



News & Views

Absolique Hair Health Clinic

37th Edition – Spring September 2020



A B S O L I Q U E
HAIR HEALTH CLINIC

Welcome to Absolique Hair Health Clinic and Absolique Organic Hair Salon's September Newsletter - Spring 2020. Once again, we have packed the newsletter full of information that we hope you find helpful and enjoyable. Let's spring into Spring and make this last quarter of the year the best of 2020! Below you will find the topics and page numbers with plenty of links included throughout each article to help you dig deeper. As always, please reach out

to us if you have any questions or concerns, or if you would simply like to know more about us and what we can do for your hair, scalp, and health.

1. Welcome to Spring!
2. Post Covid-19 Hair Loss
3. Activation Products Review and Affiliate Code
4. Absolique Scalp Cleanser – Temporarily Out of Stock
5. Absolique Organic Hair Salon Has Reopened!
6. Female Hair Loss Treatment Success Story
7. Men's Alopecia Areata Story
8. Vitamin D for Health
9. Book Review – No Grain No Pain
10. Recipe – Spinach and Potato Soup with White Beans
11. Grounding for Health and Energy
12. Team News



Post Covid Hair Loss



Covid-19 has caused so much suffering on many levels and for those who have made it through some are now experiencing [post-Covid-19 symptoms with one reported to be hair loss](#). There is a lot of [news](#) and [media](#) coverage about Covid-19 and now [post Covid-19 hair loss](#). You need to be careful navigating through the information as there are some suggestions on treatment that can make things worse!

Absolique Hair Health Clinic Trichologist will talk about what this post-Covid-19 hair loss is, why it happens, what to expect, and what you can do about it. There are a few phrases that can describe this type of hair loss; 'telogen effluvium' or 'diffuse hair loss', which means the hair is falling out of the normal hair cycle, diffusely over the scalp. This hair loss is not in patterns or patches as in other types of hair loss or hair thinning.

Post Covid-19 Hair Loss:

- What is post-Covid-19 hair loss?
- Why does it happen?
- What to expect?
- What you can do!

Every hair on our head is in a cycle of either growing, resting, or falling, and this happens without you realising. In the hair falling/telogen phase of the hair cycle we lose between 70-160 hairs every day diffusely over the head. When there is a disturbance in the body, such as fever, medication, deficiency, thyroid, or adrenal imbalance and stress (stress alone does not cause hair loss), it can cause the hairs in the anagen growing phase of the hair cycle to prematurely enter the telogen/falling phase causing diffuse hair loss. This results in up to double the normal daily hair loss which can look like hair loss of over 300 hairs a day!

Post-Covid-19 hair loss, telogen effluvium will occur three months after the body disturbance. It takes three months for the hair to be released presenting as diffuse hair loss and once it starts it will shed for three months. You cannot stop this hair loss, we can help to slow it, but because the cause has already taken place and is in the past, you cannot stop the process already taking place. As mentioned, the hair loss should stop after three months then it should come back to its normal hair cycle and regrow within 12 months.

Now, if there are still body disturbances, deficiency, or even lows present, the hair may not regrow as it was or should. This is where Absolique Trichologist can check in on your hair growth and general nutritional health to ensure everything is in place for normal hair regrowth. Absolique Trichologist can also slow down the hair loss and obtain quicker hair regrowth with our natural hair loss treatments that work on the hair cell and the hair cycle. Please email Absolique Trichologist for more information about how we can help and the simple service options available info@absolique.com.au

Activation Products Review and Affiliate Code

Absolique Hair Health Clinic Trichologist is always looking out for safe products that will enhance health, hair, and scalp. When we consider a product company, they must abide by high manufacture standards, prove ingredient quality, testing, and effectiveness. Activation products tick all these boxes plus more to deliver products that are as fresh as the day the ingredients were pick through unique and scientific processing techniques.



Activation products are whole food supplements which provide many benefits to health and the nutrition that Absolique Trichologist is always aiming for when helping with your hair loss treatments and scalp treatments. The nutritional elements we are looking for to achieve cellular health are Minerals, Essential Fatty Acids, Vitamins, Antioxidants, and Probiotics. Activation have many of these elements covered in Oceans Alive® and can be complimented by adding one of the Perfectly Pressed™ organic seeds pure oil products for additional selected health benefit.

Activation Products of Interest:

- [Oceans Alive](#) – Provides array of vitamins, minerals, essential fatty acids, and amino acids
- [Ease Magnesium](#) - Natural solution that enters your bloodstream through your skin
- [Black Cumin Oil](#) - This superfat helps your body in over 67 different ways
- [Styrian Pumpkin Oil](#) - Smoother skin and hair, decreased inflammation, DHT inhibitor
- [Milk Thistle Oil](#) - High in antioxidants that support healthy skin and hair
- [Five Seed Blend](#) - One of the most nutritious oils you can put in your body
- [Amaranth Oil](#) – An ancient beauty secret you can eat
- [Coriander Oil](#) – Provides the body with vitamins and helps process vitamins

Oceans Alive® is the purest, most potent marine phytoplankton supplement in the world. Its fresh, raw, and pure. Activation use a scientifically proven natural method of stabilization that does not require any heat, cold, freeze drying, or any processing at all. They simply add the freshly harvested marine phytoplankton to a pure, concentrated sea mineral solution that instantly stabilizes each cell in its perfect condition with freshness waiting to be consumed. Oceans Alive® supports general health with nutrient density of this microalgae providing a wide array of vitamins, minerals, essential fatty acids, and amino acids.

Activation Oils contain in every bottle thousands of Perfectly Pressed™ organic seeds. Activation unique pressing process ensures that there is no damage to the nutritional properties. The finished product is stored in UV-protective Miron glass bottles to maintain the quality over time. Zero damage equals zero rancidity. Each drop of oil is extracted without the use of heat, meaning that there is absolutely no damage to its nutritional properties. Right after that it is bottled, absolutely nothing is added.

Absolique are proud and pleased to become an affiliate with Activation and their truly amazing and pure products. To look at the range of Activation products and learn more about each unique product and their uses, go to their [Australian website](#) and use the Promo Code; 'ABSOLIQUE' to receive a 5% discount. For further information on Activation products and help to choose the right ones for your treatment, contact Absolique Trichologist at info@absolique.com.au.

Absolique Scalp Cleanser – Temporarily Out of Stock



Our most used and favoured scalp cleanser is very low on stock and will temporarily be out of stock until around the 22nd of September. This stock outage is a result of Covid-19, with our trusted manufacturers unable to receive the packaging from interstate and overseas due to all the travel restrictions.

Absolique Trichologist has some alternatives for you to choose from in case you run out, all options are available from Absolique Hair Health Clinic with individual assistance to choose the right scalp cleanser to suit your scalp type and level of treatment, and instructions will also be provided if different from your current

treatment plan. All scalp cleansers and products recommended by Absolique use only safe ingredients.

Absolique Scalp Cleanser Alternatives:

- Activance Purifying Calming Scalp Shampoo - as an alternative to be used on normal scalp, and scalp with minor scalp scale or scalp oil
- Activance Purifying Balancing Scalp Shampoo - when there is presence of minor scalp scale with significant presence of scalp oil
- Oway Purifying Bath - for dry sensitive scalps
- Oway Purifying Bath - for oily sensitive scalps
- Oway Microstimulating Bath - for hair loss

Absolique Scalp Cleanser is a specifically designed scalp cleanser used to clean and prepare the scalp for hair loss and/or scalp treatments. It is suitable for normal scalps, and scalps with minor scalp scale or scalp oil. During Absolique Scalp Cleanser outage, we would recommend Activance Purifying Calming Scalp Shampoo as an alternative to be used on normal scalps, and scalps with minor scalp scale or scalp oil. The price is \$45aud for 200ml and can also be used as a scalp soak if scalp scale has increased over winter.

Activance Purifying Balancing Scalp Shampoo is recommended when there is presence of minor scalp scale, but scalp oil has increased, which can occur following winter when our Vitamin D levels drop. The price is \$45aud for 200ml and can also be used as a scalp soak if scalp scale and oil have significantly increased over winter.

We also have three scalp cleanser options in our Oway range. They are very specific to scalp type with more targeted ingredients for prescriptive approach, where required. Absolique Trichologist would recommend one of these products if your current scalp situation does not fit into the other categories, the prices range from \$45-\$48aud for 240ml. We will also make 50ml sample bottles available for the Oway scalp cleanser options only, the price will be \$8aud. Please note - scalp cleansers are not hair shampoos. If your hair is longer than 10cm you will need to continue to use your recommended hair shampoo and conditioner. We will keep you updated as soon as Absolique Scalp Cleanser is back in stock, thank you for your patience and understanding.

Absolique Organic Hair Salon Has Reopened!

After the lifting of the Covid-19 restrictions, we have now reopened Absolique Organic Hair Salon. During the closure we were able to maintain the needs of our Trichology clients with online and phone services. Hairdressing services, however, require personal space and personal touch that need to be performed in a hair salon. Absolique Organic Hair Salon offers all the traditional hairdressing services within our private clinic setting with one on one individual attention.



Absolique Organic Hair Salon is a purpose designed space to provide a safe sanctuary for those experiencing and recovering from hair loss, hair thinning, and scalp conditions. We only use safe products and techniques and tailor each service to individual needs. We are open to the public welcoming new clients, as well as existing Absolique Trichology and Hairdressing clients. All services are by appointment only for safety and privacy reasons, we do not accept walk-ins.

Absolique Organic Hair Salon Services:

- Traditional hairdressing services
- Organic hair colouring services
- Signature scalp treatments
- Exclusive hair breakage treatments
- Hair extensions for volume

Because of our one-on-one service and unique knowledge of hair loss, hair thinning, and scalp conditions, we can offer safe services to those who would normally avoid hairdressing salons. We have helped many clients transform their post Covid-19 hair with restyling after four months of hair loss treatments, and colour transitioning to blend grey hair. You can see a selection of our proud hairdressing services before and after photos below. These photos represent clients who have undertaken some form of hair loss treatment with Absolique Trichologist. Contact Absolique to inquire or book an appointment with Absolique Trichologist or in our Organic Hair Salon.



Female Hair Loss Treatment Success Story



When Absolique Trichologist met this client, she had been experiencing hair loss, hair thinning, hair breakage, and an oily scalp, burning and irritated scalp for over one year. She had visited a dermatologist when the problems began, but with no direct diagnosis or resolution. A Trichology consultation uncovered she had stopped the birth control pill three months before the problems began which also coincided with a relationship breakdown, broken sleep, stress, anxiety, and intermittent

international travel for work.

Further discussion also revealed a long history of low iron and that she had tried to follow a vegan diet for at least 2 years. With all this information we analysed the blood test results and found current high iron from incorrect supplementation, high B12 also from direct supplementation, low ferritin, moving iron chemistry, and moving haematology. All of this is connected and demonstrates the importance of taking the right supplements in the correct combination to balance all levels rather than shoot levels high that need background support from other minerals and vitamins.

Young Women's Hair Loss Treatment Story:

- Experiencing hair loss, hair thinning, hair breakage, oily scalp, burning and irritated scalp
- Triggered from stopping birth control pill
- Coincided with life events
- History low ferritin, the storage of iron
- Currently identified low Vitamin D



To explain further, iron comes from food and should be converted to the storage tank of iron; ferritin. Generally, the iron reference range is 10-30 which is rather small, however the tank (which is what your body will rely on) ferritin range is 30-300. Because we had high iron at 30 and low ferritin at 40, it showed it was the wrong supplement to raise ferritin. This is commonly misunderstood when recommended an iron supplement, all iron is not created equal.

Absolique Trichologist will always consider your individual case and concerns and make practical recommendations based on blood tests and supporting deficiency with correct supplementation and food. Eating food for ferritin is so important to help raise levels so we have enough for hair growth. Food alone and supplementation alone will not work when all the numbers are out of order. We need to use combination therapy supporting all the associated required nutrients, it is complex.

As complex as it is, Absolique Trichologist will work with you to help you understand how to help yourself with food for ferritin, food combining, and the art of absorption, along with how and when to take the right supplements for you. For this client we had to work online as she had to go back to work overseas after the in-clinic diagnosis, which found 80% of her hair diffusely over the scalp had lost structure resulting in the hair thinning, and hair breakage. The good news is that four months later, her hair is growing back, ferritin is raising, and we have now identified low Vitamin D which we will work on, as it is important for hair and skin health as well as supporting ferritin! If you relate to this story or would like more information, reach out to Absolique Trichologist.

Men's Alopecia Areata Story



When this client first visited Absolique Trichologist, he described the hair loss started as small patches and increased over time to complete scalp hair loss which had also affected most other body hair. Alopecia Areata is hair loss occurring in patches where the hair follicle is still intact, termed non-scarring alopecia. Alopecia Areata patches can coalesce and result in total scalp hair loss; Alopecia Totalis. This can be scarring Alopecia, meaning the follicle is no longer intact. This case was excitingly unusual as all the hair follicles

remained open, even though it had affected all scalp hair and most body hair. Total body hair loss is the termed Alopecia Universalis and is scientifically termed as permanent hair loss.

The client had maintained his eyebrows throughout all the hair loss with help from his Dermatologist and steroid injections. I recall seeing this client for the first time, he had great eyebrows, but the scalp hair had randomly grown back and was now very patchy. He also mentioned the only other body hair that remained was that on his fingers, interesting as it confirmed it was not clinical Alopecia Universalis. A positive point here, non-scarring Alopecia scientifically has not been reported to progress to scarring Alopecia.

Mens Alopecia Areata Story:

- Started as patchy hair loss Alopecia Areata
- Progressed to Alopecia Totalis with loss of most, but not all body hair
- Hair follicles intact
- Autoimmune connections through genetics
- Nutritional lows to work with along with positive lifestyle and mindset



The hair loss started 2 years before our meeting and he had undertaken help with Naturopath who worked with stomach issues, changing his diet to remove processed food and avoid wheat, gluten, dairy, and sugar. Along the way he also worked with doctors and specialists with other health concerns which had some autoimmune connections. Alopecia Areata and Alopecia Totalis are both of autoimmune origin, so the connection helps with treatment options and direction.

Microscopic diagnosis revealed the hair follicles were indeed still open, but the oil gland was blocked and there was presence of recent autoimmune activity with exclamation hairs. Blood tests showed autoimmune tendencies in the haematology being watched and addressed by doctor and specialists, they also showed some low nutritional levels, B12 and Vitamin D in particular. There were a few other indicators in the blood tests, such as high thyroid function and high LDL cholesterol (known as the bad one but also essential to health), all to be monitored by the doctors.

We embarked on a non-invasive healing approach to help with scalp health and hair growth along with a little nutritional supplementation to address the lows found in blood tests. Combined with the important lifestyle changes already made and the help of doctors, specialists, and dermatologists, we are all pleased to see some positive hair growth in the four months we have been able to contribute to treatment. If you have any concerns with patchy hair loss or suspect you have Alopecia Areata, please reach out to Absolique Trichologist, we can always find a way to help, no matter how complex your situation may seem.

Vitamin D for Health

Technically not a vitamin, fat-soluble vitamin D is in a class by itself, is a secosteroid hormone that targets over 1000 genes in the human body. Research has implicated vitamin D deficiency as a major factor in the pathology of at least 17 varieties of cancer, as well as heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain, osteoarthritis, osteoporosis, muscle weakness, muscle wasting, birth defects, periodontal disease, and more.



Vitamin D helps regulate the amount of calcium and phosphate in the body. These nutrients are needed to keep bones, teeth, and muscles healthy. A lack of vitamin D can lead to bone deformities such as rickets in children, and bone pain caused by a condition called osteomalacia in adults.¹ Research has shown that vitamin D plays an important role in regulating mood and warding off [depression](#). Scientists found that people with depression who received vitamin D supplements noticed an improvement in their symptoms. Researchers also found vitamin D deficiency was more common in people with fibromyalgia and anxiety.²

Vitamin D for Health:

- [Top Vitamin D Research 2014](#)
- [Vitamin D – A Summary](#)
- Deficiency associated with autoimmune diseases
- Plays a role in scalp health contributing to psoriasis, eczema, and seborrheic dermatitis
- Alopecia areata and frontal fibrosing alopecia are autoimmune types of hair loss

Research above from 2014 and [The Essential Guide to Vitamin D](#) 2010, explain the difference between RDA (recommended daily allowance) and actual required ranges for vitamin D. Therapeutic dosing is also discussed as this is required when in a state of deficiency. To maintain a normal vitamin D range, we need to obtain 4000IU/day from various sources, including sunshine. When deficient, therapeutic dosing is required and is important to get other sources than sunshine alone, supplementation is helpful from both capsule and liquid forms, as well as food such as organic eggs, fish, and liver.

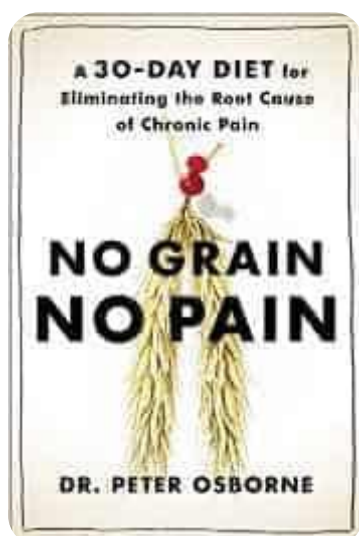
Because vitamin D deficiency is related to autoimmune diseases, it plays a role in scalp health contributing to psoriasis, eczema, and seborrheic dermatitis. Vitamin D deficiency can also cause hair loss when levels are dangerously low and can also be associated with hormonal problems related to hair thinning and acne. Alopecia areata and frontal fibrosing alopecia types of hair loss are also autoimmune and related to low vitamin D.

From a Trichologist's perspective, for health, hair, and scalp, maintaining normal levels of vitamin D is essential. Therefore, I share the six-year-old research to demonstrate our medical system in most cases are out of date with what 'normal' levels of vitamin D are for health. Vitamin D from food and supplementation need assistance to be absorbed, follow Absolique 'Art of Absorption' from our [June 2020 Newsletter](#) and be sure to take with essential fatty acid supplementation for autoimmune conditions and good quality fat in the food.

¹ <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>

² <https://www.healthline.com/health/food-nutrition/benefits-vitamin-d#reduces-depression>

Book review – No Grain, No Pain



As a Trichologist, I have a deep understanding of nutrition and what contributes to and causes malabsorption, malnutrition, inflammation, and autoimmune conditions. When faced with many types of hair loss, hair thinning, and scalp conditions a common contributor to the cause is diet and nutrition. I discuss wheat/gluten as one of the main culprits with my clients, but some find it difficult to understand that a seemingly simple grain is causing so much damage in the body.

In the book 'No Grain No Pain' by Dr. Peter Osborne, the science is clearly laid out with supporting case studies of illness and improvement by removing gluten and grain from the diet. Dr. Peter Osbourne shares the differences between celiac disease, gluten sensitivity and food intolerance, demonstrating gluten is not doing any human any health favours. He also discusses what gluten really is and that various forms are found in all grains including rice and corn.

Book review – No Grain No Pain:

- By Dr. Peter Osborne also known as 'The Gluten Free Warrior'
- A must read for anyone suffering from pain, inflammation, hair, and scalp concerns
- Looks at underlying root causes
- Impact of all grain on autoimmune diseases and inflammation

The problems with dairy, soy, GMO, and grain fed produce are also pointed out along with where these hidden fake foods can be found. 'No Grain No Pain' is a complete guide to why we need to avoid these potential poisons for the sake of our cells along with a comprehensive guide on what to avoid and what to include. When it comes to the eating plan, it is a great general guide but as Absolique Trichologist, I may be working with your pH and food combining and/or food for ferritin, so we may jiggle things around a little more to fit within our 'Art of Absorption'.

Dr. Peter Osbourne is also known as '[The Gluten Free Warrior](#)' and can be found at [Gluten Free Society](#). He writes regular blogs and shares [YouTube Live](#) sessions helping to educate about health. I encourage you to [sign up to his newsletter](#), read some blogs and view some videos, it is very informative and there is also questions and answer segments. You can also consult with Dr. Osbourne if you need further assistance and he has a range of gluten free supplements.

If you really want to dive in, I recommend [buying the book](#) so you have your very own hand guide to understanding the dangers of gluten and grains and the support tools to get you through giving them up and transferring to a wholefood, wholesome diet that will help your cells make more of you, including healthy hair, skin, and nails. Please reach out to Absolique Trichologist with questions on combining our 'Art of Absorption' within the diet guide.

Spinach and Potato Soup with White Beans

A simple yet filling and tasty soup. Made 6 serves. Suitable to freeze before adding toppings. Vegan, gluten free, dairy free, food for ferritin, correct food combining, pH balanced. I came across this recipe when spinach was in season and in abundance. Not traditionally a fan of potatoes, I was pleasantly surprised by the flavour and texture of this complete meal soup.



Ingredients:

1 chopped onion – white, brown, leek or bunch of shallots – use what you have or what is in season

Garlic to taste – I used 5 cloves, finely chopped

1 red chilli – deseeded and finely chopped, or dried chilli flakes

2-3 stalks celery – finely diced

3 medium-large potatoes diced – peeled or not, it is up to you

1 bunch spinach (or kale) washed and chopped – use leaves and stems

1 cup dried white beans – could use chickpeas, bortoli beans or black eyed beans

Bone broth stock – I make it from organic powder and add liquid

Coconut oil

Salt and pepper

2-3 Bay leaves

Mixed herbs – can use fresh or dried, oregano, Italian herbs, thyme, parsley

Ground cumin seed

Fresh chopped leaves for garnish, herbs or seasonal leaves, anything will work, adds freshness to the soup and a raw element for optimal nutrition

Hemp or other seed for garnish

Method: Soak dried beans overnight or for a few hours if possible, drain and rinse. Add to small saucepan and cover with water. Bring to the boil, reduce heat, cook for 20 minutes (longer if you did not soak).

Add onion, garlic, chilli, and celery to heated oil in large casserole dish on stovetop. Cook until softened and fragrant. Add potatoes, combine, and sweat with lid on for 5 minutes. Stir, add bay leaves, herbs and enough stock to cook potatoes through and create soup of desired consistency. I only used enough to let potatoes slightly sit in stock as I like a creamier soup. Cover and cook until potatoes are soft. Strain beans and add to potato mix with spinach, stir to combine and season with salt and pepper. Cover and cook until spinach has wilted and stalks have softened. Add pinch or cumin seed or to taste and combine.

Blend to desired consistency in food processor, nutri-bullet or use stick blender. I only blend $\frac{3}{4}$ of the mix to leave some chunky texture, makes it more interesting. Spoon into serving bowls and top with fresh chopped leaves and seeds or nuts of choice.

Grounding for Health and Energy



Absolique Trichologist is studying Energy Medicine to add another level of diagnosis and treatment for clients. Within the course are basic, practical energy exercises that we will share over this and following newsletters. The exercises will help you to directly sense, heal and balance the energy field on a daily basis. Some of the practices are based in ancient traditions originating from India some 3500 years ago. These exercises not only address physical health, but also emotional wellbeing and are great ways to directly experience your own energy field.

There are many ways we can access and modulate our human energy fields for health and wellbeing. For example, we can use light, sound, pulsed electromagnetic fields and information imprinted onto water. However, we can also access our energy field via internal methods, through our own intention, beliefs, expectations, and imagination.

Grounding for Health and Energy:

- [Practical energetic field exercise 1. Grounding – Client Download](#)
- We need regular grounding
- Walking barefoot in nature
- Make grounding part of your health regime

Our thoughts and feelings are electromagnetic in nature. We are electromagnetic beings, and like any electrical appliance, we need regular grounding. We can do this energetically using imagination and intention with a grounding cord, as well as physically any time we walk barefoot in nature. Grounding allows distracting, overwhelming and damaging thoughts and emotions to be siphoned off down into the Earth, thereby minimizing the noise, distraction and disruption in your life.

Most of us would have heard about grounding and the health benefits from this simple exercise in nature and with the earth. Try to make the time to incorporate some grounding in your daily exercise routine and combine with sunlight for extra energy and some beneficial vitamin D. For those who meditate or do yoga, you can ground in the sun and do your exercises all at the same time, what a positive way to start your day. You can ground at any time, as long as you follow the rules of conductive energy surfaces which are grass, sand, dirt, or plain concrete.³

Download the practical energetic field exercise 1. Grounding above and follow below link or earthing for different variations and how you can also do it indoors with the right environment. Absolique Trichologist has shared some course information from <https://www.neshealth.com/>. It is surprising how some simple techniques can put our body back into balance with a little practise.

³ <https://www.barefoothealing.com.au/v/what-is-earthing/22>

Team News

We would like to take this opportunity to thank our clients for your continued patients while we are still operating on reduced reception hours. We still have a Covid-19 safety plan in place, along with flexible hours in reception to cater to Vanessa and all family life brings with 3 children.

Trichologist, Carolyn is still working remotely with our overseas and interstate clients using Skype services, our Spring Hill internet has reduced with most of Brisbane still working from home. We are in the process of changing over to NBN and hope this fixes our problem. Irene is always there for us also working from home and helping with our Scope Comparisons, things may take a little longer over the next few months as Irene is getting ready to deliver bub number two. 😊



On the growing front, Vanessa has kindly shared some of her home-grown turmeric, it is delightful and quite different from the powder form, in case you have never tasted fresh! The challenge now is for Carolyn to get it growing in the country garden. The country winter garden was abundant and shows it does not take much effort to grow your own organic produce. The taste is so fresh, and it is nothing like store bought, once you grow your own, you will never turn back.

Please remember, even with restrictions being lifted and the Trichology Clinic and Organic Salon reopening, we have strict safety measures in place to ensure the health and safety of everyone who enters the clinic. Please contact Absolique to see how this has affected appointments and product pickups. Our online booking feature is temporarily disabled

until further notice to accommodate our Covid cleaning procedures.

Please note - Opening hours are not yet back to normal. Reception, Trichology Clinic, and Organic Salon are all open by appointment only. Please call to arrange an appointment or for product pick up in advance.

We would like to thank every one of our clients at Absolique for your support and patience during this period, we really do appreciate it!

Yours in hair and health,
The Team at Absolique

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