



Welcome to Absolique's newsletter, for Spring/September 2018. We are very excited to share our new location for Absolique with you! With so many extra services and brands being offered to our clients we could not be happier. We have been a busy team getting ready for the move and sourcing products that are safe and pass the Absolique philosophy we uphold here and of course helping with hair loss, hair thinning and scalp concerns.

We hope you find some information in the articles listed below in this season's newsletter and if there are any subject you would like us to cover in future editions, please let us know. Happy reading!

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We Have Moved

New Absolique Hair Health Clinic Brisbane Suite 5/71 Bradley Street, Spring Hill, Brisbane, Queensland 4000. Phone number remains the same 07 3229 3242 as well as our emails, reception@absolique.com.au for appointments and product orders, info@absolique.com.au to Trichologist Carolyn.

We are happy to announce our relocation of New Absolique Hair Health Clinic to our new purpose designed, private Hair Health Clinic now providing new Total Hair and Scalp Care Services. We will continue to offer our exclusive Trichology Consultations, Microscopic Diagnosis and Microscopic Tracking Scope Sessions. The new Total Hair and Scalp Care Clinic Brisbane will now be able to offer new services and complete hair and scalp care. New services will include traditional yet safe hairdressing services available in a confidential private environment exclusively for the use by Absolique Hair Health clients with hair loss, hair thinning and scalp concerns.

Absolique founder, director and Trichologist Carolyn Evans-Frost has been in the hair industry for over 30 years. Varied levels within this industry have proved that a holistic approach to hair health, hair loss, hair thinning, and scalp conditions is required. Absolique has been offering consultation and microscopic diagnosis services for 10 years now and are hearing from our clients and followers, the need for a safe place to go for all hair and scalp concerns. We have listened and are proud to present our New Absolique Hair Health Clinic and Total Hair and Scalp Care Clinic.

New Absolique Hair Health Clinic Brisbane - Total Hair and Scalp Care:

- Open 10am Tuesday 4th September 2018
- Open hours will remain the same
- Suite 5/71 Bradley Street, Spring Hill, Brisbane, Queensland 4000
- Phone number remains the same 07 3229 3242 as well as our emails
- Purpose built for privacy
- Exclusive use for Absolique clients
- Better parking and public transport options

Absolique Hair Health Clinic would like to assure you that our new services are only for clients with hair health and scalp concerns. Our new Total Hair Health and Scalp services are only offered to Absolique existing and new clients who have or are willing to undertake microscopic diagnosis. Having the microscopic diagnosis is what will set us apart because we will have the knowledge of your individual hair or scalp concerns to offer only safe services. We will not be open to the public for hairdressing services.

This is an exciting new venture here at Absolique Hair Health Clinic Brisbane, years in the making and months in the planning. We welcome you to check out our New Clinic online, as services are by appointment only to respect all our client's privacy. If you have any questions about our new services and would like more information, please call reception at 07 3229 3242 to book a **complimentary 15 minute in clinic or phone consultation** to see how our new services could help you in your hair loss, hair thinning or scalp condition journey.

**We Have
Moved!**

Please watch your emails for new location details, opening date and hours. There will also be new parking and public transport information to come soon. For our treasured existing clients who like to drop in and say hello to pick up product, we will need to know a little more in advance because we are changing our stock storage system. We request you call or email ahead to place your order, we will be sure to have it ready for you in reception when you arrive to pick up. Looking forward to seeing you in our New Clinic and helping you along your personal hair health and scalp journey.

New Total Hair and Scalp Care Services

Absolique Hair Health Clinic New Total Hair and Scalp Care Services are designed for you, our clients and those we are yet to meet and help with their hair loss, hair thinning and scalp concerns.

Absolique Trichologist has taken knowledge from 30 plus years in the hair industry including hairdressing, trichology, hair replacement, hair extensions, hair loss treatments and scalp care.

We have combined all this experience and knowledge with our current team at Absolique whom are all passionate hairdressers, to offer you the best and safest hair and scalp advice, service and treatment, along with an individual microscopic picture of your hair and scalp concerns.

Absolique Hair Health Clinic – New Total Hair and Scalp Care Services:

- Safe Hairdressing services targeted to help you through hair loss, hair thinning and scalp concerns
- Safe Hair Colouring services designed to suit your individual hair strand structure
- Hair Repair services to assist you managing hair breakage and enhance hair condition while we work on the main cause, hair cell breakdown
- Hair Enhancement services (safe hair extensions) to help you look and feel good as your new hair grows to your desired length
- Hair Replacement services to help you feel good when we may be dealing with patchy hair loss and hair thinning
- Laser hair loss treatment service - safe, effective, affordable and adds energy to your other efforts toward hair loss treatments, is not a standalone hair loss treatment

The new services are designed to suit any needs you may have with how you manage your hair at the beginning of hair loss treatment and through your hair regrowth journey. There are also very specific new scalp treatment services which we are very excited to offer as it will deliver a better and quicker relief from many scalp conditions that have been difficult to help in our past office environment.

Our new services are aligned with a new retail hair care range and professional hair colour and hair repair services. We have chosen the company OWAY to provide us with these products because they meet our philosophy and standards of holistic and safe. I would go so far as to say OWAY lead the way in sustainable innovation and Absolique are more than happy to be aligned with them and follow their lead.



The most important things for us is product and service care and safety. Care for your hair will only be by qualified Absolique hairdressers that understand your individual hair concerns and how hair loss can trigger hair anxiety at every brush stroke. We get it, we understand and can help you feel good about your hair while we work with you to address the symptoms and causes alike.

To form a hair plan unique to you, we will be offering **complimentary 15 minute in clinic or phone consultation**, so you are 100% confident with the service you will receive when you come in for your hair appointment. Consultations and hair rebuilding services cannot be performed on the same day due to our private clinic environment. Bookings are essential.

New Hairdressing Services

When experiencing Hair Loss, Hair Thinning and Scalp Conditions, a trip to the hairdresser can be a terrifying ordeal. The thought of even a hair wash can trigger hair anxiety let alone the thought of harmful ingredients, the rough hair wash and massage, how many times the comb passes though the hair, not to mention sitting in an open room with wet hair when things look at their worst! The shame of scalp conditions is also very upsetting and does not need to be. In a safe and private environment where this is only what we do and are here to help in every way we can.

Because we will understand all your concerns from our consultation and microscopic snapshot, we can help you to achieve a comfortable and empowering service leaving all the fears behind with only a positive feeling that will stay with you even when you leave our clinic. It is so important to feel good about your hair when confronting hair loss, hair thinning and scalp conditions. Not knowing what is wrong, or where to go for help can lead to avoidance behaviour, it is human nature, but it can make things much worse.

New Hairdressing and Hair Repair Services:

- A trip to the hairdresser can be a terrifying ordeal
- Absolique hairdressers understand all your concerns
- No hairdressing hair anxiety
- Private Clinic exclusively for Absolique clients
- Important to feel good about your hair when confronting hair loss, hair thinning and scalp conditions

Our new hairdressing services will include hair cutting to address your concerns always suggesting the best way to style and manage your hair. It will be precision cutting as we understand how every strand of hair is so important during and after hair loss. We will show you how to make the most of your hair and share our secrets for more volume and thicker looking hair. Hair cutting can be tricky around scalp conditions, so we can help to safely style the hair understanding where we need to be careful, gentle and disguising the problem while we address it.



The better you feel about how your hair looks while addressing the real symptoms and causes is powerful to progress beyond the problems. Our new hairdressing services will offer you the best hair advice, so you can confidently and comfortably manage your hair at home to look and feel good every day. It can also be tricky to manage your hair as you recover from hair loss and hair thinning because of the different hair textures once we have the hair regrowing again. We get the new good hair growth at the roots but are still left with the thinning ends, a plan can be provided to gradually balance this out without the need for drastic and super short haircuts.

To form a hair plan unique to you, we will be offering **complimentary 15 minute in clinic or phone consultation**, so you are 100% confident with the service you will receive when you come in for your hair appointment. If you are currently undertaking any of Absolique Hair Loss Treatment or Scalp Treatment, we can also incorporate your treatment into your hair service. Please call our reception team on 07 3229 3242 to ask any questions or to book your complimentary consultation to discuss your hair dreams. Consultations and hair rebuilding services cannot be performed on the same day due to our private clinic environment. Bookings are essential.

New Hair Rebuilding Services



When experiencing and recovering from hair loss, hair thinning and scalp conditions, it can uncover poor hair growth, changes to hair texture, hair breakage, dry frizzy hair, hair colour fading and hard to manage hair. Absolique feel it is important for you to have an option to help rebuild the existing hair while we work on the hair regrowth.

Introducing OWAY hair rebuilding and reconstruction for damaged, weak and brittle hair. OWAY hair rebuilding is the method that rebuilds hair that is damaged due to poor hair structure, repeated chemical treatments, mechanical stresses, environmental aggressions and thermal instruments. The hair is dull, has rough and porous structures, reduced duration of colour retention and lack of essential elasticity. At this level of hair damage, it is not enough to act just on the surface of the hair; the action must be combined with professional treatments that can restore the hair substance.

OWAY Hair Rebuilding:

- With friendly ingredients
- Without unfriendly ingredients
- Rebuilding is the method to rebuild damaged hair that has lost its constituents
- A rebuilding method that acts on all the needs of damaged hair
- Offers eight benefits

The constituents of hair are proteins, oligoelements, water and lipid reserves. OWAY rebuilding is one system with eight hair benefits including; Shine, elasticity, hydration, remineralisation, body and structure, cuticle repair, strength and resistance to breakage. OWAY hair rebuilding hair fibre repair cycle looks like this; Professional diagnosis of the hair and creation of a customised path, intensive treatment mixing rebuilding serum with hyalominerals and/or ceramides and infrared hair remedy, special cleansing and conditioning and guidance on products for maintenance at home.

OWAY rebuilding can offer regenerated, softer, more flexible and more resistant hair. All these hair benefits will enhance any hair type especially recovering from hair growth problems. Oway rebuilding system is not a one-off miracle treatment and may need a customised rebuilding package delivered over 4-6 weeks along with a homecare rebuilding kit to maximise results. **Complimentary 15 minute consultations in clinic or phone** are available to provide you with the best hair rebuilding package for your individual needs. Call our reception team with any questions and for bookings 07 3229 3242. Consultations and hair rebuilding services cannot be performed on the same day due to our private clinic environment. Bookings are essential.

New Colour Infusion and Hair Replumping with OWAY Hnector



Hair colouring can be a necessary evil. When the hair growth is compromised by hair loss, hair thinning and scalp conditions, it can be very confusing to know what the right thing is to do for your hair and health. We have carefully chosen OWAY Hnector because it is free from ammonia, PPD, resorcinol, alcohol and mineral oil along with safe colour infusion and hair replumping.

OWAY “We have chosen the purest ingredients in nature to revolutionize the concept of colouring and deliver a completely new, essential, regenerating treatment”. Hnector is the first colour infusion with integrated hair replumping

New Colour Infusion and Hair Replumping with OWAY Hnector:

- With vegetable nectars to replump and lift the hair, biodynamic and organic ingredients from plants grown according to the cleanest techniques, proteins to rebuild and give substance to the hair, fair trade active ingredients to support sustainable development projects that promote the economy of local communities, ecological packaging 100% recyclable glass
- Without ammonia which eliminates any unpleasant smell protecting hair stylist and customers and air quality, p-aminophenylendiamine which reduces the risk of contact allergies, resorcinol which reduces sensitization risks, mineral oils (paraffins and vaselines) for a milder and more natural hair colouring treatment, alcohol to respect hair and scalp, fragrance for an even more delicate treatment

Hnector colour infusion and hair replumping is suitable for customers preferring delicate colour infusions with extremely natural results compared to conventional hair dyes. For customers with delicate and sensitive scalp, treated, fragile and fine hair. For those who are attentive to the “without” approach and expect a clean and safe colour treatment service. Also for those looking to moisturize, elasticise and brighten hair faded from poor hair growth and sun exposure, and to tone enhance and replump hair stressed and damaged from repeated lightening.



This 2 in 1 service is refined hair colouring and rejuvenation of the hair's structure. Absolique are super excited to introduce Hnectar and the benefits of sublimating hair colouring. Our focus is on safe hair colouring for your hair and scalp and understanding there are hair growth problems to be aware of. Understanding the structure of your hair growth and any inconsistencies may limit the colour selection to more natural shades to achieve colour balancing. When undertaking Absolique Hair Loss Treatments, we won't be aiming for 100% grey hair coverage because it may result in substantial visual hair regrowth problems which can enhance the appearance of hair loss and hair thinning concerns, we will offer the best advice to deliver a result that is safe for your hair and scalp and achievable for your hair structure, no matter what stage of hair loss treatment you may be at currently.

Absolique Trichologist and our team of hairdressers will guide you through your options to see if you will be as happy with Hnectar colour results as we are. Recent microscopic diagnosis or scope session is required to use our new colour service, so we can be 100% honest about the results you can achieve and as always, safety is our number one priority when it comes to your hair. To form a hair plan unique to you, we will be offering **complimentary 15 minute in clinic or phone consultation**, so you are 100% confident with the service you will receive when you come in for your hair appointment. Consultations and services cannot be performed on the same day due to our private clinic environment. Bookings are essential.

New Hair Care Range by OWAY



Absolique are excited to introduce a New Hair Care Range by OWAY. For those who know us, our focus has always been the scalp to get to the target site with hair loss, hair thinning and scalp condition treatments. We have always considered the hair of course but left hair care in the hands of your hair professional. Now as a Total Hair and Scalp Care Clinic with the amazing total hair care range by

OWAY, we can prescribe your total hair and scalp care for the best results and to complement our new hairdressing services, hair rebuilding system, colour infusion and Hair Replumping with Hnectar.

OWAY believe that using ingredients which are healthier, more natural, rich in active ingredients and free from chemical treatments is healthy for our bodies and increases our well-being and quality of life. Absolique believe in the same philosophy which is the driving force behind all our products and services.

New Hair Care Range by OWAY:

- The highest quality formulas
- Very pure essential oils, essential oils are the 'heart' of a plant, the most vital part that is rich in active ingredients
- Butters and emollients of vegetable origin that are the key both to effective cosmetic treatments and to guarantee nourishment and protection to the hair
- Blends of phyto-proteins plump up the hair fibre, improving its structure with each application
- Natural boosters add shine, protect and make hair healthy over time
- 100% Biodynamic plants grown, extracted and micronized at Ortofficina, to guarantee utmost concentration of active principles for the most common hair and scalp imbalances and problems

OWAY have eliminated SLS/SLES, parabens, PEGS/PPGS/BGS, mineral oils, artificial colourants and synthetic fragrances from all their formulas. OWAY believe that every humble ingredient can make a big difference. For this reason, in OWAY products they choose to use plants originating from ethically managed crops, produced by 486 communities in the Brazilian Amazon and by Australian Aboriginal populations and populations from Indochina and Africa. OWAY hair care is sublime, multisensorial synergies based on biodynamic, organic, botanical and ethical active principles.

//PROFESSIONAL HAIR COLOUR, HAIR CARE & TREATMENTS WITH ORGANIC AND BIODYNAMIC INGREDIENTS BY OWAY // IF YOU BELIEVE THAT OUR WONDERFUL PLANET DESERVES TO BE SAVED AND RESPECTED AND YOU CHOOSE TO REDUCE YOUR IMPACT BY MAKING RESPONSIBLE PURCHASES // IF YOU WANT TO DETOXYFY YOURSELF FROM CHEMICAL AGENTS FULL OF AGGRESSIVE, TOXIC SUBSTANCES BY CHOOSING PRODUCTS RICH IN ORGANIC, BIODYNAMIC INGREDIENTS // IF YOU WANT TO BE SEDUCED BY SUBLIME BLENDS OF ESSENTIAL OILS, PHYTO-PROTEINS AND NOURISHING BUTTERS // IF YOU PREFER GLASS, PRECIOUS, PURE, INFINITELY REUSABLE AND RECYCLABLE OVER POLLUTING, DISPOSABLE PLASTIC // IF YOU ARE LOOKING FOR A BRAND WITH A HUMAN FACE THAT PURCHASES OVER FAIR TRADE NETWORKS AND DEVELOPS ECO-SUSTAINABLE PROJECTS // IF WHAT YOU'RE LOOKING FOR IS QUALITY, CONSISTENCY, TRANSPARENCY AND ENTHUSIASM, WELCOME TO THE WORLD OF ORGANIC WAY SUSTAINABLE LUXURY.

New Absolique Scalp Treatment Services



As Absolique Trichologist I am so excited to be moving into our new premises and have access to our new hair clinic with basins, so we can offer hands on scalp treatment services. When you are first diagnosed with a scalp condition and have seen it firsthand under our 60x magnification microscope, the initial reaction is to start treatment right away. We will now be able to offer this service to begin stabilising your scalp in clinic and then offer home treatment recommendations.

Once the scalp condition is diagnosed we can offer a treatment plan and create the base of scalp cleansing in clinic, depending on the diagnosis. Hand on initial treatment by hair specialists to help you deal with the first step in scalp treatment can deliver instant relief and confidence to perform the scalp treatment at home as recommended. Some scalp conditions may require consecutive in clinic visits to get things under control. We will always advise the best options to suit your individual needs.

New Absolique Scalp Treatment Services:

- New hands on scalp treatment services
- First step in scalp treatment can deliver instant relief
- Confidence to perform the scalp treatment at home
- May require consecutive in clinic visits to get things under control

Absolique are always researching and developing products and services to help our clients in need. Our main driver for product development is when we find there is nothing available to deliver our intended result. One of the missing elements we have continued to find is a safe scalp exfoliant. Our Scalp Brush Therapy and Absolique Scalp Cleanser are a good general formula; however, it does not suit all scalp conditions. Sometimes we need to be more specific to safely exfoliate the scalp in preparation for further scalp condition treatment and commonly to prepare the scalp for safe hair loss treatment.

Absolique to the rescue, we have developed our very own purpose developed Scalp Scrub which will dissolve stubborn scalp scale without the need for harsh rubbing or any harmful ingredients. It can be used as a scalp soak because of its gel base, so it won't feel rough on or scratch the scalp as is not like a typical scrub. We will use our new scalp scrub as the initial scalp treatment to teach you how to use it and create a safe base along with homecare recommendations. Testing and trialling were completed early 2018 with significant and impressive results to move forward to manufacture requirements and hope to have this exciting new scalp scrub available to coincide with our new Absolique Hair Health Clinic and Total Hair and Scalp Care Services.

To end on an exciting note, OWAY have a range of scalp products that we will be trialling, and let you know our thoughts and hope to have many more individualised options available for all stubborn scalp conditions soon.

New Hair Additions and Hair Replacement Services

As Absolique Trichologist it brings me great pleasure to be able to offer the specialist services in the field of Hair Additions and Hair Replacement. I have worked in these hair specialist fields for many years over my career and know they will be an appreciated addition to our New Total Hair and Scalp Services Clinic.

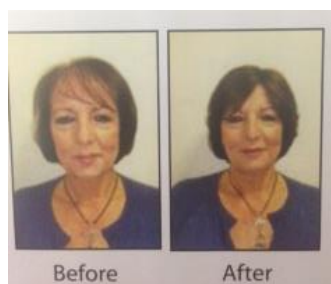
These specialist services are suited when the existing hair needs to be filled out, filled in or coverage of a thinning hair area or a bald patch. Most of the products in this range are for short term use and work with our holistic hair loss treatments. In some cases, we may need to use these specialist services as a long-term solution when the hair follicle has been permanently damaged.

New Hair Additions and Hair Replacement Services:

- Customised hair additions to add volume and fill out thin hair lengths
- Tailored hair additions to disguise patches
- Halo hair fillers
- Top of head hair replacement solutions
- Clip in fringe hair replacement solutions
- Full head wigs

Hair additions and hair replacement service must be individualised to suit the needs of the customer. 100% human hair is used for most hair additions and hair replacements, with kanekalon hair fibre commonly used for clip in fringes, full head wigs and colour mixing and matching of top of head hair replacement solutions.

To form a hair plan unique to you, we will be offering **complimentary 15 minute in clinic or phone consultation**, so you are 100% confident with the service you will receive when you come in for your hair appointment. Consultations and services cannot be performed on the same day due to our private clinic environment and ordering of the suitable hair addition or hair replacement system for you. Bookings are essential.



Women's Hair Loss Treatment Story



Here is a sad hair story with a happy ending. This Women's Hair Loss Treatment Story had been going on for 18 years without correct diagnosis or correctional hair loss treatment. Consultation uncovered many health concerns, medications, surgery and childbirth, that all played their role in the current hair concerns of hair breakage, thin hair on top and thin hair over whole head.

I recall tears in my office on consultation day as it can be so overwhelming to see there is help for you and many Women's Hair Loss Treatments options. Hair loss, hair thinning and hair breakage can make women feel self-conscious, sad, depressed and the feeling of lost youth as I hear in my private consultation room frequently.

Women's Hair Loss Treatment Story:

- 18 years without correct diagnosis or correctional hair loss treatment
- Health concerns, medications, surgery and childbirth
- Hair breakage, thin hair on top and thin hair over whole head
- Hair loss, hair thinning and hair breakage can make women feel self-conscious, sad and depressed



These feelings have nothing to do with vanity. The changes in hair are a sign there is something wrong within, but it is not necessarily a medical or life-threatening problem to get the attention of your doctor or specialist. Hair loss and hair thinning are not a result of aging alone and never should be considered or accepted as the cause.

Absolique Hair Health Clinic Women's Hair Loss Treatment was suggested after microscopic diagnosis uncovered 90% of the hair was not growing normally and were damaged diffusely all over the scalp. Female pattern thinning was also present increasing the appearance of thin hair on the top. Here it is essential to get a correct diagnosis as many women make the mistake of only focus on the obvious thin top area without understanding it is the diffuse and underlying hair cellular problem that is driving the pattern thinning. We commonly find there is a main concern and a secondary problem. If you chose the wrong Women's Hair Loss Treatment, you could make things worse.

Women's Hair Loss Treatment included topical home care which involves teaching you how to turn your hair washing routine into a beneficial and safe hair loss treatment. We targeted both the diffuse hair thinning all over the head and the pattern hair thinning at the top. Also required was nutritional therapy to enable cellular correction for normal hair growth and to address low nutritional status, which does affect the health of hair growth. Hope you enjoyed this Women's Hair Loss Treatment Story, the before and after pictures and the lesson that it is never too late to seek help for your hair loss concerns with Absolique Hair Health Clinic Trichologist.

Men's Hair Thinning Treatment Story



This is a progressive story where the initial treatment chosen was basic topical to assist in stabilising the hair loss and pattern hair thinning. We share this Men's Hair Thinning Treatment Story to demonstrate how you can start with a very simple, affordable hair loss treatment that is simply incorporated in your existing hair washing regime and make a difference.

We check in every four months to see how you are progressing, and in this case, it was decided results from simple treatment were impressive enough to move to the next step of achieving some hair regrowth. Blood tests were checked as some deficiency of Vitamin B12 and Vitamin D were noted by GP.

Men's Hair Thinning Treatment Story:

- Started with basic topical to stabilise hair loss and pattern hair thinning
- Check in every four months to see how you are progressing
- Moved to the next step of achieving some hair regrowth
- Deficiency of Vitamin B12 and Vitamin D noted by GP
- Added nutritional therapy to support hair growth and deficiencies
- Drop down to basic nutritional therapy to support health and hair growth



Absolique Hair Health Clinic Trichologist is completely open and honest when helping you to understand your varied treatment choices following correct diagnosis. In most cases simply understanding your individual causes and that it is not all about pattern hair thinning (DHT) alone. To show you positive results from simple measures in the first four months encourages many to move on with additional hair thinning treatment.

Progressively (4 monthly in the first 12 months) we track your results with our unique Scope Sessions to be sure your individual treatment is delivering the desired result. Initial nutritional therapy was added in the first four months of treatment because of deficiencies, skin and scalp concerns, past use of antibiotics for recurring illness, broken sleep and the noted hair loss in the hair cycle terminal area of the scalp.

The key information here is correct diagnosis, one can go to google and find a general discussion about male pattern thinning and think that is what is happening, but in many cases, especially with men, it is diffuse hair loss. Men don't tend to notice this so much because of the short hairstyle nature. Hair loss and pattern hair thinning are two completely different things, don't make the mistake and treat the most obvious pattern hair thinning at the recessions, front, top and crown areas on the scalp. For more information about Men's Hair Thinning Treatment, please reach out to us at Absolique Hair Health Clinic

Recipe – Spiced Cauliflower ‘Couscous’



As Absolique Hair Health Clinic Trichologist, I practise what I preach and understand how it can be difficult to make dietary changes especially when you are preparing food for family. My goal is to help you see alternatives for yourself and your family for better health whilst maintaining the traditional family meal, making it more nutritious and avoiding the inflammatory and indigestible gluten found in wheat and many other grains.

The good old-fashioned vegetable cauliflower can be used in many ways to replicate rice, wheat and grains to deliver delicious and nutritious meal options that may not even be noticed by the biggest critics because it is so yummy. I have used cauliflower rice as a base for many curry dishes and love this couscous recipe.

Recipe – Spiced Cauliflower ‘Couscous’:

- 1 cauliflower, cut into florets
- 2 tbs olive oil
- 3 spring onions, chopped
- 1 garlic clove, crushed
- 2 tsp ground turmeric
- 2 tsp ground coriander
- 1 lemon, zest finely grated and juiced
- 1/2 cup chopped natural almonds
- 1/3 bunch mint, leaves picked

Place cauliflower florets into a food processor, pulse in short bursts until finely chopped. Set aside. Heat oil in a safe pan over medium heat. Add spring onion, garlic and spices and cook for 1 minute, stirring, until fragrant. Add chopped cauliflower and cook for 3 minutes, stirring, until just tender. Season to taste. Remove from heat and transfer to a bowl, cool for 10 minutes. Stir through lemon zest and juice. Top with almonds and mint.

Play around with the recipe and make sure the cauliflower is rinsed and completely dry before placing in food processor for best results. Buy organic where possible. With cauliflower rice and zucchini spaghetti, there is no recipe you cannot replicate to suit any family or traditional palate. Nutrition through food and supplements play a big part in hair loss treatments success. Avoiding gluten reduces inflammation and malabsorption even if you are not officially gluten intolerant or celiac.

<https://www.woolworths.com.au/shop/recipeDetail/7649/spiced-cauliflower-couscous->

Introducing Arbonne – Pure, Safe, Beneficial

At Absolique Hair Health Clinic we are always looking for way to fulfil individual needs. When we need to recommend nutritional therapy and safe personal care products, it is important the products suggested are safe, trusted and tested and suit your personal requirements including lifestyle choices.

As Absolique Trichologist I have been using some of Arbonne's selected skin treatments for one year now, which began during pre-wedding skin preparation, as any bride to be would understand, and the search for a safe, natural, toxin free make-up range with a qualified make-up artist for the special day. I am hooked on selected specialty treatments that are unique to Arbonne and have also uncovered some select nutritional supplements that fill gaps in my current nutritional therapy options when it comes to the consideration of vegan and gluten free options.

Arbonne – Pure, Safe, Beneficial

- Combines the best of science, nature and new technology
- Plant based, botanically inspired, effective formulas
- Highest quality ingredients from around the world
- Clinically and third party tested
- Never tested on animals and vegan friendly

Arbonne does not replace our trusted Modere range of nutritional therapy products. It simply offers alternatives specifically for a gluten free green drink, vegan essential fatty acids and a new mind health product for nervous system and stress support. Just like Modere, Arbonne have a large range of products, but we are selective to only use the essentials to fit in with your individual nutritional therapy requirements.

Another reason we chose Arbonne is that they have a similar system to Modere where we can set you up with a membership as a preferred client along with your ID number to purchase product online directly cutting out the middle man and avoiding high retail prices. Please let us know if you are interested in any of these new products. We do not recommend changing any of your current nutritional therapy without consulting with Absolique to make sure your supplements remain in balance.

[Click here to go to Arbonne Nutrition](#)

<http://www.arbonne.com/PWS/homeoffice/store/AMAU/catalog/CategoryInfo.aspx?cid=620&sort=Name&itemsperpage=24&view=List¤tpage=0>



Team News

Whilst we have been planning, packing and moving, team members Shea and Klairissa are nearing their 6-month mark here at Absolique and are settling in to their new roles, hopefully you have met them by email, phone or in clinic. Tessa has also been back for 8 months, has just celebrated a birthday and continues to support the team two days a week when not at home with her toddler.

Absolique Trichologist Carolyn and husband Daniel have just celebrated their first wedding anniversary, the past year has gone so fast with all the planning of our new clinic and are feel like they are still honeymooners.

Focus over the past month has been on a smooth transition into our new clinic and exciting new services and we can't wait to share with you and hope to see you soon and proudly show you through our new Absolique home.

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 on (07) 3229 3242. If we do miss your call, please leave us a voice message as things can sometimes get little crazy on the phones. We will always aim to get back to you as soon as we can. Or you can email Trichologist directly at info@absolique.com.au.

Don't forget if you can't visit us at our Brisbane clinic, Absolique does travel to North Sydney. We do also offer Skype, phone and email microscopic diagnosis and consultation services.

Web Site: Absolique Hair Health Clinic.

Brisbane Clinic Hours:

Tuesday:	10am – 5pm
Wednesday:	10am – 6pm
Thursday:	10am – 6pm
Friday:	10am – 6pm
Saturday:	10am – 2pm
Sunday & Monday:	C L O S E D

This is the frontage of our new location at Suite 5/71 Bradley Street, Spring Hill, Brisbane, QLD 4000.

