



Welcome to Spring and our September Newsletter! Inside you will find information about our Hairdressing Salon at Absolique; Vitamin D spotlight to protect your immunity, focus on hormones, pattern hair thinning and hair loss; a needed discussion about minoxidil - what it is and is not; and some great audio hair loss stories from two of our wonderful clients wanting to share how they overcame hormonal hair thinning and hair loss. We promote

our 15 Minutes Free service with Absolique Trichologist, helping new clients all over the world, and new to Absolique, Biogenetix Wellness System with NES Health and the non-invasive body-field scanning. As always, you will find recent success stories how we have helped more clients with hair loss and hair thinning and maintaining results.

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Hairdressing Salon at Absolique Hair Health Clinic Brisbane



Most people who come to Absolique Brisbane Clinic are there for help with hair loss, hair thinning, and scalp concerns with our Trichologist. We are so focused on helping you and getting you on to a path of hair and scalp health, we sometimes forget to tell you about our hairdressing services and private hair salon. We have a very private hair salon we use to teach our clients how to do their home treatments. This type of hands-on learning makes the treatment easy to follow and it is nice to have someone understanding your hair and scalp concerns,

gently doing your hair without any embarrassment or fear that can come from visiting a normal hair salon.

This modern and private area is also open for hairdressing services you would normally get at any hairdressing salon. The difference with Absolique hair salon - it is private, one on one service with a hairdresser who understands what you are going through and any treatment with Absolique Trichologist.

Our resident hairdresser is Absolique receptionist Vanessa, she is a qualified hairdresser and will never do anything to compromise the health of your hair. She understands the anxiety that can come with hair loss, hair thinning, and scalp conditions. She will listen to your concerns, help with hair styling, maximising the visual result of your hair, reshaping your hair without the need for major haircuts. If it is a simple trim you need then that is what we will do to balance out your hair as it regrows. Sometimes we have hair breakage because of the hair thinning, we can do specific split ends trim where you don't lose any length.

These individual services are not normally available at busy hair salons and with our understanding of hair health, we can offer safe hair colouring solutions too. We use an organic hair colour range that can be used to balance out hair colour when faded from damage, tone out brassy ends, add a healthy shine or cover grey, even gentle highlights to blend in greys or give you a lift.

Many of our Trichology clients ask for hairdressing advice, this can be hard to transpire the information onto any old hairdresser, so we can help you with the safe hairdressing advice we are providing. Absolique Trichologist is also a past hairdresser so you can be sure your hair and scalp are in good hands in Absolique Hairdressing Salon.

Absolique Hairdressing Salon is only open by appointment, and we do our best to keep the spacious salon reserved for one client at a time. This private space is ideal to have your hair done with a friend if you feel like sharing. We do get families of women, sisters, and cousins who feel confident and comfortable in this environment as they can safely remove their burka or hijab. Treat yourself to a hairdressing service, even if it is a luxury moisturising hair treatment or our delightful scalp brush therapy or the effective yet gratifying in-clinic scalp treatments ending with a satisfying scalp massage. Call Absolique to enquire about our hairdressing services which are priced the same if not better than the average hair salon, 07 3229 3242. Enjoy!

Vitamin D – How Much Do We Really Need?



Helping people with hair loss, hair thinning and scalp conditions, in-clinic and online, I need to understand good health. One of the most common deficiencies I see is Vitamin D. This is alarming because of the importance of enough Vitamin D to support health and the immune system. In these Covid times, it has never been so important to know your Vitamin D levels and get them at least to the minimum requirement.

The problem with Vitamin D is the reference range reported by pathology is mostly out of date. The other thing I see is a different range reported by the various pathology companies. Your GP should also know the current and correct reference range for Vitamin D, but this is not the case. Some doctors still refusing to test Vitamin D levels saying it is not important and you can get it from the sun. You need to know the truth about Vitamin D, and you can show these science-based studies to your GP to get what you deserve and need to maximise your immunity and protection.

[Vitamin D – A Summary](#)

[Can Vitamin D Lower Your Risk of COVID-19?](#)

[The Essential Guide to Vitamin D](#)

[Vitamin D Deficiency Research](#)

[Vitamin D, Deficiency, Diversity and Dosage](#)

Vitamin D safe sources are available from Absolique Hair Health Clinic; [Orthoplex 1000IU](#) soft gel capsules, [Country Life Vitamin D3 5000IU](#) soft gel capsules and [VitaQIK Liposomal Spray D3 & K2](#). It is important to take the right type of Vitamin D3, the right dose to raise or maintain your levels and take at the right time to maximise absorption. I come across many people taking Vitamin D in a form that is not working for them, not taking enough, or taking it at the wrong time.

I can advise the dose you need if you email me your blood tests, I cannot advise if I don't know your current Vitamin D levels. Here is a dose example; a normal range for Vitamin D is 130-150nmol/L or 50-60ng/ml, to maintain this level you need 4000IU/day. If you are 40-100nmol/L or 20-40ng/ml which is deficient, you will need to calculate to get the required increased levels. Someone who is 40nmol/L or 20 ng/ml, will need to take $4000\text{IU} \times 3 = 12,000\text{IU/day}$ to get a gradual increase. Depending on your levels we can decide which combined forms of Vitamin D you need along with safe sun exposure, Vitamin D rich foods, organic eggs, and wild caught fish, when eaten in the correct food combination.

Vitamin D also needs support of Essential Fatty Acids and works best with Vitamin K2 and supports healthy cholesterol levels and hormones. For those clients showing very deficient or presenting with other symptoms of EFA deficiency, we would always provide that support though diet and supplementation based on individual requirements. Vitamin D is a fat-soluble vitamin so should always be taken with food that also contains good fat. We use our green drink to further ensure absorption creating the alkaline food environment and including EFA Krill Complex when needed. When supplementing with Vitamin D you should check your blood levels every 4 months to avoid high levels but also to make sure it is absorbing, many people cannot absorb fats for various reasons.

Hormonal Hair Loss vs Pattern Hair Thinning, Birth Control and Medications

I have had a request to do an article on hormonal hair loss. This is quite complex as there are a few different causes here and common misconception. Let's get started with what hair loss is. Hair loss is physical hair loss when more than normal hair is falling out. Normal daily hair loss is 70-160 strands and is part of a healthy hair cycle. Diffuse hair loss meaning scattered all over the scalp hair loss, when triggered by changes can result in 200-300 hairs lost per day, but generally collected on the hair washing day.



This type of diffuse hair loss, also called telogen effluvium, happens three months after the change in the body, which can be from starting, changing, and stopping birth control which have a hormonal impact on the body. Other medications used to manage hormones of the Endocrine System can also have the same impact on the hair cycle, these can relate to thyroid and diabetes. In addition, any medication that makes a significant change in your body, such as antibiotics, antidepressants, can indeed disturb the hair cycle. If these medications are required to assist managing a health concern, we can help you to prepare for the hair loss, even avoid the hair loss, and if you find us once you are already experiencing the hair loss, we cannot stop it, but we can check all your other healthy markers to make sure everything is on track for the hair loss to stop and for the hair to regrow normally, where possible.

Once the hair loss has started, it will continue for three months, so we must be honest and prepare you for that. We can help by making sure things like your iron, ferritin, Vitamin D and B12 are all in the right levels for the hair loss to stop and for the hair to regrow. Naturally it can take up to 12 months for the hair to regrow, so we can assist to bring the hair back into the growing cycle sooner if you want help with hair regrowth after 4 months.

The misconception here is the huge difference between physical hair loss and pattern hair thinning. Female pattern hair thinning and male pattern hair thinning, are a gradual miniaturisation of the hair, only in the pattern thinning areas which are the recessions, front, top and crown of scalp. Pattern hair thinning is NOT physical hair loss and is not diffuse.

When experiencing physical hair loss, you will notice your natural hair line at the front is thinning as it is the thinnest part of hair on most heads. The hair line also has recessions, we all have them, and baby hairs there, so it is easy to think your hair loss is only happening in this area, but that is not the case. It is easy to think your hair loss is pattern hair thinning based on the online information you may see; this is because they group all types of hair thinning and hair loss into one word 'Hair Loss'. The key to the right treatment for you is understanding if you have physical hair loss or pattern hair thinning, then you can also have diffuse hair thinning and other types of alopecia, which we will discuss in separate articles. For information on our recommended [hair loss treatment GRN](#) and how it could work for you to help with hair loss, hair regrowth and pattern hair thinning, [email Absolique Trichologist](#).

Hormonal Hair (Thinning) Loss - PCOS, PCOD, Endometriosis, Adenomyosis



When it comes to the hair, these hormonal conditions do not cause physical hair loss, as discussed in the previous article. These conditions and the hormonal implications contribute to Female Pattern Hair Thinning which is NOT PHYSICAL HAIR LOSS. In many cases, women diagnosed with these conditions, are recommended hormonal altering medications, this is what causes the hair loss, not the condition itself.

Pattern hair thinning both the female and male type, are caused by DHT (dihydrotestosterone) binding where it does not belong. The DHT is triggered by a variety of factors grouped as hereditary, hormonal, environmental and free radical effect. When you have hereditary factors the pattern hair thinning should follow a general age group in your family and be a clear timeline. If it is not, then look at your own hormonal status, correct nutrition is required for normal hormone balance especially Vitamin D, Essential Fatty Acids, iron studies and B12. Synthetic hormones from medications and birth control can contribute here. Environmental hormones come from the Endocrine disruptors which are in our foods and personal care products. Then there is the free radical effect, healthy cells should have their own innate immunity and antioxidants to protect against free radicals. These days it is all broken down, there is no protection left.

Pattern hair thinning is a gradual miniaturisation of hairs ONLY in the pattern thinning areas of the scalp, which are the recessions, top, front and crown. These days I see it also at the side of the head but more so when there is also a diffuse hair loss at the same time. Important to mention here, as a practising clinical Trichologist, 90% of the cases I see have a combination of diffuse hair loss, diffuse hair thinning and pattern hair thinning along with low nutritional levels. One must question what came first? The hormonal problems or the cellular problem or the nutritional deficiency leading to lowered immunity, no antioxidant protection that allowed the triggers to come in.

Either way, if you are reading this, we can help with pattern hair thinning, hormonal balance, hair loss, hair thinning and hair regrowth. We use combination therapy addressing all symptoms and causes where possible and pay attention to cellular health and hormonal support through food and safe supplementation where required. We also use a topical hair loss treatment approach decided based on your individual concerns and diagnosis. This combination approach delivers the best results.

Clean up your diet and personal care products, get rid of the Endocrine Disruptors causing hormonal havoc on your body. This simple step makes a huge difference when it comes to hormonal conditions. Check nutritional status, be sure you have good levels of vitamin D, not “just enough”. Email Absolique Trichologist for a copy of our [Toxic Decoder](#) to learn about ingredients to get started reading labels. Know what’s in what you eat (hormone, pesticide, and GMO free) and use. Pattern hair thinning does not need to be a dreaded or scary diagnosis, it is very treatable and only rarely causes permanent damage, when left unchecked for a long time. Absolique Trichologist can help you with natural hair (thinning) loss treatments, you do have choices other than hormonal medication and minoxidil. [Email Absolique Trichologist](#) and listen in to our women’s audio stories on page 7.

Minoxidil Alternative, Absolique GRN



We have been discussing hormones and hair thinning, so it is essential to talk about one of the most used treatments for hair loss, minoxidil. Originally a blood pressure lowering oral medication, minoxidil has been around for over 25 years. It gained reputation and use for pattern hair thinning because of its action as a [vasodilator](#). What this means is it helps to stop constriction on blood vessels caused by DHT (dihydrotestosterone) related to pattern hair thinning.

Because of minoxidil's blood pressure lowering action, it was modified into a topical application, but it is a powder, not a problem for a tablet, problematic to penetrate the scalp. So it was mixed with a known carcinogen and endocrine disruptor [PG \(propylene glycol\)](#). In small doses PG is not dangerous, but it is in so many of our personal care products and foods, there is a reported accumulative effect causing cellular damage. PG also assist penetration of the skin so the minoxidil can now enter the blood stream, essentially lowering blood pressure which comes with many precautions. Many people are also allergic to PG so it causes scalp irritation, not ideal for many clients whom also have scalp conditions along with pattern hair thinning.

There are many names for topical minoxidil products, Rogain, Hair Again are common ones. These formulas contain PG in 2% and 5% minoxidil. The problem with these minoxidil formulas is they do not address any of the causes, only the symptom of the hair miniaturising associated with DHT related pattern hair thinning. Minoxidil can help to reverse the hair miniaturising, assisting the baby vellus hair back to the strong normal terminal grown up hairs. But it does nothing to stop the DHT binding, so when you stop using minoxidil, all the results you have gained will reverse, not ideal.

The other effect of the common minoxidil formulas is hair loss. When you start using it you can experience hair loss, now if you already have hair loss, this can be a tragic situation. Then when you stop it, hair loss again and then you lose the result you have achieved. As Absolique Trichologist I struggle with a treatment that will actually cause hair loss! So, we found a better way, working with the hair cell and hair cycle we can avoid using minoxidil in many cases. In some extreme cases of pattern hair thinning cases we may recommend our [PG free minoxidil](#) formula but always whilst supporting the hair cell and hair cycle.

Absolique Trichologist also has a safe alternative to minoxidil that does not cause hair loss, rather it is used to stabilise and prevent hair loss and promote hair growth. It is a specially formulated [GRN](#) which means grow, revitalise and nourish and is loaded with antioxidants and nutrients required for healthy hair and scalp. Absolique have successfully used GRN for over 5 years now and have many before and after success stories with and without the use of minoxidil. Listen in to our audio interviews in this newsletter on page 7 for one of those stories and how we weaned a client off minoxidil and she no longer needs to use it at all. We aim to make treatment easy and sustainable with all the side effects of good health. [Email Absolique Trichologist](#) for more information on our alternative to minoxidil GRN.

Women's Hair Loss Treatment Audio Stories, Journeys with Success

Listen in as these wonderful women share their journeys through hair loss and hair thinning. Describing the fear, anxiety and helplessness surrounding hair loss. These stories are to give you hope and direction, there is help and there is a better way.



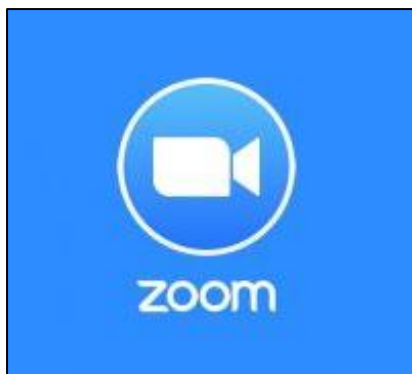
Absolique Trichologist helps women all over the world with hair loss and hair thinning. Working closely with nutrition and always stabilising the hair cycle, we can get results without harmful products or medications. We can however also work with these things as you will hear in the audio, when required. If you wish to stop things like minoxidil, Rogain, and hormonal medications used for hair loss, we can help you wean off, avoiding the dreaded shed many fear. This takes planning, so don't stop until we have a plan in place. [Listen into the audio interviews here.](#)

Audio #1. DD shares her story of hair loss and hair thinning, how she went the conventional way stuck with medication to maintain the results. She knew there must be a better way. Then she found Absolique Hair Health Clinic and Trichologist Carolyn. Together they formed a holistic approach to correct the diffuse hair thing and the female pattern hair thinning. Now in simple maintenance treatment that is beneficial for both hair and health. Listen in as DD shares how emotional hair loss is for a woman, yet how powerful it is to correct both hair and health with Absolique natural hair loss treatments.

Audio #2. BB shares her hair loss story; we hope this helps other women to recognise hair loss and provide hope that there is help out there. You are not on your own. Post-partum hair loss that did not stop around low iron, on and off birth control and different things actually triggering more hair loss. All this became clear once she understood the hair cycle. Confusion about female pattern thinning, which is not physical hair loss, misdiagnosed. There is no instant fix, but time (3-4 months) and the correct treatment will get you there, along with patience and trust in Absolique Trichologist, we have helped hundreds of women to stop hair loss and even more exciting, regrow the hair. This type of diffuse hair loss is temporary, is not permanent and we can regrow when the hair follicle is intact. Now in a maintenance, continuing to improve, weaning off unnecessary medications without side effects. The use of hair extensions throughout the entire time, gradually reducing amount of hair extensions, looking forward to being hair extension free. Now happy and healthier than ever.

Check out Absolique Hair Health Clinic [Newsletters](#), [Blogs](#) and YouTube to listen to more stories and see the [Before and After](#) results. For help with hair loss, hair thinning, scalp conditions and alopecia, [reach out to Absolique Trichologist](#), there is always a way we can help you.

Worldwide Services, 15 Minutes Free, we Zoom to You



With current interstate and worldwide travel restrictions, we must become a little creative about how to get help to those in need. Absolique Trichologist has been helping clients that are interstate Australia and all over the world with online services for many years now. This came about organically from people finding us on YouTube and reaching out for help. Over the years we have perfected this service to replicate the in-clinic experience accurately. Now in this changeable COVID-world, Zoom has emerged and improved again on what we can offer to help clients who cannot visit us in Brisbane.

Things usually start with an email for help, we then get the location and provide some requirements which can vary depending on the type of help in need. We ask for a completed Trichology consultation form outlining the concerns, durations, and associated health concerns if applicable. We also ask for health and hair/scalp history along with medications/supplements and any other relevant information. Blood tests are also very helpful, and we have found no matter where in the world, we can get what we need to help. Then there can be a difference in service between using only digital images or choosing to get your own USB microscope to take the images Trichologist would normally take in clinic. This is how we can get an accurate diagnosis online.

Understandably, some people get overwhelmed with all this information and requirements and have questions before proceeding. So, therefore we have created '15 Minutes Free', where we schedule a Zoom meeting with you and Trichologist, at a mutual time considering both time zones. This is to help you decide if this service is for you and which one to choose.

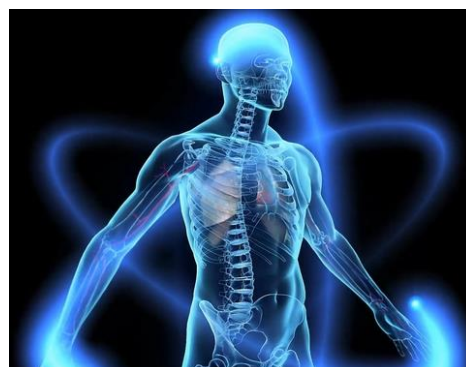
Now is the perfect time to take care of your health, hair, and scalp concerns. At Absolique we can help you in so many ways with hair and health, our specialties are hair loss, hair thinning and scalp problems. A lot of these problems steep from health, hormones, nutritional lows, and deficiencies. All of this is covered in both services, and we charge the same as if it was an in-clinic appointment in AU\$. Diet, nutrition, and food combining seem to be of common interest when I introduce this concept, so this is always discussed.

These online services may specifically help our Sydney and Melbourne clients whilst in lockdown. We have had great success in helping to correct many of these problems with your help as you have time to focus on yourself. If you have any questions about how we could help you with hair or scalp concerns, please reach out and let us know so we can schedule a zoom or phone chat. From there we can see which online service is best for you. [Email Absolique Trichologist](#) or call our Brisbane Clinic on 07 3229 3242.

BIOENERGETIX wellNES SYSTEM - NES Health, Energy for Life

As Absolique Trichologist, I am now providing services in the emerging field of bioenergetics. This means assessing and correcting the body's energy and communication systems. Doing this improves the body's own ability to heal and stay healthy.

I do this with a wellness scan that takes just seconds but shows an incredible amount of information. Then I can use a handheld technology called the miHealth to get the body's energy moving or I can provide liquid remedies that help to optimize the body's energy and communication systems.



For more information on BIOENERGETIX wellNES SYSTEM, check out these links:

[Reading the Scan](#)

[What really happens when you run a Scan](#)

[Can NES Health Therapy Help with Food Sensitivities?](#)

[What is a Bioenergetic Assessment?](#)

I have been able to scan many clients with this non-invasive software. The results are consistently proving to be accurate in the scan and helps me as a practitioner to further help and support what we know are your niggling underlying causes preventing complete health. Using this system alongside your blood test, hair and health results, we are really getting places in overall health and wellbeing.

We have scanned some clients monthly, following their progress, and this is showing up with health and genetic patterns. It really is fascinating to see your scan results, make some lifestyle changes-based on your results and recommendations, and then see the improvement in the scan for your efforts.

Once you have completed the scan, we can use the information as another way to measure your health, or we can use it to correct health pathway blockages. There are various ways to use the scan and associated information it provides to you. Once Absolique Trichologist has reviewed your scan with you, we can open the software up to you to view for yourself, with so many self-help files and loaded with information to learn about your whole-body system. It is like studying the science of your own body!

If you are remotely interested in further health benefits aside from hair health, please consider doing a Bioenergetix wellness scan. You can scan in person in our Brisbane Clinic or online with the Voice scanning technology. We have scanned in person and by voice to check for consistency, and it is accurate and simply amazing technology of a proven, and old fashioned yet well-adjusted form. [Email Absolique Trichologist](#) for more information or to ask for your first scan and how to do it. Scanning is free, the review, which is the interesting part takes at least 45 minutes and cost of AU\$125, with this we will give you a password to access your scan results online to learn and make changes from there. I can guarantee, every person will find benefit in a scan and the advice it provides to you.

Results, Female Hair Loss Treatment and Check Ins



This client's concerns were hair loss and hair thinning as well as dry scalp, hair breakage and hair that would not grow past a short length. There was a stressful FIFO job that was also shift work and when she could sleep, the hair loss concerns were causing broken sleep and anxiety. Diet and exercise were good but had a habit of being an overthinker.

Bloods showed reasonable nutritional levels, there were some lows but not enough to be causing the hair loss, however we could see the thyroid was moving around a

lot and there was a family history. Trichology Consultation uncovered the use of medications to sleep which had been stopped 3 months earlier contributing to current hair loss. Nutritional lows and moving thyroid on top of consistent unrelenting stress resulting in the hair thinning. What was also interesting to note was that she reported sugar cravings.

We introduced a topical routine incorporated into normal hair washing along with some nutritional support to help with cellular correction. Diet was also discussed as we were trying to support low end ferritin and vitamin D. They were no deficiencies, but low enough to be contributing to the symptoms. We also had to incorporate essential fatty acids to help with the scalp situation.



This is where we choose very individual treatments based on current circumstances, money was not a problem, but she was time poor and did not have much choice of food when working away. We did not catch up to check results as often as we would like, every 4 months, but when we did, things were improving, but could always be better. At our most recent catch up, treatment was on track, she was no longer doing the stressful job and had time to focus on food.

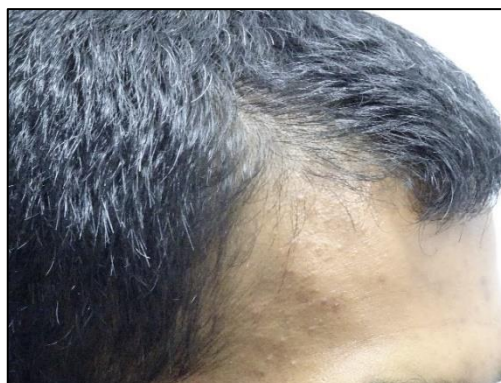
The changes in the hair were dramatic and all the blood test markers were also improving. This shows how

important happiness and reducing stress can impact health in general, sleep had also improved and there was a general feeling of wellbeing, I had never seen this client so happy. We have now provided a basic maintenance program to keep the hair cycle on track as we need to keep watching the blood tests. Sometimes we can get a great result with the hair using topical treatment, diet, and nutritional supplementation, but we always need to keep watching for underlying causes, in this case moving iron studies, vitamin D drops without supplement support and moving thyroid.

This is where our check ins are super important to maintain results and prevent hair loss from occurring again. We are here for you. Check ins can be a [Trichology Consultation](#) 30-45 minutes including blood test review and digital comparison, or full-service microscopic tracking with our signature [Scope Sessions](#). Both services can be done in clinic or online and they prove time and time again how helpful it is to keep things on track. When was the last time you checked in with Absolique Trichologist?

Results, Men's Maintenance Hair Thinning Treatment

This story represents the power of simple maintenance for hair and health and how it can prevent pattern hair thinning. As Absolique Trichologist, I have been working with this client since 2014. In the beginning we had to do some treatment to correct the hair cell, hair cycle and address male pattern hair thinning. The initial treatment was to get the hair back to health and was also targeted treatment to reverse the male pattern hair thinning.



We did originally use our safe formula of minoxidil to get a reversal of the miniaturising hairs related to male pattern hair thinning. With this we always support the hair cell and hair cycle which had been disturbed in this case because of ongoing low iron and low vitamin D, both with genetic and hereditary factors. The male pattern hair thinning also had hereditary factors, so we had a lot to battle. But, because this client was otherwise healthy and had a clean hormone free diet, we could get results.

The images we share here are 6 months apart in 2020, at this time the client dropped back to little or no treatment, and the hereditary factors crept in. So, we added a simple target treatment only twice a week to get this result, then we drop back very basic maintenance which we incorporate into your hair washing routine.

We also support with diet and pH testing understanding where your individual health is at. Tracking blood tests also helps us to avoid deficiency which can contribute to hereditary male pattern hair thinning is also important. At Absolique Hair Health Clinic we are about getting results for you and maintaining them, this will depend on your individual circumstance on how much we need to do for maintenance.



Hair is a marker of health, so to check in with your Trichologist every 6-12 months to see how your hair and health are tracking is a good idea and a more holistic way to look at health. We track results with both digital and microscopic images which we use to compare to show real results. Sometimes the comparisons are not good, so it helps us to get you back on track with your hair and health. To book your check up with Absolique Trichologist, call reception on 07 3229 2342 and arrange a [Scope Session](#) or [Trichology Consultation](#).

Team News



Trichologist Carolyn and receptionist/hairdresser Vanessa have been busy preparing their gardens for the Spring growing season. This season we are trying potatoes, beetroot, zucchini, turnip, tomatoes which are going gang busters, gooseberry and lemon trees flowering along with a never-ending supply of green chilli and fresh peas. Also nurturing cabbage and brussels sprouts from winter planting with more beans ready to go in. We figure give it a go, you never know, and our small yet rewarding little crops are a joy for all.

We still have Jemmah helping us out with blogging and social media in between here busy uni and other job night filling at Woolworths. Irene is also helping us with our online work, scope session and all-important editor of our newsletters. We really appreciate both ladies can still fit us in with all their other commitments.

Reception, Trichology, and Hair Salon hours remain by appointment only Tuesday – Saturday. Product pickups will need to be pre-arranged, call or 07 3229 3242 or [Email Reception](#) to schedule a time.

As always, we thank you for your continued support during these changeable times, we feel super lucky that we can be open and continue to help our clients. If there are any other topics you would like us to cover in our future newsletters, please let us know.

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