

News & Views

Absolique Hair Health Clinic

19th Edition March 2016



Welcome to our quarterly newsletter. Here is what you will find in our Autumn edition: Alopecia Hair Loss, Probiotics with Base Nutrition for Autoimmune Hair Loss, Iron – More than meets the Eye, Which Iron, Minerals in the Body, Birth Control and Hair Loss, The Hair Bulb and Hair Shaft, Coconut Cures – Book review, Young Womens Hair Loss Treatment results, Men's Hair Loss Treatment results, Scalp Brush Therapy – A Reminder, Easter Trading Hours and Absolique Hair Health Clinic Team News.



Alopecia Hair Loss

Alopecia is a word used to describe hair loss. It really is the prefix to the type of hair loss and was traditionally used to describe auto-immune types of hair loss that can be patchy as with Alopecia Areata, the serpent type that effects the edges of the scalp hair as with Alopecia Ophiasis, total scalp Alopecia with Alopecia Totalis and Alopecia Universalis which effect all body hair.

These types of Alopecia can be temporary and self-correcting but some can be scarring where the auto-immune effect has caused destruction to the hair follicles. It is important to get a correct diagnosis early on so you can choose treatment options that address all symptoms and causes understanding what may have triggered the auto-immune response which may overlap a hereditary tendency.

Alopecia – Hair Loss common names:

- Alopecia Areata patchy hair loss
- Alopecia Ophiasis pattern of hair loss like a serpent forming a turban over the edges of the scalp
- Alopecia Circumscript localized patch of hair loss
- Alopecia Reticulata is a net-like pattern of hair loss with irregular areas void of hair interspersed amongst areas of hair on the scalp
- Alopecia Totalis all scalp hair is lost, and the surface of the scalp becomes totally smooth
- Alopecia Universalis loss of all hair on the head and body
- Pseudopelade describes a unique form of cicatricial alopecia resembling Alopecia Areata commonly beginning in a moth-eaten pattern

Autoimmune diseases are a broad range of related diseases in which one's immune system produces an inappropriate response against its own cells, tissues and/or organs, resulting in inflammation and damage. There are over 80 different autoimmune diseases, and these range from common to very rare diseases.

Examples of common autoimmune diseases include but is not limited to: Addison's disease (adrenal), Asthma (airways), Autoimmune hepatitis (liver), Coeliac disease (gastrointestinal tract), Crohn's disease (gastrointestinal tract), Diabetes Mellitus Type 1a (pancreas), Eczema (skin), Grave's disease (thyroid), Guillain-Barre syndrome (nervous system), Hashimoto's thyroiditis (thyroid), Multiple sclerosis (nervous system), Pernicious anaemia (stomach), Primary biliary cirrhosis (liver), Psoriasis (skin), Sclerosing cholangitis (liver), Myasthenia gravis (nerves, muscles), Ulcerative colitis (gastrointestinal tract).

The key here is understanding 'autoimmune' and supporting the immune system rather than trying to knock it down as is common practice. Combination therapy delivers a better health support especially when using steroid type treatments topically and/or internally. When focus is on base nutrition and building up the good bacteria required by a normal functioning immune system, the end result is always a longer term and sustainable solution.

Absolique Hair Health Clinic use and recommend base nutrition including: pH testing, organic minerals, essential fatty acids, water and fat soluble vitamins and additional antioxidant. Once base nutrition is in place in a pH balanced environment, probiotics can be introduced to build up good bacteria in the gut to support the immune system. As with all autoimmune conditions, results will vary depending on individual case history.





Probiotics & Base Nutrition for Autoimmune Hair Loss

When addressing problems with the immune system, it is important to reduce exposure to free radicals & things that may cause extra work on body stores. Stress is a common denominator with autoimmune problems, but it is not the stress alone that is the problem, but the effect it has on body reserves and the immune system.

Supporting body nutrition is fundamental to eliminating and controlling continued or spasmodic autoimmune attacks. Regular check ins on blood test will help us to help you read your body storage and absorption, as this can also be an underlying autoimmune problem where one can drive the other.

Probiotics with Base Nutrition for Autoimmune Hair Loss, important blood test indicators:

- Hemoglobin
- Full blood studies
- Good cholesterol and Bad cholesterol ration HDL/LDL
- Full iron studies
- Vitamin D status
- Vitamin B12 levels
- Thyroid studies
- Blood sugar levels

Probiotics are a common nutritional supplement readily available at any pharmacy or health food store, but, just as 'oils ain't oils', it is the quality, strength and volume that is important. We trust and recommend Modere Probiotic Support, a drink mix concentrate with beneficial bacteria and prebiotic fibers.

With 30 billion beneficial bacteria packed in every dose, Modere Probiotic contains a proprietary symbiotic blend of pre and probiotic ingredients to help maintain an optimum balance of good bacteria within the intestines. The prebiotic's in Probiotic are non-digestible fibers that simulate or 'feed' the probiotics to help them multiply and restore the bacterial balance of the gut.

Modere Probiotic's innovative dual sachet packs separate the probiotics from the Prebiotics until they need to be taken, prolonging the products shelf life. Readily soluble with a slightly sweet taste, Probiotic is designed to blend well with water or mix with Modere Green Qi as recommended by Absolique Hair Health Clinic.

Base nutrition is important for cellular support and includes in order of importance: pH balance, organic minerals, essential fatty acids, fat soluble vitamins, water soluble vitamins and antioxidants. Please contact Absolique Trichologist for further information on autoimmune and our success stories.

<https://www.modere.com.au/productdetail/probiotic>



Iron, More Than Meets the Eye

When looking at Iron in the body, it seems so simple, you are either in the acceptable medical range or not. But there is a lot more to iron. Iron is an essential element for blood production. About 70 percent of your body's iron is found in the red blood cells of your blood called hemoglobin and in muscle cells called myoglobin. Hemoglobin is essential for transferring oxygen in your blood from the lungs to the tissues.

The immune system is dependent on iron for its efficient functioning and physical and mental growth require sufficient iron levels, particularly important in childhood and pregnancy, where the developing baby solely depends on its mother's iron supplies.

Iron Studies, the full picture:

- Iron
- Transferrin or Total Iron Binding Capacity (TIBC)
- Transferrin Saturation
- Ferritin
- Hemoglobin

Iron is lost by the body through a variety of ways including urination, defecation, sweating, and exfoliating of old skin cells. Bleeding contributes to further loss of iron which is why women have a higher demand for iron than men. If iron stores are low, normal haemoglobin production slows down, which means the transport of oxygen is diminished and can result in symptoms such as fatigue, dizziness and lowered immunity.

When faced with hair loss, hair thinning or autoimmune disorders, your total iron picture is very important. It may seem 'normal' in the medical world to support essential body functions, but may be out of order with highs and lows that affect the quality of hair growth, hair regrowth and autoimmune conditions. Iron deficiency does not always appear as a simple low iron level, all elements of iron studies and associated nutritional levels need to be considered and be within a normal range to support the immune system, the body and last but not least, the hair, skin and circulation.

Absolique Trichologist is finding many highs and lows in many client's blood work indicating lowered immunity and poor storage not only of iron but of all the other associated minerals and vitamins. The human body is very complex and requires an equilibrium to function as designed.

At Absolique we are holistic in our approach, therefore need to understand all symptoms and causes to help advise the best hair loss treatments for your individual circumstances, and the total blood work is becoming a very important part of understanding your body, your body reactions and achieving results, as that is always our focus.

If you are interested in learning more about Iron, please feel free to follow this safe link or email us at Absolique for a Pdf document.

<http://www.rcpa.edu.au/getattachment/co47c27e-c67a-470f-bb6b-e4084de22d97/Interpreting-Serum-Ferritin.aspx>



Which Iron?

The jury is still out on which iron is best to address low iron, imbalanced iron studies or more commonly, low ferritin, and research can be conclusively confusing! As Absolique Trichologist, I am guided by personal experience with iron deficiency and low ferritin, understanding of chemistry, nutrition and absorption. The wrong type of iron can be detrimental to ferritin stores, this is normally found in elemental iron to which is inorganic, direct from the earth, like iron filings which won't absorb in the body to raise ferritin.

Elemental or inorganic iron supplements helps straight forward low iron and energy, but if the associated iron studies are not considered, fluctuations in all related iron levels could result, or more seriously for the hair, ferritin levels can remain low, and may eventually effect the immune system and other body functions.

Organic Iron supplements and absorption:

- Need to be taken in a pH alkaline environment
- Should be Organic and liquid
- Should be taken with Organic, liquid minerals
- Best combined with Vitamin C and B vitamins
- Keep track of levels with your doctor and blood tests

When talking about 'Organic Iron', it means it is in an absorbable form for the intestines. One would expect to find ferritin levels raising and iron studies stable from supplementing in the right combination, but sometimes this is not the case. It is becoming more common that autoimmune disorders, some hereditary conditions and malabsorption are limiting absorption of organic iron to raise ferritin, but one must be careful not to turn to elemental iron if your actual iron levels are ok.

Iron has many important functions in the body and is very complex in the transport, saturation and eventually storage in the body. Iron is closely related to energy in the body, support of the immune system and normal hair growth. High, low and changeable iron studies can cause diffuse hair loss and diffuse hair thinning where there is no iron left over for your hair to grow normally, so the hair grows, but it is weak, dry, frizzy, loses color and luster and will break easily resulting in hair breakage.

There are certain things that need to be corrected with hair problems associated with iron so be sure to get the full picture as addressing only the iron does not normally fix the hair and is in most cases short term solution. Our goal at Absolique Hair Health Clinic is to help you support your hair, health, body and iron in the short and long term for continued health and healthy hair. For more information on which iron or to get a snap shot of your own iron studies, contact us at Absolique.



Minerals in the Body

There are 60-80 essential and trace minerals required by the human body every day. Each mineral has synergists and antagonists. A synergist works with other minerals and an antagonist works against other minerals. Most minerals have many synergists and antagonists. This is important to understand when using supplements especially to address a mineral deficiency or overload as is common with iron.

Iron synergist are; Lead, Manganese, Phosphorus, Tin and Zinc and antagonists for Iron are; Cadmium, Chromium, Cobalt, Copper and Vanadium therefore, supporting only the iron will in turn cause fluctuations in other minerals levels in the body. This is where it is imperative to understand providing all of the minerals preferably in a liquid organic form, is required as well as the iron. As we have discussed previously, you also need to understand if you need elemental or Inorganic iron to raise iron levels or organic iron to support ferritin and storage.

Minerals in the Body:

- 60-80 minerals are required by the human body everyday
- Organic liquid iron is the preferred source
- Take in a pH alkaline environment
- Don't combine elemental inorganic iron with organic minerals

Organic liquid minerals are the best source and will be pretty much guaranteed to absorb if taken in a pH alkaline environment. At Absolique Hair Health Clinic we choose Modere Green Qi to create the alkaline environment and mix with their Liquid Minerals as all ingredients are tested for purity and safety every batch. Some over the counter alkalizers and minerals supplements are not safely derived and may do the opposite of what we are trying to achieve or simply not work.

Organic liquid mineral supplement is the preferred source as we are supposed to get minerals from food. Minerals were historically found in the soil. The plants would convert the minerals into an organic form, and we would ingest absorbable minerals from eating fruits, vegetables, nuts, seeds, grain and animals who ate the same or the grass grown in the soil. Sadly, our soils have changed, increased population has forced agriculture to only use certain minerals as fertilizers, then other chemicals and pesticides are required.

The modern result, the minerals are no longer in the soil in most places in the world. For the general population, it is much easier to use a simple daily supplement of Modere Liquid Minerals to ensure all minerals are working in synergy. Contact Absolique Trichologist if you would like further information about minerals in the body as we have many resources available. <https://www.modere.com.au/productdetail/natural-mineral-drink>



Birth Control and Hair Loss

When it comes to hair, it is all about body balance. Medical form of birth control is changing a natural body function, and in certain females, can cause a disruption which effects the hair cycle and triggers diffuse hair loss. The time frame is three months after the birth control was introduced, the normally growing hair are shocked into a premature shedding phase, along with normal daily shedding hairs.

The result is diffuse hair loss, it is not permanent, and should stop after 3 months. The formula is; hair loss may start 3 months after starting or stopping birth control, will continue for 3 months, may lose up to 300 hairs a day, hair loss should stop after 3 months, hair will lose volume and feel thinner, hair should return back to normal hair cycle and natural hair density within 12 months.

Birth Control and Hair Loss:

- Hair Loss occurs 3 months after starting or stopping birth control
- Hair Loss will continue for 3 months
- This is not permanent hair loss
- Is diffuse hair loss, it is all over the scalp not in patterns or patches
- Hair loss should stop after 3 months
- Hair cycle and normal hair growth should return within 12 months

It is important not to be reactive when this happens and stop the birth control because of the hair loss as this can trigger another round of diffuse hair loss. One should also understand it was the introduction or retraction of the birth control that triggered the body change, not the birth control directly that caused the hair loss. The same rule applies for all prescription medication and does not affect every individual.

Also to be noted, birth control is exactly that, birth control and should not be used for any other reason. Using birth control to address hair loss will result in quite the opposite effect and should not be used to control acne, as this is a skin or hormonal problem. The health of the individual will determine the extent of the effect when it comes to hair loss and in turn, hair regrowth.

Most cases of diffuse hair loss from starting or stopping birth control have other associated elements, such as stress and low iron. If the body is battling other problems at the same time, it can affect the hair regrowth. As Absolique Trichologist, I can guide you through starting and stopping birth control by planning ahead, checking the state of the hair cycle, growing hair health, checking and supporting health and making sure you don't make abrupt changes with birth control. It also has to be considered that birth control may be medically recommend to treat other health concern and working together with your doctor, healthcare provider and Trichologist is important.



The Hair Bulb and Hair Shaft

The physical hair you see and style on a daily basis is the result of a complex cellular function. The hair constantly grows from cellular division, and like the nails, has many different structures and function associated that deliver the end result, a hardened, keratinized hair growing from the scalp.

There are many things that can go wrong with the cellular division supporting hair growth, the strength of the hair bulb and also the strength and structure of the actual hair follicle. The hair bulb is the lock that holds the hair in and is made of the same substance that holds your teeth in. The hair follicle houses the hair as it transitions from a soft cell to a hardened hair and has many associated appendages.

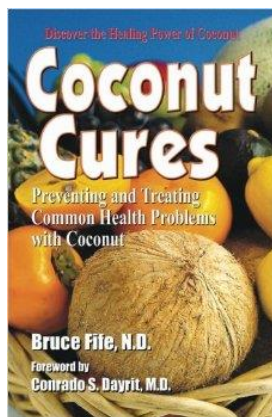
The Hair Bulb and The Hair Shaft:

- Hair grows from cellular division
- The hair bulb is similar to the root of our teeth
- The hair follicle houses the hair
- Hair follicle has a muscle and oil gland attached
- Keratinization is the final process to produce a hardened hair at scalp level

When there are changes, highs or lows in the body, it can affect the health of the cell when it divides at the very beginning of the hair growth process. This won't appear in the hair until three months later and only at cellular level at this time. When the hair cell does not get all that is required, it does not copy your genetic hair code, so the hair still grows in most cases, but in certain situations such as common iron and ferritin deficiency related to oxygen, the hair may even remain dormant.

The result is always diffuse, thank goodness, it does not affect every hair on the head, it is a diffuse thinning of the hair all over the scalp, once again, not in a pattern or patches as can occur with pattern thinning and autoimmune hair and scalp problems. Both pattern hair thinning and autoimmune hair and scalp problems are in most cases secondary to the hair cell health at the cellular level which is a direct result of body health.

Hair is important and part of our bodies integumentary system, the largest system in the body, but hair is not directly essential for life. The body's essential organs and systems will always receive the nutrition required for cellular health first. When there are problems with the hair, such as hair loss or hair thinning, it is a sign that things are not quite right within the body, so don't ignore the signs and contact Absolique Trichologist to help with your hair and in turn health.



Coconut Cures by Bruce Fife N.D

Book Review by Danielle Valpreda – Absolique Hair Health Clinic Receptionist and Trichology Assistant

As we all know there are many positives of using coconut oil. Many of us use it as an addition to our beauty regime. But did you know it is also extremely beneficial for our health and wellbeing? This week I have had the pleasure of reading Coconut Cure by Bruce Fife N.D. Like many of us I am a mother, I have a beautiful daughter who has just gone 13 months. I have learnt over the years past as a hairdresser how wonderful coconut oil is for making our hair shinier and our teeth brighter along with being the healthier option over standard oils in the kitchen, but after reading this book I now understand it is so much more!

Coconut oil is derived from the coconuts that grow on coconut palms. In many cultures the coconut Palm is known as the “Tree of Life” as it provides all that is needed to sustain life. The Coconut being the main source of food and nutrition. It is so nutritious that some Island cultures feed the milk of the coconut to the babies when their mothers are unable to feed them, it is believed to be as nutritious and more natural than feeding baby formula.

Coconut Cures by Bruce Fife N.D Book Review by Danielle Valpreda Absolique Hair Health Clinic Receptionist and Trichology Assistant:

- Coconut oil is beneficial for health and wellbeing
- Coconut oil has more benefit taken orally
- It is safe to cook with coconut oil
- Coconut oil has many nutritional properties
- Coconut oil is a good saturated fat

In recent times coconut oil has been given an underserved bad reputation. Coconut oil, has in the past been labelled as an artery clogging saturated fat that should be avoided. This as explained in the book is far from the truth. The book shows that coconut has proven time and time again its ability to heal and sustain the body’s health inside and out. There are so many things coconut oil is used for from Energy, focus and Metabolism to balancing the pH level within your body.

In this book, there is one thing I focused on. The ability coconut oil has to help improve autoimmune deficiencies, my daughter has been hospitalized four times in her short life due to asthma which is in fact autoimmune, I myself live with it as I am sure many of you do. I really enjoyed the fact the book covered all aspects from how it can help to what type of diet to include in your lifestyle to help assist a positive improvement. It’s not only autoimmune that it covers though! Everything from weight management, to prevention of vitamin B deficiency, to prevention of heart disease and the treatment of everyday things such as; how it heals wounds, calms dandruff, helps soothe dermatitis and even helps to boost the milk supply of breastfeeding mothers. This book looks into the negative effects coconut oil has been accused of and puts into perspective exactly why these accusations are false. The book breaks down Coconut oil and how the body consumes it, how the body digests it and how it actually can help you lose weight by adding a few teaspoons to your life daily (it even includes the remedies and procedures you can use to help with what you are experiencing).

This book is based on the beliefs of a man by the name of Paul Sorse otherwise known as the “Miracle Man” He lived by these beliefs and eventually passed at the age of 102! If that isn’t amazing I don’t know what is. After reading this book I will defiantly be keeping Coconut oil in my pantry and reaping the benefits for myself and my family.

Find Coconut Cures for yourself here <http://www.amazon.com/Coconut-Cures-Preventing-Treating-Problems/dp/0941599604>





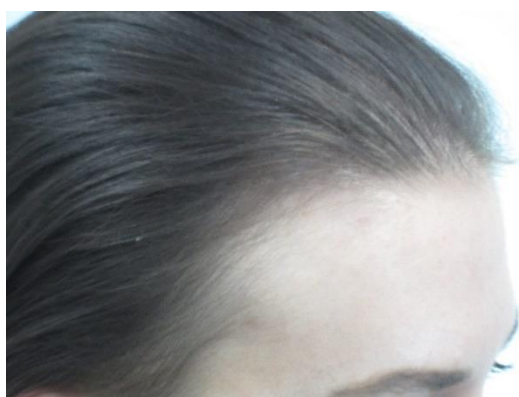
Young Womens Hair Loss Treatments Results - Low Iron

Staying with recent discussion about iron, as Absolique Trichologist I would like to share the result of hard work and long term effort to address severe hair thinning from long term iron deficiency. The images we share here are a four-month comparison to ensure iron levels were raising enough to achieve the desired hair regrowth.

This young lady presented in my clinic back in January 2014 wearing a wig to cover the extent of her hair thinning diffusely all over the scalp with a secondary problem of early onset female pattern thinning at the top, front and recessions of the scalp. It is important to understand here that at a very young age of 22, she had visually noticed hair problems for seven years, which actually means the underlying health problem of severely low iron, had been lingering in the back ground as far back as age 13.

Young Womens Hair Loss Treatments Results – Low Iron:

- Combination therapy
- Address the hair cell and the hair cycle topically
- Address the early onset female pattern thinning topically and nutritionally
- Base support nutritional therapy for cellular correction
- Pointed iron supplementation addressing low ferritin
- pH testing and alkalizing
- 4 monthly blood tests to check ferritin levels working with doctor



In this case we also had the birth control pill that had been introduced at age 17 for acne problems. The pill was changed around a few times because the desired result on skin was not occurring and other complications were arising. So there was a clear history of events that certainly cause both hair loss and hair thinning at the same time over a long period of time.

We had a lot of work to do with the goal of reaching a full head of hair again, as there was no permanent damage, but this would take time to be able to trade the wig for own natural healthy hair. The photos we share here are from May – August 2015. She is now wig free and we check in every 4 months to make sure hair and health are on track because we will never let the hair loss or hair thinning return by sticking with simple and affordable maintenance.

We hope this story inspires someone to take action as it is never too late for Womens Hair Loss Treatments Results. Contact Absolique Hair Health Clinic for further information, our friendly reception team are more than happy to share or hair loss treatments results, combination therapy and appointment procedure.



Mens Hair Loss Treatments Results

There are so many choices when it comes to hair loss treatments and hair thinning treatments, how do you know which one is right for you? Starting with correct diagnosis is always the first place to go, and making sure it is a qualified diagnosis not a program sale script that is one solution fits all with ongoing program costs.

For this case, it would seem to be straight forward male pattern thinning given the location of the hair thinning at recessions and top, front of scalp. But

microscopic diagnosis found the hair cycle and diffuse hair growth also had problems but is not usually noticed because it is at the back of the head. When deciding hair loss treatment for pattern hair thinning with hair growth products, one must consider all symptoms and causes to get a result.

Mens Hair Loss Treatments Results:

- Scalp Brush Therapy
- Scalp Cleansing
- Scalp Tonique
- Microneedle Therapy
- Activance Practitioner Formula
- Absolique GRN
- PG free 5% Minoxidil



In this individual case, the hair thinning had been noticed over the last 5 years and the goal was to at least slow down the hair thinning, stop the hair thinning and achieve some hair growth. We were restricted with some health concerns and could not use any nutrition so the only option was to follow topical hair loss treatment with the above combined hair growth products.

The above hair loss treatment is introduced into your usual hair washing regime and needs to be followed every 2nd day or 3 times a week for the 1st 4 months. We

check in at four months digitally to see what we have achieved because everybody is different. Digital photos show increased hair density in the pattern thinning areas so it is decided to continue on with the now easy topical hair washing regime which is the hair thinning treatment.

Contact Absolique Trichologist for your individual hair loss or hair thinning diagnosis or even if you want to track the results of your own hair loss treatment. No we have the digital result for this case we start microscopic tracking as we will be reducing the topical hair thinning treatment over time and want to track maintenance results. Check in is usually every 4 months.



Scalp Brush Therapy – A Reminder

Preparing the Scalp prior to washing your scalp skin with Scalp brush therapy is a simple and effective way to ensure accurate scalp cleansing as well as enhancing topical Natural Hair Loss Treatments.

Scalp brush therapy has many benefits including; removal and lifting of Scalp Scale, exfoliation of the scalp, stimulation of the scalp and oil glands attached to the hair, releasing oil onto the scalp skin that is then washed away with Absolique Scalp Cleanser.

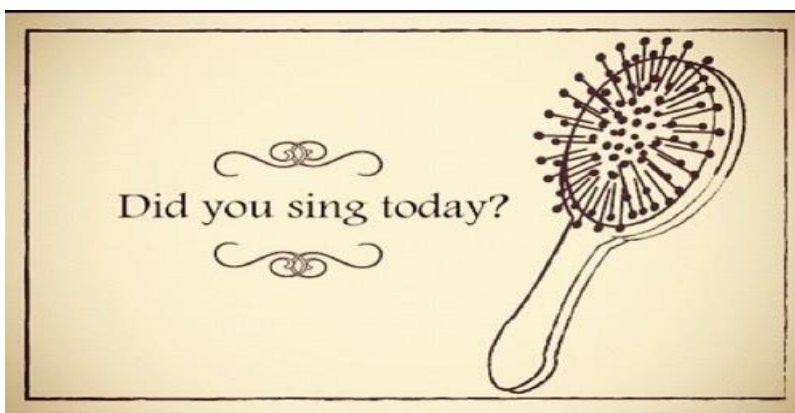
Scalp brush therapy stimulates the erector pili muscles attached to each hair follicle and in turn, increases the blood supply so you are in effect feeding the hair bulb, creating cellular energy and flushing out unwanted oil at the same time. Scalp skin must be washed as soon as possible with Absolique Scalp Cleanser following Scalp Brush Therapy.

Scalp Brush Therapy should take up to 2-3 minutes before you feel a warm tingling sensation on your scalp skin, or 100 strokes over the entire scalp.

How to do Scalp Brush Therapy:

Brush Therapy must be done on dry scalp and hair and only ever before you wash with Absolique Scalp Cleanser. Start Brush Therapy by dividing the hair into 2 sections – front section being the front from the crown forward towards your front hair line and back being from your crown down to your back hairline or nape. To begin brush from the center/top of the front section back towards the crown and away from the face, working down to your right ear and then back over to your left and so on creating a fluid motion whilst counting strokes until you reach 50 or until you feel the heat, oil or tingling sensation. After you have done the front section shift focus to the back half working from the nape to crown. For long hair it is easier to do the back section with the head tipped upside down. Absolique Scalp Brush is Now Available.

Watch the Scalp Brush Therapy video on our website <http://www.hair-loss-treatments.com.au/products/scalp-brush-therapy/>





Absolique Hair Health Clinic Easter Trading Hours

Thursday 24th March – 10am to 6pm
 Good Friday 25th March - Closed
 Easter Saturday 26th March - Closed
 Easter Sunday 27th March – Closed
 Easter Monday 28th March - Closed
 Tuesday 29th March - 10am to 5pm

Please be sure to get any orders in by 5pm Wednesday 23rd March. Happy and sad... Tessa is in her last trimester of pregnancy, is absolutely glowing and doing very well, but is time to rest up a bit before the birth of her baby boy.

Thursday 24th March will be her last day as she prepares for the exciting arrival. Absolique Team and clients wish Tessa and partner John very well and will be sure to keep you all updated.

If you have not already met Danielle, I'm sure you will welcome her onboard at Absolique, we are enjoying her interest and input and she is happy to help you anyway she can. There will also be a new face around to help Danielle, we will do the formal introductions once a final decision has been made.

We are here to support you through your hair health journey so please feel free to email reception on reception@absolique.com.au or call the clinic on 07 3229 3242. Please leave a voice message if we don't answer as things can get crazy on the phones sometimes. We always get back to you! To email Trichologist direct info@absolique.com.au

Team Absolique wish you the Happy Easter and safe holidays and go easy on the chocolate :o)

Yours in Healthy Hair,
 Carolyn Evans Trichologist and Team Absolique

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