

HAIR, HEALTH & NEWS



TRICHOLOGIST - CAROLYN FROST

Springing into healthy hair!

There is a lot happening in the world of hair and scalp health, and sometimes getting the right answers starts with looking beyond the obvious. In this month's newsletter, we are unpacking what a Trichologist actually does, sharing real client transformations, and exploring why some hair loss treatment plans may be missing a crucial piece of the puzzle.

We are also getting practical with the essential products for a healthy scalp routine, sharing a simple beef liver hack worth knowing, and catching you up on what has been happening behind the scenes with our team.

Whether you are experiencing hair loss, working on your scalp health, or simply want to understand your hair a little better, there is plenty to dive into.

Take a moment to catch up on what is happening at Absolique and discover some of the latest insights, tips and real results from our team.

Team Absolique

In this newsletter
you can expect:

What does a
Trichologist do?

Women's Hair Loss
Treatment Story

Men's Hair Loss

Scalp Treatment
Product Essentials

Beef Liver Hack

Clinic News and
Updates

WHAT DOES A TRICHOLOGIST DO?

and how can they help you?



I've been practising trichology for over 25 years. In that time, I've helped many clients understand what is happening with their hair and scalp, why it may be happening, and what can be done to support lasting improvement. Here's a clear breakdown of what a trichologist does, how trichology differs from a typical dermatology visit, and how a qualified trichologist can help with hair loss, hair thinning, and scalp concerns.

What Is a Trichologist?

A trichologist is a hair and scalp specialist who focuses on concerns such as hair loss, hair thinning, and scalp conditions. Because trichology qualifications can vary, it is important to choose someone with strong training, broad experience, and a deep understanding of both hair health and overall wellbeing.

What Clients Are Looking For

At the end of the day, most people want the same things: real answers, honest guidance, visible results, and a documented track record they can trust.

Book a Free 15-Minute Phone Chat

Have questions for a trichologist? Want to understand how trichology may help you? [Book your first free 15-minute phone chat](#) in Australia and start getting to the bottom of your hair loss, hair thinning, or scalp concerns.

Tip from a Trichologist

Hair, skin, and nails are non-essential to health, so they can be among the first places signs or symptoms appear when something is out of balance within the body. Don't ignore the signs.

At Absolique Hair Health Clinic, your trichologist brings together more than one area of expertise. She is also a qualified hairdresser, with an understanding of how closely hair is connected to identity, confidence, and self-expression. Her background also includes hair replacement, hair extensions, and extensive study in nutrition, anatomy, physiology, and biochemistry.

A One-Stop Clinic for Hair and Scalp Concerns

Absolique combines clinical experience, technical hair knowledge, and a holistic approach to provide a supportive clinic experience for people seeking answers about hair loss, hair thinning, or scalp conditions.

What to Expect at Your Appointment

Your consultation is designed to identify what may be contributing to your concerns and to create a clear path forward. It may include:

- A full patient history
- A detailed hair and scalp evaluation under the microscope
- Clear recommendations based on your needs
- A follow-up appointment in 2–3 weeks for another microscopic check
- Before photos to document your starting point
- Progress photos at the four-month mark

Finding the Cause, Not Just Treating the Symptoms

At Absolique, the focus is on understanding the reasons behind hair loss, hair thinning, and scalp conditions so both symptoms and underlying causes can be addressed. With a strong track record of helping clients find answers, the clinic aims to provide practical solutions that support real progress.

Treatments are selected with care, using natural hair loss options and safe scalp-treatment ingredients wherever appropriate. The goal is to support resolution without causing unnecessary harm, without making the condition worse before it gets better, and without creating a treatment plan that must be used forever.

Her hair looks like it did 10 years ago!

A HAIR LOSS TREATMENT JOURNEY

april 2026



july 2026



Choosing the right hair loss treatment should always begin with a proper assessment by a qualified trichologist. Effective treatment looks beyond visible hair thinning and addresses the underlying causes that may be disrupting healthy hair growth.

Client Background

In this case, the client had been experiencing hair loss for 10 years. When she visited a trichologist at Absolique Hair Health Clinic, several contributing factors were identified, including fluctuating thyroid function, low vitamin D, low-end B12 levels, and ongoing stress.

What Was Affecting Her Hair Growth?

Her hair cycle and hair cells had been disrupted, preventing the hair from developing its normal structure. This led to diffuse hair thinning and hair loss associated with loose anagen syndrome. Some female pattern hair thinning was also present.

Because hair loss is often influenced by more than one factor, Absolique Hair Health Clinic uses combination therapy to support the best possible results. This approach addresses both the symptoms and the causes of hair loss through tailored topical treatment and individual nutritional support.

Why Work With a Trichologist?

Working with a trichologist is different from visiting a generic hair clinic because the recommendations are based on the individual person, not a one-size-fits-all program. An Absolique trichologist considers your health history, symptoms, lifestyle, and hair and scalp condition before suggesting a treatment plan.

How to Begin Your Hair Journey

1. Book a free 15-minute phone chat with an Absolique Trichologist Brisbane. This is currently available in Australia only.
2. Share your hair loss, hair thinning, or scalp concerns.
3. Receive guidance on the service that is most appropriate for your needs.

Absolique Trichologist Brisbane also offers scalp treatment support, helping clients with both hair loss treatment and scalp treatments.

Here is the link to book your free [phone chat](#).

Treatment Approach and Results

It is never too late to investigate which hair loss treatment may be right for you. Absolique uses holistic hair loss treatments with safe ingredients, and the programs are designed to be corrective rather than something you must use forever.

The first four months are the most important stage of treatment, although many people may need to continue for longer depending on how long the hair loss concern has been present. In cases involving hereditary or medical factors, some form of preventative homecare treatment may be recommended to help maintain results. This type of homecare is designed to be affordable and manageable.

Your hair loss treatment may be missing something

MEN'S HAIR LOSS



Why a Generic Approach Can Miss the Real Cause

When men experience hair loss or hair thinning, treatment often begins with generic products aimed at male pattern hair thinning. Because the concern is men's hair loss, male pattern thinning is frequently assumed to be the cause.

However, hair loss can have more than one contributing factor. Some treatments used for male pattern hair thinning may trigger additional shedding when started or stopped, and any hair gained may be lost if treatment is discontinued.

A Holistic Trichology Perspective

As a Trichologist in Brisbane providing holistic hair loss treatment, it makes sense to look beyond the symptom and investigate what is affecting the hair cell, scalp environment and hair cycle.

Medical hair loss treatments have been available for many years and may work for some people. However, they can also come with side effects and may not address both the symptoms and the underlying causes of hair loss.

Case Insight: Looking Beneath the Surface

In this case, the hair thinning appeared at first to be a simple example of male pattern hair loss. However, a microscopic trichology evaluation, in-depth consultation and blood test analysis found additional contributing causes. These factors were influencing early-onset male pattern thinning, which is not typically expected before the age of 40.

Treatment Approach and Outcome

Treatment focused on supporting the hair cell and hair cycle through a combination of topical and nutritional therapy. Over a four-month treatment period, the results were significant. There is still work to do, but the outcome shows what can be achieved with a targeted, natural hair loss treatment plan.

Before You Begin Treatment

Before beginning any generic hair loss treatment, check in with a qualified Trichologist. In many cases, there may be contributing factors that a standard treatment approach does not consider.

Free 15-Minute Phone Chat

Absolique Hair Health Clinic, Trichologist Brisbane, offers a free 15-minute phone chat for people in Australia to discuss hair loss, hair thinning or scalp concerns. This is an opportunity to explore options beyond commonly advertised treatments and services, including:

- Minoxidil
- Proscar
- PRP
- Laser therapy
- Microneedling

These options may not work effectively on their own and often do not address both the symptoms and causes of hair loss.

In this case, the treatment plan was simple, natural, affordable and able to be performed at home. [Book your free 15-minute chat](#) with Trichologist in Brisbane at Absolique Hair Health Clinic to discuss your options.

The future of healthy hair drying

SCALP TREATMENT PRODUCT ESSENTIALS

With so many scalp treatment products on the market, it can be difficult to know which ones genuinely work. Many products claim to be the ultimate solution for every scalp concern, yet they often overlook some of the most important factors that contribute to a healthy scalp.

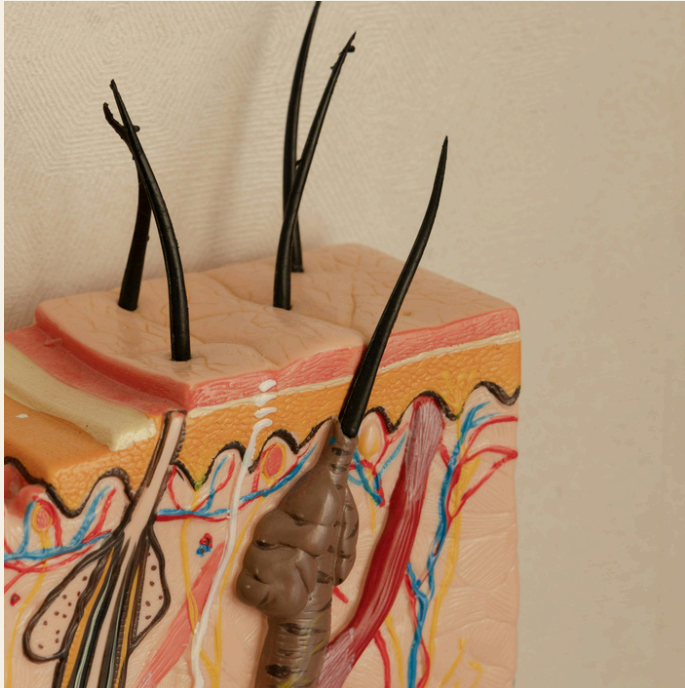
As a Trichologist in Brisbane at Absolique Hair Health Clinic, one of the most common issues I see is that many scalp treatment products fail to recognise a simple but crucial fact:

The Scalp Is Skin

Your scalp is skin, even though it is covered by hair. Hair and scalp skin are completely different structures with different needs. When selecting scalp treatment products, it is important to consider both:

- The condition of the scalp skin
- The health and needs of the hair

Ignoring either one can limit the effectiveness of your scalp treatment routine.



Understanding Common Scalp Problems

Many scalp conditions share similar symptoms, including:

- Scalp scale
- Dandruff
- Oily scalp
- Itchy scalp
- Scalp psoriasis
- Seborrheic dermatitis

To improve these conditions, it is essential to address the underlying scalp skin health rather than simply treating the symptoms.

Start with Scalp Brush Therapy

One of the simplest and most effective ways to support scalp health is through dry scalp brushing, also known as Scalp Brush Therapy.

This treatment involves gently brushing the dry scalp using a safe scalp brush before washing.

Benefits of Scalp Brush Therapy

- Exfoliates dead skin cells
- Removes scalp scale and debris
- Encourages healthy scalp circulation
- Stimulates the scalp
- Helps prepare the scalp for cleansing

After brushing, the loosened debris should be thoroughly washed away using an appropriate scalp cleanser.



Why a Scalp Cleanser Matters

If you are using dry scalp brushing, it is vital to cleanse the scalp correctly afterward.

Many people use regular hair shampoo, but hair shampoos are designed primarily for the hair shaft, not the scalp skin. The scalp and hair have different structures, needs, and pH levels.

Benefits of a Dedicated Scalp Cleanser

Scalp cleansers are specifically designed to:

- Clean scalp skin effectively
- Remove exfoliated skin and debris
- Support a healthy scalp environment
- Help manage scalp symptoms without causing irritation

Using the wrong cleanser can be too harsh and may worsen existing scalp concerns.

Do You Need Both a Scalp Cleanser and Shampoo?

In many cases, yes. If your hair is longer than 10 cm or has specific needs, you may benefit from using:

1. A scalp cleanser for the scalp skin
2. A shampoo for the hair itself

Learning how to properly cleanse the scalp after dry brushing can be life-changing for those struggling with persistent scalp issues.

The Role of Scalp Conditioners

Just as there are scalp cleansers, there are also products specifically formulated as scalp conditioners.

Unlike traditional hair conditioners, scalp conditioners are designed to:

- Support the scalp's protective barrier
- Help restore the acid mantle
- Provide protection and hydration
- Assist the scalp's natural healing processes

For those with short hair, a scalp conditioner may be sufficient. Individuals with longer hair may still require a separate hair conditioner.

Why Scalp Moisturisers Are Important

Scalp moisturisers are applied after cleansing to help maintain a healthy scalp environment.

Benefits of Scalp Moisturisers

- Hydrate the scalp
- Protect against environmental stressors
- Support scalp healing
- Reduce dryness and discomfort

As a Brisbane trichologist, I often recommend leave-in spray scalp conditioners or moisturisers because they are easier to apply through the hair and directly onto the scalp.



When to Use a Scalp Exfoliant

For more persistent or challenging scalp concerns, a scalp exfoliant can be a valuable addition to your routine.

Scalp exfoliants are generally used:

1. After dry scalp brushing
2. Before scalp cleansing

When used correctly, they can be a powerful at-home treatment to help manage scalp symptoms.

Essential Scalp Treatment Products

A complete scalp care routine may include:

- Dry Scalp Brush Therapy (scalp brush)
- Scalp Cleanser
- Scalp Conditioner
- Scalp Moisturiser
- Scalp Exfoliant

Choosing the right products and using them consistently can significantly improve many common scalp conditions.

When Scalp Symptoms Persist

If scalp symptoms continue despite appropriate treatment, there may be an underlying issue contributing to the problem.

In these cases, further investigation is recommended, including:

- Comprehensive consultation
- Scalp assessment
- Blood testing where appropriate
- Investigation of underlying health factors



Treating the root cause is often the key to achieving lasting scalp health.

Get Personalised Advice from a Brisbane Trichologist

Not all scalp treatment products are suitable for every scalp condition. Save time and money by getting professional guidance on the products that are most appropriate for your individual needs.

Book a [Hair Health and Scalp Check](#) with a Brisbane Trichologist and receive:

- Microscopic scalp assessment
- Personalised diagnosis
- Customised home care plan
- Verbal instructions
- Written instructions
- Video guidance

Not Ready to Commit?

Start with a free [15-minute phone chat](#) to discuss your concerns and determine the best next steps for your scalp health journey.

BEEF LIVER HACK

What we've been experimenting with in clinic — and the interesting ferritin results we're seeing.

When we're investigating hair shedding and thinning, ferritin and iron status are often an important part of the bigger picture.

As part of our Food for Ferritin approach, we're always looking at practical ways to incorporate more nutrient-dense foods into the diet. One food we've been particularly interested in? **Beef liver.**

Beef liver is naturally rich in iron, vitamin B12, vitamin A, copper and other important nutrients — but let's be honest...

Not everyone wants to eat liver!

And while beef liver capsules can be a convenient alternative, those large capsules aren't always the most enjoyable thing to swallow.

Then there's the taste. Yuk!

So we've been experimenting with a different approach:

Open the capsule and put it into your food.

When the particular product allows the capsule to be opened, we've found that incorporating the contents into strongly flavoured savoury foods can make it much easier to include. And I've actually been trialling this at home with my own kids, too.

I've been sneaking the contents into foods they already enjoy — including bolognese, Mexican-style meals and savoury muffins.

The trick is choosing foods with plenty of flavour that can disguise that distinctive liver taste.

They don't need to know everything that's going into dinner!

One of our favourites is a simple **Avocado and tahini dip.**

You'll need:

- 1 ripe avocado
- 1 tbsp tahini
- Juice of ½ lemon
- ½ tsp garlic
- Fresh parsley or coriander
- Sea salt
- 1–2 beef liver capsules, opened

Simply mash everything together until creamy and serve with cucumber, celery, capsicum or your favourite vegetables.

The lemon, garlic, herbs and tahini help disguise that distinctive liver flavour — meaning you're getting the contents into your diet without the giant capsule swallow or the full liver experience!

And this is where it gets particularly interesting for us.

What are we seeing in clinic?

We've been monitoring blood results in some of our clients who have incorporated beef liver capsules into their nutritional routine, including using them in food.



We've seen some really interesting results, including raised ferritin levels in some individuals.

We're not suggesting that beef liver capsules will raise ferritin for everyone, or that they're the answer to low iron stores.

But when we see changes like this alongside nutritional changes, it certainly makes us interested in exploring the role that nutrient-dense foods can play in supporting our clients' overall hair health.

Of course, ferritin needs to be considered alongside your individual blood results, diet, health history and nutritional needs.

That's why we always recommend checking your bloods and discussing your results with your healthcare practitioner and trichologist before starting supplementation.

The takeaway?

You don't have to love liver.

And you don't necessarily have to swallow a handful of enormous capsules either.

Sometimes it's simply about finding a way to incorporate the nutrients into food you already enjoy. And if you're working on improving your ferritin through nutrition, our Food for Ferritin approach is all about making those changes practical, achievable and enjoyable.

This article is for educational purposes only. Beef liver supplements are not suitable for everyone and should be used according to the manufacturer's directions. Always check whether your particular capsules can be opened and discuss supplementation with your healthcare practitioner. Individual results vary.

Absolique Behind the Scenes

NEWS & UPDATES

It has been a busy month for the Absolique team, both inside and outside the clinic and we love seeing what the team get up to when they're not assisting clients with their hair loss treatments.

Carolyn enjoyed a little getaway to Bali with her husband Daniel, and is now looking forward to getting stuck into her spring seed planting. A whole new season brings the promise of fresh crops of herbs, leafy greens and vegetables, hopefully giving her plenty to harvest in the months ahead.

Irene is stepping outside her comfort zone and entering her very first CrossFit competition at the end of this month, while Nikki has been keeping busy too. She recently attended an ABBA tribute show and helped organise a colour run at school, which raised an incredible \$8,000 for the school community.

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.

