing scalp problems, please contact Absolique Trichologist Brisbane and [book your first 15 minutes free by phone](#) for Australian clients. We can help you decide on the best approach for your individual symptoms and circumstances.

Home Care Support

Scalp treatment Brisbane services and the [Trichology Hair Health and Scalp Check](#) include home care options so you can continue supporting your scalp health in the privacy of your own bathroom when washing your hair.

We provide clear guidance using verbal, written and video instructions, so you know how to maintain your scalp care routine at home.

A Whole-Body Approach to Scalp Health

If scalp symptoms persist or return, further testing may be needed. Scalp treatment Brisbane may also need to be added or adjusted, as each case is individual and factors such as diet, inflammation and stress can play a role.

The scalp is skin, and it can show symptoms when something is not right within the body. In some cases, the best results come from a whole-body approach.

Scalp treatment Brisbane and Absolique scalp exfoliant can help with all of the following ailments: Scaly scalp, itchy scalp, scalp psoriasis, oily scalp, scalp bumps, scalp pimples, dry scalp, flaky scalp, scalp dandruff.

The future of healthy hair drying **EVY PLASMA AIR DRYER**



Move over Dyson, Evy Plasma Air Dryer will give you a better run for your money;

- Hydrates hair while drying
- Is up to and over \$140 cheaper than Dyson hairdryer
- Super lightweight only 290g
- Folding Handle perfect for travel and easy storage
- Exciting new moisture locking hairdryer, condition your hair while styling, hair drying and has never been healthier for your hair (or safer).

How it Works

Every EVY professional product uses unique Mineral Infused Technology for the ultimate styling experience. While some products incorporate one or two minerals, EVY are infused with 32 minerals. Sourced from one unique place in Japan, EVY rich post volcanic minerals have spoilt locals with healthy skin and beautiful hair. Now EVY brings this luxurious hair experience to you.

This amazing natural resource of 32 minerals generates negative ion and far infrared energy micronizing water into fine particles that

penetrate hair with more power than ever before. The result is a pure inner hydration that leaves hair healthy, shiny and lustrous looking.

Plasma Air Dryer – The Future of Healthy Hair Drying

Powered by advanced Plasma ION Technology, emitting over 4 million super hydrating ions, this high performance and stylish dryer delivers quality results for shiner, softer and healthier hair.

Hydrate your hair while drying and styling with EVY PlasmaAIR latest professional hair dryer hair styling tool.

For simple hair drying needs, you do not need to use heat protector for the lower heat temperature with Plasma AIR.

For fragile, fine, damaged, broken, chemically treated hair and higher temperatures, please always use heat protectors.

Now on sale for \$359.00

Regular price \$399.00

Includes magnetic diffuser, 2 nozzles and travel bag.

Key Features

Top of Form

Bottom of Form

- Plasma Ion Technology for smooth, frizz-free styling
- 4+ million hydrating ions for healthy and quality results
- Ultra-lightweight (290g) for comfortable use
- Reduces static and flyaways for neater looking hair
- LED display – precise heat and fan control for safer styling
- Up to 85% faster drying with less heat damage for speed and healthy hair
- Quiet performance for a pleasant styling experience
- Self-cleaning technology for easy maintenance
- Fast drying with soft, smooth results for the best looking hair
- Extra-long 10 cm nozzle for precise styling
- Plasma Ion Technology delivers millions of hydrating ions for healthier, shinier hair
- Salon-quality results with enhanced hair health, shine & softness
- Ultra-lightweight (290g) and ultra-quiet performance
- Dual voltage & self-cleaning technology – perfect for home or travel
- Colour Black



Healthy Hair Styling Tools – EVY Technology – Now available to purchase from Absolique Hair Health Clinic, Trichologist Brisbane.

Simply email info@absolique.com.au your interest in Evy Plasma AIR hairdryer.

Also available or Evy IQ OneGlide 1.5" or 1" hair straighteners or curling irons for \$315.

Upfront payment is required to order. Orders may take up to 3 weeks for delivery for best fuel efficiency. Once arrived you will be notified to arrange pick up or post can be arranged at extra cost.



Absolique Behind the Scenes

NEWS & UPDATES

Carolyn is busy on the land maintaining existing gardens and preparing growing areas for the spring seed planting.

Absolique Hair Health Clinic Trichologist Brisbane also got invited to ABC Radio Sydney recently to comment on the latest in hair research, listen in here <https://hair-loss-treatments.com.au/blog/media/>

Nikki receptionist and hair expert extraordinaire, is on a break away at a farmstead with family and friends. We hope she is having the best time connecting with nature.

Irene continues to support us online with our scope comparisons which are so very important to review real microscopic results. Irene is a mother of 3 and manages to balance everything family and work, we appreciate her so much. Irene has been with Absolique Hair Health Clinic for 10 years and we really appreciate her.

Please note: Nikki is manning reception on Tuesday, Wednesday, and Friday. However, this can subject to change without notice. Nikki may also be in the hairdressing salon and cannot tend to reception when with a client.

Please always prebook product pick ups as Carolyn may also be taking client's remotely, in the salon or with a client in clinic, and cannot answer the phone or door at these times. To arrange a suitable time for product pick up, email info@absolique.com.au.

