



Welcome to Absolique Hair Health Clinic March, Autumn 2020 Newsletter. It's hard to believe it is March already with a busy and productive start to the year for us all. Absolique Trichologist held the very first Healthiest Hair Seminar in February, which was a success and is now available to view online. You can read about that and some interesting work we have been doing with hair additions for hair volume, hair breakage treatments and scalp treatments plus much more in this edition.

1. Welcome
2. Healthiest Hair Seminar Recording – Now Online
3. Absolique eBooks
4. Hair Additions for Hair Volume Before and After
5. Hair Breakage Treatment – Before and After
6. Female Hair Loss Treatment Story
7. Male Hair Loss Treatment Story
8. Scalp Treatments
9. Product Review – Oceans Alive
10. Recipe – Mexican Baked Eggs
11. Postage and Parcel Lockers
12. Team News

We hope you find some helpful information in the articles 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!



Healthiest Hair Seminar Recording – Now Online



A big thank you for those who attended our first in-clinic seminar and to all of you who showed interest in viewing Absolique Trichologist seminar online. We have recorded the event and now have a link to the YouTube Video here: [Healthiest Hair Seminar 2020](#). We have used a microphone on the recording device, but you may need to raise the volume on the video or on your device to hear Absolique Trichologist clearly.

The seminar covered many topics and we moved through them quickly to cover as much information as possible. If you do have further questions that are not covered in the seminar,

consider booking an appointment with Absolique Trichologist or use our free 15 minute phone appointment service to discuss how we could help you with your hair or scalp concerns.

Healthiest Hair Seminar Recording – Now Online:

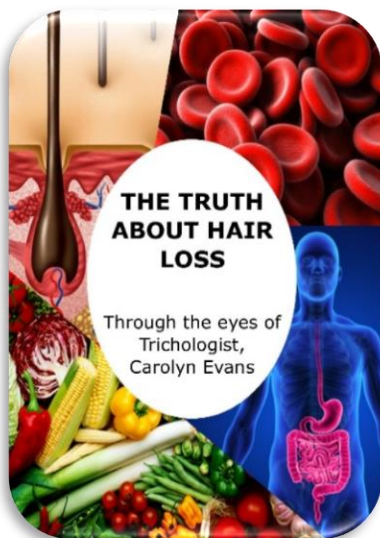
- Started talking about hair loss
- Covered diffuse hair thinning and pattern hair thinning
- Autoimmune and alopecia
- Scalp conditions
- How hair is connected to health and much more

Absolique seminar was a brief discussion about many things related to hair and scalp health including the hair cell and hair cycle, scalp health, hair loss, hair thinning and the different types, autoimmune alopecia hair loss, scalp conditions, health and hair, hormones and hair, nutrition for hair and scalp health, nutritional deficiencies, body pH for absorption and the most important message, correct diagnosis is the key to recovery, hair and scalp health.

For more in depth detail and an individual diagnosis you would need to have a Hair Health and Scalp Check with Absolique Trichologist either at our Brisbane clinic or you can use our online and Skype services all over the world. In clinic Trichologist Brisbane will use a microscope to read how your hair should be genetically growing to uncover where problems may be with hair growth and scalp health.

For interstate and overseas clients, you can purchase your own USB microscope. We have specific instructions on how you can take the required images for diagnosis and you simply label and email them to Absolique Trichologist. This Skype or online service is successful for diagnosis and hair loss treatment options where there is general or diffuse hair loss and patterns of hair thinning. It is not suitable for various types of alopecia and chronic scalp conditions. In these cases, we can help in other ways. Please let Absolique Trichologist know if you would like further seminars online with different topics that are longer than our usual quick videos, email info@absolique.com.au.

Absolique eBooks – More Information

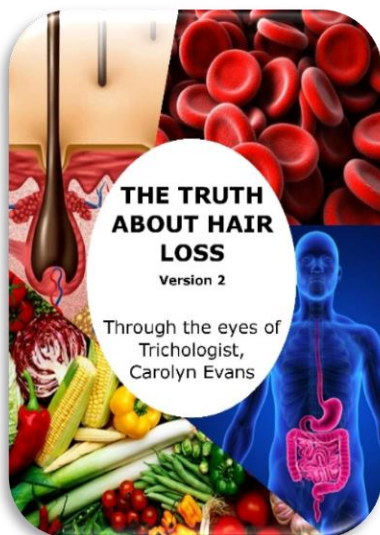


Supporting our Healthiest Hair Seminar are Absolique eBooks. They were written by Absolique Trichologist to help you understand more about the different types of hair loss, hair thinning, autoimmune alopecia and scalp conditions. Absolique Trichologist eBook 1 is a basic introduction into how hair relates to health.

Hair is connected to health, hormones, nutrition and deficiencies. All of this is discussed in general terms so you can start to understand the interlinking connections. This is very important to help address the various problems of hair loss, hair thinning, autoimmune conditions and scalp conditions, as you cannot help these various and commonly combined issues working from the top alone. Internal health problems and body imbalance are usually the underlying cause and need to be uncovered and addressed for successful hair loss treatment.

Absolique eBooks – More Information:

- Free eBook 1 and 2
- Understand the different types of hair loss, hair thinning, alopecia and scalp conditions
- Hair is connected to health, hormones, nutrition and deficiencies
- Internal health problems and body imbalance are usually the underlying cause



Absolique eBook 2 goes more in depth about the above topics adding another layer to help your further understanding to identify and address underlying causes. Experiencing hair loss, hair thinning, and scalp conditions has many levels and Trichologist Brisbane at Absolique would always start with a correct diagnosis to make sure you are addressing the right problem and in the right order.

Many over the counter and online hair loss solutions fail to identify your individual concerns and causes. They can also cause more hair loss as they do not understand your individual hair cycle, hair cell function and genetic hair type. All this needs to be individually understood to offer a successful hair loss treatment and address all underlying causes.

Knowledge is the power to learn how to help yourself.

Absolique eBooks are to help you understand more about how health is connected to hair and scalp health. Body pH is a big clue into how you are absorbing as you are not what you eat, but what you absorb. If you would like a copy of either eBook 1 or eBook 2, please email Absolique Trichologist with your request at info@absolique.com.au and feel free to provide feedback or ask questions once you have read them. Happy reading and yours in healthy hair and scalp health.

Hair Additions for Hair Volume



When embarking on hair loss treatments most people have generally lost a substantial volume of hair. In most cases, women have lost up to 50% of the hair volume diffusely all over the head because of the hair loss and hair thinning. With longer hair this can result in wispy or thin ends making the hair difficult to maintain in a reasonable hair style.

Hair loss treatments start working on the newly growing hair at a cellular level and cannot improve or fix the mid lengths and ends of the hair as is cellularly dead. Hair loss treatments will improve

hair at scalp level which then has to grow to become mid-lengths and ends. For women with longer hair this relatively slow process can affect confidence and self-esteem.

Hair Additions for Hair Volume:

- Improve confidence and self-esteem during hair loss treatments
- Help to balance out the thin mid-length and ends
- Absolique Trichologist has developed a safe method
- Fill in gaps left from hair loss and hair thinning on lengths of hair

Hair additions for hair volume can help to balance out the thin mid-lengths and ends during this time to safely assist with hair styling and self-image. Absolique Trichologist has developed a safe method to use hair extensions for hair additions for hair volume. It is imperative we do not do any further damage to the hair, so this safe system can be used during hair loss treatments without causing any breakage to hair commonly associated with hair extensions.



The goal with hair additions for hair volume is to fill in the gaps left from the hair loss or hair thinning, we do not aim to add length as this can put the hair weight ratio out of balance and cause hair breakage. Absolique Trichologist safe hair additions for hair volume can be colour matched to most hair colours to achieve a natural result. The hair is slightly wavy and can be straightened but do not come in different curl types, so they are not suitable for curly hair as it is nearly impossible to match the curl to your own hair type.

Absolique Trichologist hair additions for hair extensions are affordable with average cost \$375 for 5 hair additions which has created the look in our before and after images in this article. The hair is reusable lasting on average 12 months, but the hair additions must be removed, cleaned and reapplied every 6 weeks costing \$360 maximum taking approximately 3 hours. We split removal and reapplication of hair additions into two-day appointments, to allow for you apply your hair loss treatment in between. You can, however, do your home hair loss treatment with hair additions in. For more information please contact Absolique and request a free 15 minute in-clinic (Brisbane only) visit so Trichologist can assess if hair additions for hair volume will work for you

Hair Breakage Treatment Check



Hair breakage can occur for many reasons and can cause uneven hair lengths, split ends, dry hair, frizzy hair, and hair that tangles and knots easily and becomes difficult to manage. Some of the causes of hair breakage are hair growth problems where hair structure has been compromised, hair colouring, hair straightening and relaxing, and hair styling techniques or a combination of causes.

Traditional hair treatments aim to strengthen or soften the hair at the cuticle level but generally fail to rebuild the hair inner layers to stop the hair breakage. Absolique Hair Health Clinic have tried and tested Oway Hair Rebuilding hair breakage treatment and are very impressed with the results improving hair elasticity (ability for hair to stretch and return) and porosity (porous hair lacks moisture and a cuticle) with visual and structural improvement.

Hair Breakage Treatment:

- Traditional hair treatments only work at cuticle level
- Oway Hair Rebuilding improves hair elasticity and porosity
- Prescriptive hair breakage treatment starts with individual hair analysis
- Hair breakage treatment is infused into hair with heat free infrared technology

Oway Hair Rebuilding hair breakage treatment begins with diagnosis of the hair and causes of the hair breakage. Once identified, the hair breakage treatment is chosen from four possibilities to begin rebuilding the hair with hyalominerals for moisture and ceramides F for protein or a combination in various ratios. This is mixed with a hair rebuilding serum which is then gently applied to the hair strand by strand.



Hair breakage treatment is then infused into the hair with heat free infrared technology. The hair breakage treatment is left to further soak into the hair strands before being rinsed and sealed with prescriptive hair rebuilding hair shampoo and conditioner that are also used at home during the hair rebuilding treatment timeframe.

Oway Hair Rebuilding hair breakage treatment requires minimum four treatments and up to six treatments depending on the hair type and level of hair breakage, once a week. Each treatment takes up to 45 minutes and you leave with clean

dry hair. At the end of week four most hair types require a trim to remove ends that are spit and cannot be rebuilt. Hair breakage treatment packages start from \$360. Contact Absolique Trichologist to see if Oway Hair Rebuilding treatment is suitable for your hair.

Female Hair Loss Treatment Success Story



As with many clients that find their way to Absolique Trichologist, there is a journey of misdiagnosis and incorrect treatment leading to limited results and frustration. General doctors, dermatologists and hair centres only understand and treat one thing, pattern hair thinning. Pattern hair thinning is not actual hair loss but is always grouped into the general term of hair loss and is so misunderstood.

We need to understand here there is no formal training to the medical professional about hair loss, it

is simply treatments recommended by the pharmaceutical companies that may have had a side effect of a drug trial that impacted hair thinning (also classed as hair loss), but they are two very different things. In females, it is far more complex than that and there are many other contributing factors to be considered as well as individual underlying causes that need to be found, understood and addressed.

Female Hair Loss Treatment Success Story:

- Female pattern hair thinning is not hair loss
- Get professional diagnosis from a Trichologist who understands the difference
- Understand and address underlying causes
- Identify if diffuse hair thinning is present

In this case we found both diffuse hair thinning and progressed female pattern hair thinning. Diffuse hair thinning represents hair over the entire head diffusely not growing to the normal genetic hair type. This results from cellular division that has gone wrong at some point in life and can be due to hormones of the endocrine system fluctuating, nutritional highs, lows and deficiency, medication, surgery and childbirth.



Trichology consultation uncovered many underlying causes for the cellular changes that had affected hair growth and resulted in diffuse hair thinning along with medication and hormonal causes contributing to the female pattern hair thinning. Absolique Trichologist always offers various steps to address what is found with microscopic diagnosis. For this success story various steps were chosen in combination therapy, which is always the best in the first four months of hair loss treatment.

Hair growth starts from a cellular level, so the first four months is the hardest as all the work is being performed topically and nutritionally with no visual benefit to the hair until the four-month mark. This is when Absolique Trichologist Brisbane will check in with the microscope and digital photos to start tracking progress. You can see in included comparison images of the results achieved at scalp level which we were all very excited about. We now have a maintenance plan in place along with hair additions for hair volume to be added to balance out the hair mid-lengths and ends as it grows from scalp to desired hair length. Another success story Absolique Trichologist is happy to share.

Male Hair Loss Treatment Success Story



Male, 35, describing hair loss, hair thinning, dry hair, gaps in hair and that hair used to be thicker and have more natural oil. General good health currently but does feel low energy. Blood test results from doctor also confirmed general good health but some high markers to watch and suggested to make some diet adjustments. Consultation uncovered past bone infection, surgery and long duration of antibiotics.

Microscope showed both diffuse hair thinning, male pattern thinning and a scalp condition. The past surgery, infection and antibiotics are the most

obvious cause of the 50% diffuse hair thinning from a dysfunctional cellular level which diffusely effects hair all over the scalp plus progressed male pattern thinning with empty follicles, vellus and transitional hairs.

Male Hair Loss Treatment Success Story:

- Diagnosed both diffuse hair thinning and male pattern thinning
- Topical combination therapy for hair cell, hair cycle and male pattern thinning
- Treatment duration four months
- PRP (platelet rich plasma) treatment to the scalp once a month for the four months

We decided on a hair loss treatment in combination therapy, included topical for the hair cell and hair cycle, target therapy for male pattern thinning, and a nutrition program for cellular correction to obtain normal hair growth of the diffuse thinning hairs. The hair loss treatment time frame is four months to allow for changes at a cellular level to divide and grow into hair at scalp level.



His four-month check-in revealed nutrition was only followed for one month due to unavoidable circumstances, but topical was easy to follow, we added PRP (platelet rich plasma) treatment to the scalp once a month for the four months. Visual and microscopic results are impressive and more than could be achieved without the PRP.

PRP as a stand-alone treatment for hair loss and hair thinning reports to be 'unimpressive', however recent studies have concluded it is

beneficial when applied in combination therapy. As Trichologist at Absolique, I have seen minimal results with PRP alone and find this first four-month result of combination therapy exceeding expectations. In the right environment when addressing underlying causes and in combination therapy, I will be recommending PRP to my clients. Absolique clients can email Trichologist Brisbane at info@absolique.com.au to discuss if PRP could be of benefit to your hair loss treatment.

Absolique Scalp Treatments



Absolique Trichologist is now performing prescriptive scalp treatments in our organic hair salon. When there is scalp scale and oil build up on the scalp it can block the hair follicle causing scalp conditions and hair growth problems. Absolique scalp treatments are a pleasant experience to clean, calm, soothe and treat the scalp in between your home care regime.

Not everyone needs a scalp treatment, but it is a relaxing and enjoyable treatment for

any scalp and could be likened to a facial treatment especially for the scalp skin and structures. Absolique scalp treatments include scalp brush therapy, soothing scalp treatment mask, scalp exfoliation, and a scalp massage to remove the scalp treatment. Absolique Trichologist will also prescribe and teach you how to maintain your scalp at home with a recommended prescriptive scalp cleanser and treatment.

Scalp Treatments:

- Scalp scale and oil can block the hair follicle
- Absolique scalp treatments are relaxing and enjoyable
- Maintain with prescriptive homecare scalp cleanser and scalp treatment
- Like a facial treatment for your scalp

Scalp is skin and can have all levels of scale, oil, scalp pimples, rashes, and crust. Microscopic understanding of your scalp health is essential prior to any scalp treatment to be sure the right prescriptive treatment is used. Scalp treatment cannot be performed when scalp inflammation or open sores are present.

Initial scalp treatment can help with built up scalp scale and oil, however persistent scalp problems may require two or more scalp treatments one week apart. Most cases it is only one scalp treatment required when maintaining scalp health at home with prescriptive scalp cleansing and scalp treatment recommendations. Scalp problems are also related to autoimmune conditions and nutritional deficiencies which must also be understood and addressed for the best results.

Absolique scalp treatment costs \$90 and takes up to 45 minutes. Careful consideration is also given to the hair using prescriptive hair shampoo and conditioner on hair that is longer than 10cm. Absolique use Oway scalp treatments which contain no harmful ingredients and instead use essential oils, botanical, biodynamic and organic extracts. Achieve instant relief from scalp itching and burning with a refreshing, anti-irritant and antimicrobial action. Contact Absolique Trichologist to see how Oway scalp treatments could work for you.

Product Review – Oceans Alive®



As Trichologist at Absolique I take my health, and your health and in turn hair, seriously. If you know my methods of helping people with hair loss, hair thinning and scalp conditions, I always use combination therapy to address both symptoms and causes. This, on most occasions includes nutrition. Absolique nutrition can be expensive for some, so I am always on the lookout for nutritional products that can provide more than one nutritional element and healthful benefit.

Activation Oceans Alive® raw marine phytoplankton dietary supplement does not replace Absolique essential nutritional program or our autoimmune nutrition, nor does it replace the need for good clean eating. It can be an addition or a starting point for those looking to venture into nutrition for optimum health. Absolique Trichologist will honestly advise whether Oceans Alive will help with your hair loss treatments regime.

Product Review – Oceans Alive®:

- Raw marine phytoplankton dietary supplement
- Premium blend of two specially cultivated, hand-selected marine phytoplankton strains
- Pure and free of contaminants
- Wide array of vitamins, minerals, essential fatty acids and amino acids

A premium blend of two specially cultivated, hand-selected marine phytoplankton strains, Oceans Alive® supports general health. Grown in a photobioreactor, our marine phytoplankton is completely pure and free of contaminants. The nutrient density of this microalgae provides you with a wide array of vitamins, minerals, essential fatty acids and amino acids, the building blocks of good health.

Oceans Alive® is made from a natural power food that feeds nearly all life on Earth in one way or another. A tiny ocean plant called marine phytoplankton already supplies up to 90% of the air we breathe. We get reports from customers who have tried Oceans Alive® saying that they felt more energy and focus from the first time they used it. It's naturally packed with nutrients that boost your health in a multitude of ways.

Oceans Alive® is a blend of marine phytoplankton in a purified concentrated macro and trace mineral solution. The suggested use is 12 drops, once daily under the tongue or mixed with water. Absolique Trichologist advises to use it with your green drink for more effective absorption and can be an alternative to our liquid minerals and EFA Krill when health needs and blood test allow. Oceans Alive® is now available from Absolique Hair Health Clinic for AU\$60 which is cheaper than buying it online from the USA and paying for shipping. Follow this link; [Aviation Oceans Alive](#) if you would like to know more and check out the other amazing Activation products that we can order for you.

Recipe – Mexican Baked Eggs



As Absolique Trichologist I am always trying to help people learn about healthy food, food combining and food for ferritin. Eating healthy is one thing but eating for absorption is an art that many don't know about and have never considered. We are not only what we eat but what we absorb.

For the art of absorption, we need to learn about food combining. Animal proteins or heme iron do not absorb with carbohydrates. Heme iron breaks down to

amino acids and carbohydrates break down to complex sugars. Both require very different digestive enzymes and chemical processes in the digestive system to get any nutritional benefit from the food. This is very important when using food to raise ferritin.

Recipe – Mexican Baked Eggs:

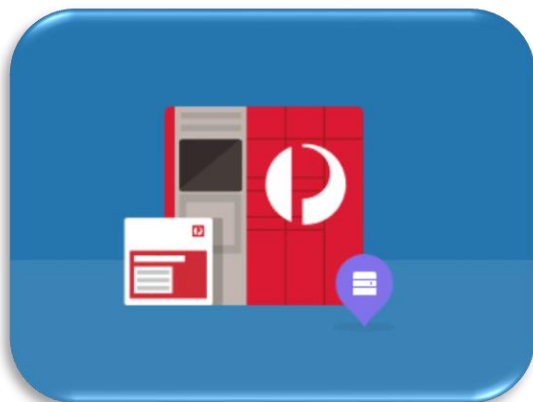
- Eating for absorption is an art that many don't know about
- Healthy food, food combining and food for ferritin
- Wrong food combinations are essentially stealing the nutrition
- Use organic eggs, BPA-free tins or fresh ingredients and coconut oil

When I discuss food with most clients, they feel they are eating healthy but do not realise most of their food combinations are essentially stealing the nutrition by creating competing environments. What you find in your pH booklet discusses not to combine acid foods with acid foods but to team them with alkaline foods for digestive balance. Fruit should not be with any other food or any other fruit.

Mexican Baked Eggs is a perfect food combination, easy to make, nutritious and delicious. Please be sure to use organic eggs only, if they are not labelled so you are consuming what the chicken ate which includes hormones and antibiotics. Free range and RSPCA approved does not tell you about what the chicken ate. Organic eggs are a good source of protein, essential fatty acids and Vitamin D when used in the correct combination.

Most recipes need to be slightly adjusted to remove gluten, GMO and dairy. I enjoy this recipe without any sour cream, but if you would like a creamy texture, I recommend coconut cream. The tortilla is not necessary at all and would cancel the nutrition as it is a processed carbohydrate and most corn is GMO as is gluten. Please also avoid canned products unless they are BPA free as it has been proven harmful for human health. I use fresh tomatoes and soak/cook my own dried kidney beans; it is not much more effort and the nutritional result is worth it. Lastly, don't cook with olive oil, it is only nutritious raw cold pressed, for this recipe I use organic coconut oil. Here is the link; [Mexican Baked Eggs](#), enjoy!

Postage and Parcel Lockers



Many Absolique clients use our Express Post service by Australia Post to receive treatment product and avoid the trip into Brisbane and for interstate clients. We have a few updates and choices for you regarding the insurance and safety of your parcel.

Each express post bag is automatically covered for \$100 insurance. However, if the parcel is left in your letterbox or on your porch and you did not request a signature, you lose the insurance. We recently had an incident where the parcel was left, no signature requested, and the parcel was stolen. Australia post

photograph delivery to record delivery was completed so they will not cover the insurance.

Postage and Parcel Lockers:

- Sign, which means the parcel will not be left without a signature
- Insurance available for orders over \$100
- Free Parcel lockers can be set up with Australia Post

Absolique will ask you for every order now if you would like to sign, which means the parcel will not be left without a signature. It could be delivered to your closest post office and you should be left a card. Cost is an extra \$3, and we recommend all parcels should now request a signature, this will avoid parcels being stolen or lost.

For orders over \$100 you will be asked if you would like signature and insurance. Insurance is calculated at \$2 for every \$100 with the first \$100 free. Example, product cost \$200, add small or medium express post bag + \$3 to sign + \$2 for the extra \$100 insurance.

Additionally, Australia Post offer free 24/7 Parcel Locker service. For this you set up your parcel locker location close to home, work or somewhere in between. Save it as one of your delivery addresses and you can have more than one. Verify your personal details and it's free when you have a MyPost account and easy with their app. You are then provided with a 10-digit Australia Post Customer Number (APCN) to use when placing your order. This can be used for any online shopping. You will have 48 hours to pick your parcel up once Australia Post notify you by SMS and email that your parcel is ready to pick up. To find out more, follow this link; [Australia Post 24/7 Parcel Locker](#).



Team News



Thanks to team member Irene who works from home remotely for Absolique so she can be there for soon to be Little Miss 2, Edie, to create all of our client scope comparisons and supports our web work and special projects, we couldn't do without her. A big congratulations to past team member Danielle and husband Brohdie. Danielle was an Absolique team member when we were in New Farm, she left in 2016 to have baby Alfie, brother to Charlotte, and is now expecting another bundle of joy soon to make three!

Trichologist Carolyn and Daniel continue to make headway at their country property finally getting some rain in February to sprout growth which had not needed

mowing since Easter 2019. The dam went dry and is lovely to see some water in it again. The welcome rain has allowed some planting and hopefully growing.

Big thanks and shout out to Vanessa receptionist and Absolique hairdresser extraordinaire looking after all your appointment and product order needs by email and phone, plus all our product orders to keep us in stock of your favourites. She survived the school holidays with her 3 children and with her youngest starting school this year, they have nearly completed the first term and are looking forward to the Easter break.

Absolique Hair Health Clinic will be closed over Easter from Good Friday 10th April – Easter Monday 13th April, reopening Tuesday 14th April with reduced reception hours to assist Vanessa during the school holidays, so please make sure you call in advance to arrange all product pickups.

We wish you all a happy and safe Easter.

Yours in hair and health,

The team at Absolique

