



We would officially like to welcome you to Summer in Australia and our December Newsletter! This season you will find articles about a new hair growth treatment to Absolique, helpful hair loss treatments and correct food combining tips to help you through the holidays, and not just one but two new products to Absolique!

As always, we are sharing a new favourite recipe and our hair loss treatment results. Please note we have some changes to our trading hours over the December/January break, which you will find on page 11. If there are any other topics you would like us to cover in our future newsletters, please let us know.

We would like to thank you for your continued support and commitment to their hair and health this year. We look forward to a happy and safe 2022!

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New Hair Growth Treatment at Absolique



With science ever evolving, it is exciting to see a new approach to hair growth treatments with safe ingredients and no nasty side effects. As Absolique Trichologist, I have been researching this product for a few years, always looking for only safe ingredients but also making sure it is easy to use, cost effective and importantly, delivers results.

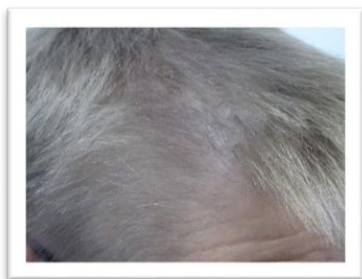
The marketing before and after results were impressive but I needed to run my own trial. The product is called HRP which stands for Hair Recovery Program, and we are using the Silver Kit HRP SP55 which includes 3 products, phials, ampoules, and a spray lotion and is enough product for a 7–8-week hair growth treatment program. Absolique trial went for 8 weeks with new hair visible at the 1-month mark. This is super impressive as it usually takes 4 months to see visual hair growth treatment results.

Action of HRP SP55 key ingredients is to block the DHT + increase the activity of the Telomerase in the stem cells of the hair making it a suitable hair growth treatment for the hair cell, hair cycle and DHT related hair thinning and hair loss. More actions, increases [telomerase](#) activity, enhances growth of new hair, activates dormant follicles, repairs weakened and brittle hair growth, thickens and strengthens existing hair, and block DHT formation. Peptides are involved in many physiological processes. Their acceptance as natural molecules, relatively high stability and well-defined actions have made them attractive for many skin and hair related indications, most notably in anti-aging and anti-hair loss therapy. The biological activity of HRP key ingredients have been analysed in depth. HRP SP55 ingredients prevents telomerase inhibition mediated by different chemotherapeutic agents and decreases oxidative stress protecting cells from DNA damage and delaying the induction of cellular senescence. These findings support the certainty that the treatment with HRP SP55 ingredients could prolong the lifespan of cells in hair and skin.

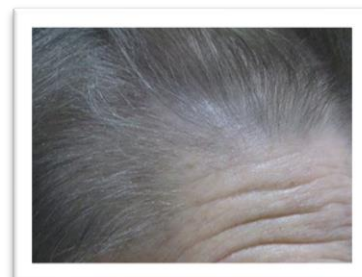
HRP SP55 phials, ampoules and lotions have several different active ingredients which makes it different to other hair growth products: 1. Liposomatic growth factor from plants. 2. Hair bulb keratinocyte proliferation ingredient. 3. Hair stem cells proliferation ingredient. 4. Dermal papilla extracellular matrix stimulator ingredient– for hair structure. 5. Activator of telomerase activity. 6. Stimulator for the production of proteins in the follicular cells, facilitating the production of substances that provide the medium suitable for hair regeneration. 7. Ingredient to increase protein levels of type III collagen and total laminins in MRC5 human fibroblasts. 8. DHT blocker ingredient. And an additional 150 different amino acids + 8 plant extracts and vitamins to supply the hair with ions and nutrients necessary for a healthy hair growth. Pharma hermetic have conducted IN VIVO and CLINICAL test with European society of hair research members, international association of trichologist members with a very successful result both in men's and women's hair loss.

Price is \$575 for HRP SP55 silver kit which will last 7-8 weeks when treating the entire scalp. For targeted treatment the kit will last much longer. Existing clients on Absolique treatment can incorporate the silver kit into home treatment routine with instructions available from Absolique Trichologist. Silver kit requires the use of a 0.75mm microneedle/dermaroller and a suitable scalp cleanser. New clients will need a diagnosis to know if this treatment is suitable for you. Here is some [HRP company information](#), for more information, to view the HRP Catalogue and to order your Silver Kit [email Absolique Trichologist](#). See the results from Absolique trial on the next page.

Men's Hair Growth Treatment Results – HRP SP55 Silver Kit



Below are the results from Absolique trial of Hair Recovery Program SP55 Silver Kit hair growth treatment results. Model had experienced telogen effluvium which is diffuse hair loss all over the scalp. The cause was repeated medication and had disturbed the hair cycle resulting in thin hair all over the scalp, which is why it is termed diffuse. This diffuse hair thinning exposed the front recessions of the hairline, where there were also early stages of male pattern hair thinning. Male pattern hair thinning was secondary but significant as the recessions had thinned extensively. With both types of hair thinning present, this was the perfect model hair to trial HRP SP55 Silver Kit.



Model was already using Absolique Scalp Cleanser and Activance Clinician. Silver Kit consists of 3 products, Phials, Ampoules and Serum Spray. Scalp need to be clean but not essentially directly before the Silver Kit application, as with Absolique hair loss treatment protocol. Model was in a daily hair washing routine performed in the evening, so it was decided to apply HRP SP55 in the evening also on a clean dry scalp. Silver Kit comes with a Schedule Calendar as you only apply one of each product per day, there is an application required every day. Microneedle/dermaroller (0.75mm needle length) application is required in treatment area before application of phials and ampoules. Product is applied and left to dry but could also be dried in if required. We did not find product left any residue in the hair the following day. Model would restyle hair in the morning with use of Activance Clinician.



We took digital and microscopic images at the beginning of trial, 1 month in and end at 8 weeks. We could see now growth coming in at the 4-week mark particularly at the recessions. Here we are excited to share the results which we are now maintaining with simple scalp cleansing and Activance Clinician. Please note individual instructions for use will be provided by Absolique Trichologist based on your current concerns and scalp status. Maintenance may also vary depending on your diagnosis and underlying causes. At this stage we expect the Silver Kit is only required to boost the hair growth and then can be easily maintained. Some cases may require a boost once a year. [Email Absolique Trichologist](#) for more information. [Click here for the full view of the HRP Treatment Results](#)

Women's Hair Thinning and Scalp Treatment Results

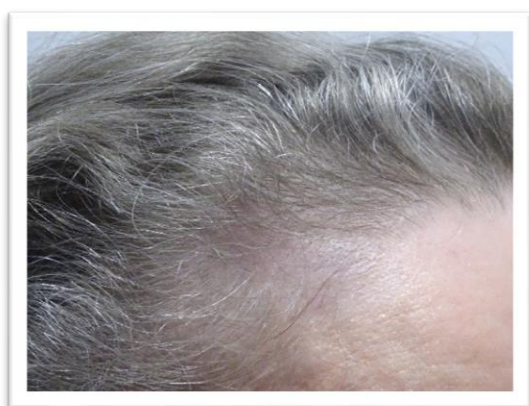


This client presented with a few problems, past hair loss now showing as hair thinning but predominately noticeable at the front. There was also a history of psoriasis over the body since a child but now in annoying patches on the scalp. The ongoing psoriasis was causing scalp tightening and she was concerned about the thinning recessions.

Microscope found the hair had diffusely thinned by 25% which includes the front and recessions. This reduces the hair structure including the hair bulb which can contribute to loose anagen syndrome.

Anagen are our growing hairs, and the hair bulbs are meant to be strong and secure in the scalp. When structure is lost, the hair can fall out much easier than they should termed loose anagen. We also found early stages of female pattern hair thinning which causes gradual miniaturisation at the recessions. Microscope also confirmed scalp had active psoriasis but there was evidence of scalp oil, which is not usually found with psoriasis, so it had moved into early stages of seborrheic dermatitis, oil-based inflammation.

We also looked at health history and found many autoimmune tendencies such as allergies, bronchitis, hay fever and asthma. There was also history of Vitamin B12 injections indication low levels in the body required for normal immune function amongst many other body process and ability to deal with stress.



Now we could start piecing things together, low B12 can cause hair loss and prevent hair from growing back normal structure. B12 is also required for normal stress response, when there are autoimmune tendencies, present stress can trigger inflammation leading to the psoriasis. Autoimmune tendencies also can increase the need for Essential Fatty Acids, which are essential but not made by the human body. Current blood tests also confirmed low level of B12, very low Vitamin D, high LDL cholesterol and past moving thyroid hormone.

Everything we found explained why the client was experiencing various hair and scalp concerns, so we could put a hair and scalp treatment plan into place starting with an in-clinic Scalp Treatment to clear and soothe the scalp. We chose a basic approach to stabilise both hair and scalp and a nutritional approach to address the lows. Providing support for both hair and scalp should deliver some hair growth in an otherwise healthy individual, for this we also did some pH testing. Here we share the result on hair growth in the first 4 months of treatment, blood tests were check with levels raising but needing some continued support through both supplementation and good food combining. We did not directly address the female pattern hair thinning but we can see the recessions have responded well so we did not need to add further treatment, just maintain for the sake of both hair and scalp. [Email Absolique Trichologist](#) to see how we could help you.

Stress Relief, Chill, More Energy and Sleep, Feel Good with Infoceuticals

Would you like some stress relief, an easy way to chill out in your mind at the right time, get more energy when you need it or help sleeping? Most of us could easily answer yes to one if not two of these. What if I told you there is an easy relief solution in some liquid drops you can use when you need them and mix them with absolutely anything, interested?



The liquid remedies are called Infoceuticals. You may not have heard of them, they are relatively new to the supplement world (but have been around for a long time) yet making an impact because of the positive effect, ease of use, safety, and affordability.

Feel Good Infoceuticals support a normal daily stress response and helps keep you feeling good. NES Health Infoceutical Solutions are proprietary liquid remedies encoded with bio-information designed to correct imbalances of our Body-Field – the energetic blueprint of our physical body.

Here are the Feel Good Infoceuticals you can use as needed:

Emotional Stress Release Infoceutical – ESR, use when feeling the stress or use daily around the times you are experiencing stress. Supports the release of emotional stress, soothes the digestive tract, and may assist in the absorption of nutrients. May be applied topically to areas of physical trauma.

Chill Infoceutical encourages a calm mental state, and the releasing of emotional and sensory data. May be helpful when suffering from constant, long-term stress.

Biocell Infoceutical for general cellular fatigue rejuvenation and energising. This can be used anywhere there is tissue fatigue. Generally, stimulates areas where fatigue is present including the hair follicle.

Energy Infoceutical enhances source energy available for physical activity. May be useful when energetically depleted due to chronic illness, mental exhaustion, stress, toxic exposure, malnutrition, or poor breathing. Use before and during physical activity.

Sleep Infoceutical promotes balanced sleep cycles and regulation of your body's natural rhythms. May have a harmonizing effect on the body's entire energetic system. Use 3-4 times throughout the day, with the last dose before bedtime to reset your sleep cycle.

Dosage of Feel Good Infoceuticals is 15 drops which is 2-3 eyedroppers of the liquid which can be taken with water or your green drink. There are no rules around when and how to take the Infoceuticals to be effective, however we recommend if you are using the green drink to take the Infoceuticals with that to make it easy.

Cost of Infoceuticals is \$33 and will provide up to 15 doses of the effect you are looking to relieve.

[Contact Absolique Trichologist](#) for more information about stress relief with Infoceuticals or more information and interest in IMPRINT THE INFORMATION OF THE BODY'S CONTROL SYSTEM Infoceuticals® Infoceuticals are liquids imprinted with proprietary bio-information. They are recommended on the basis of your unique BWS scan results and interact directly with the Human Body-Field to support proper information flow. The easy-to-follow protocol includes instructions for each priority Infoceutical, as well as the number of drops to use

Christmas Nutrition – Food Combining



For health and hair growth, as Absolique Trichologist I work closely with food as it plays such an important role in overall nutrition. Hair growth requires cellular health which can fall apart when nutrition is not in place. Most clients presenting with hair growth and scalp problems report they have a healthy diet, and they are for general health, but for absorption and to raise lows and deficiencies, we need to look at food and absorption in a whole different way.

We teach the Art of Absorption, food combining and Food for Ferritin for those who need it, which is the majority, along with avoiding nutrient robbers' gluten, dairy, and sugar, which also cause inflammation. We want to use food as the nutrients and make sure the body is not in a compromised state when trying to absorb these precious nutrients. Supplementing may also be required, and we need to ensure they absorb also, the body does not recognise supplements, so we need to create the right environment for them to be successfully digested.

I find food is the most confusing thing for my clients, so we will discuss Christmas nutrition and provide some festive options. For Christmas parties I would always take a plate of food I have prepared to share, it looks like I am contributing but secretly that is what I will eat, and no one will notice. I have tested this out many times and I find most like what I have prepared and prefer that over the processed packaged snacks.

For more formal lunches or dinners, again offer to bring a plate of something you know will work for you. I find there is generally a protein such as chicken, turkey or fish prepared by the host, but you can offer a salad or non-starchy vegetable dish to work with the meal instead of the potatoes, pasta, and rice. Again, when I do this, I find everyone tucking into my dish because I have made it look delicious.

When eating out there is always a gluten free option on the menu these days, you can choose that and no one else needs to know, just be aware of the food combining here and set aside animal proteins and carbohydrate foods. What works is protein and vegetables or salad, if having vegetable proteins, it is ok to have the carbohydrates but make sure they are gluten free. If eating out is not a regular event for you it is ok to let the guard down, but it is good practice for lifestyle training to choose wisely from the menu, there is nowhere I have been that I cannot choose correct food combining and gluten free.

Let's cover some general rules for Food for Ferritin, you are looking for complete protein, animal protein (heme iron) is naturally complete, vegetable proteins need to be combined such as beans or legumes with nuts or seeds. Heme iron should not be combined with carbohydrates or starchy high GI (glycaemic index) foods for food combining and fruit should not be combined with any other food or any other fruit. Avoid the salads that include fruit, and that fruit cake is probably not the best option. Remember, it is what you do most of the time that counts, so if it is just Christmas day and one meal is not the right food combining, it's ok, but avoid that gluten! See recipe on the next page for festive snack and happy holidays.

Holiday Entertaining Recipe – Healthy Spinach and Artichoke Dip

This recipe is a great example of how you can think outside of the square and get a delicious result that fits with gluten, dairy, sugar free and is food for ferritin. It has complete protein with the egg used to make the mayonnaise, cashews to replace the cream and served with [seedy tamari crackers](#) and cucumber rounds, is correct food combining. For those who don't eat egg, you could use a [vegan mayo](#) instead and it would still be a complete protein with the cashews and seeds from the crackers. This [healthy spinach artichoke dip](#) is creamy, flavourful, easy-to-make and sure to be a crowd favourite, you'll never know it was dairy-free! For the mayo use organic eggs or vegan mayo organic soy.

I thought this was yum but can imagine other ingredients would also work well, olives instead of artichokes if you're a fan. Roasted capsicum would also work. Kale or other leaf that can be steamed instead of the spinach. You could also add other flavour such as sundried tomatoes, toasted pine nuts or pistachios. The soaked cashew texture once blended will hold many ingredients together in the dip so use your imagination or what you have handy and have fun!

Spinach and Artichoke Dip Recipe:

Ingredients:

1 cup raw cashews, soaked overnight, drained
 1 ¼ cup mayonnaise – (to make your own see recipe below)
 250g frozen spinach, thawed and drained
 280g artichoke hearts in brine, from glass jar, drained and chopped
 1/3 cup onion, finely chopped
 3 garlic cloves, minced
 salt and pepper, could also add fresh herbs

Instructions:

Preheat oven to 200 degrees Celsius. Add the cashews and mayonnaise to a food processor. Blend for 1-2 minutes, or until creamy. Use a spatula to transfer the cashew mixture to a large mixing bowl. Add all remaining ingredients and stir together. Make sure to squeeze out all liquid from the spinach and artichoke hearts. Transfer the dip to an oven-proof dish and bake for 20 minutes. Serve with seedy tamari crackers, cucumber slices and other vegetables.



Mayonnaise Recipe:

Ingredients:

1 large egg whole
 1 large egg yolk
 2/3 cup extra virgin olive oil cold pressed
 1 tbsp lemon juice freshly squeezed
 A pinch of salt.

Instructions:

Put eggs, lemon juice and salt into food processor small bowl, blend for 20-40 seconds. With food processor on, slowly add olive oil until mixture begins to thicken and emulsify. Continue adding remaining olive oil. Season to taste.

Notes - If the mayonnaise seems too thin, slowly add more olive oil until thick. Use cold ingredients. Use an extra virgin olive oil with a delicate flavour. Due to the use of raw eggs, mayonnaise should be used immediately but will last for a few days in an airtight container in the refrigerator.

Holiday Hair Loss Treatment



When in the first four month of hair loss treatment with Absolique, it is important you stick to your Trichology treatment plan as best as you can. However, some new clients fear if they miss one treatment all will be lost, this is not the case. We don't want you getting complacent about missing steps of your treatment, but on occasion, it is ok and will not affect your overall results.

When on holidays you may be doing different activities that could interrupt your normal routine. Try your best to stick to your hair routine but be assured if needed you can do what we call a basic wash with not harm to your overall treatment results. A basic

wash would look like Scalp Brush Therapy, Scalp Cleanser, hair shampoo and conditioner if required, and your preferred topical treatment Activance or GRN. Following this basic wash routine will keep a level of protection on your scalp at all times.

If you are recommended the scalp brush therapy, you can safely drop this when washing your scalp and hair after swimming. When the scalp and hair are wet from swimming it is best not to do scalp brush therapy. It is best performed on dry scalp and hair and only ever just before using a scalp cleanser. Remember these are a temporary holiday guideline, please get back to your individual Trichology Treatment Plan Instructions as soon as you can.

Hair longer than 10cm will require hair shampoo and conditioner. If you have been recommended a scalp cleanser it is important even on holidays that you use this to make your treatment work, treatment could be either Activance or GRN. For those using the Silver Kit it is important to stick with the treatment schedule as it is an intense 8-week treatment that works when followed as directed.

Holiday hair loss treatments nutrition: if you have been advised you are addressing a deficiency, it is necessary to take those supplements as directed every day, even Christmas day and on holidays. This would most likely be iron, vitamin D or B12. Iron supplements recommended by Absolique need to be taken with food, the food should be the correct food combination and include complete protein. For holidays please keep at least one meal a day to take the iron if recommended for you. Other supplements are taken with the green drink, you can change the time of day you take your green drink to fit with your holiday schedule but please keep it going for best results and take with any other recommended supplements. pH may drop off with holiday food and beverages, stick to your recommended eating as best you can and use your acid buffers to help when you know you have had something wrong. Acid buffers help buffer food you would not usually eat and alcohol, buffer before bed or if experiencing an upset tummy. Do your best to avoid gluten, dairy and sugar, and Happy Holidays!

Activance History at Absolique

Activance was introduced to Absolique Hair Health Clinic Trichologist over 10 years ago. At that time, we were using the original formula which was the green label leave in treatment. Activance original began to prove effective for promoting hair growth in certain Trichology clients when used in combination therapy and with prescriptive usage recommendations.

Activance leave in treatment started gaining popularity with Absolique Trichology clients for its easy use and benefits to hair health and importantly its lightweight nature leaving no residue on the hair. Activance creator, R & D pharmacist & regenerative health practitioner Arthur Chan, openly shared his passion about creating the product and its unique formulation and select ingredients. Over time the formula was improved with additional ingredients which then progressed to the red label. This is now Activance Plus and delivered more benefit to scalp health and hair problems with the addition of MSM moisture molecule.



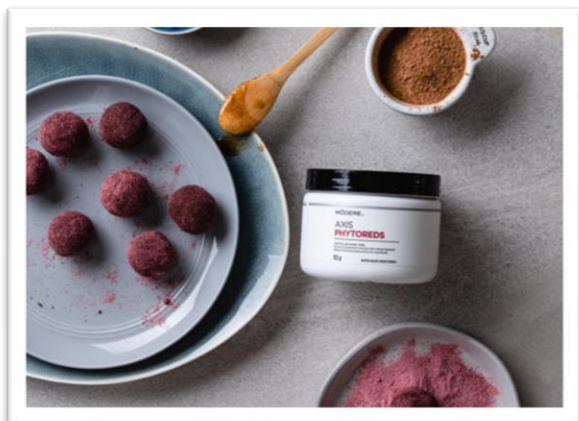
Clients were impressed with how the MSM added volume to hair whilst using it as a leave in treatment for hair thinning. As a Trichologist I began notice scalp health improvement when using microscope tracking. This is where we began to use the Activance Shampoo range in clinic and for home prescriptions for our clients with scalp conditions. Combining Activance Shampoo with leave in treatment was proving a wonderful remedy for many scalp conditions, again we use it with prescriptive instructions understanding and addressing the causes of these problems.

As time went by, we were able to share our client concerns and individual cases with Arthur Chan, who created some specific formulas which then led to the blue label now known as the rapid formula and fragrance free. With most clients at Absolique presenting with allergy or sensitivity, this new formula became our favourite.

Now there is Activance Clinician Formula only available from Trichologists and select health care professionals. Activance Clinician must be used with prescriptive instructions and a diagnosis. This is the main formula now used at Absolique to help with hair loss, hair thinning, pattern hair thinning, alopecia, and scalp conditions. We notice a reduction in hair loss and new hair growth for most clients when used as directed and addressing the real underlying cause of hair loss.

All the Activance formulas are effective when used as a treatment, in the right dose and consistently. Absolique provide verbal, written and video instructions for individual scalp preparation and application of Activance leave in treatment to ensure correct dose and effectiveness. When instructions are not followed, we find we do not get the desired result. Absolique also use combination therapy where required, many cases of hair loss are complex and require other select treatment. If Activance is not working for you, lets revisit your dose, diagnosis, and other contributing factors for hair loss. Activance is an amazing product, but it cannot fix something that may be a problem inside the body, hair loss is a sign something is wrong within. [Reach out to Absolique Trichologist by email](#) to discuss your Activance and hair loss concerns.

New Modere Axis™ PhytoReds



More than a superfood. Optimises antioxidant intake and vitality with some of the world's most powerful red phytonutrients. A great addition to your green drink, Modere Axis™ PhytoReds delivers 10 carefully selected, highly bioavailable and bioactive ingredients including polyphenol-rich berries, red fruits, and vegetables to help optimise antioxidant intake and vitality. But the benefits don't end there. Use PhytoReds as part of the complete Modere Axis™ regimen together with TreBiotic, PhytoGreens and PhytoGolds to work synergistically to support your microbiome and take control of your overall wellness.

Modere PhytoReds do not replace the green drink using PhytoGreens. Remember we use the green drink to create the alkaline environment to ensure absorption of nutritional supplements. For the sake of food combining, you can safely take the PhytoReds with its fruit ingredients because they have been broken down to a powder form. PhytoReds have a lovely berry flavour, added to the green drink, you now have a powerhouse drink full of food derived ingredients that tastes great and is good for you too.

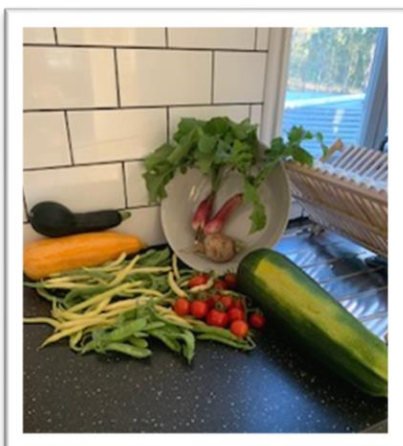
PhytoReds benefits; optimises antioxidant intake, vitality, supports a balanced microbiome and a healthy diet. PhytoReds features; 7 phytonutrient-rich fruits: raspberry, grape, acai, strawberry, pomegranate, blackberry, blueberry. 3 phytonutrient-rich vegetables: beet, tomato, carrot. Highly bioavailable and bioactive ingredients. Non-GMO, vegetarian, dairy-free, gluten-free and keto friendly. 99% sugar-free when used as directed. Great taste.

Eating a more colourful diet is always good advice. And by supplementing your diet with plant-based Modere Axis™ Phytos, you can optimise your diet and support your overall wellness. Every ingredient in PhytoGreens, PhytoReds and PhytoGolds is concentrated and formulated to be highly bioavailable and bioactive. This means that all 44 ingredients found in Modere Axis™ Phytos can be absorbed and actively used by the body to support antioxidant intake, anti-inflammatory diets and a balanced microbiome.

Modere Axis™ Phytos mix easily with water, smoothies or other beverages. All three formulas are non-GMO, dairy-free, vegetarian and keto-friendly, each formula is 99% sugar free when used as directed. Use PhytoReds as part of the complete Modere Axis™ regimen together with TreBiotic, PhytoGreens and PhytoGolds to work synergistically to support your microbiome and take control of your overall wellness. Directions/Usage: add 1 rounded scoop (3.75 g) to 250 mL of water or with your green drink mix.

Absolique clients can purchase PhytoReds directly from Modere through the account we have set up for you. If you are new to Absolique and would like to try the green drink, [PhytoGreens](#), [PhytoGolds](#), [PhytoReds](#) or [TreBiotic](#), [email Absolique Trichologist](#) and we can set you up with a free account to purchase directly and best price with our code 9c5t0c.

Team News



Trichologist Carolyn continues to work on her home garden with some good spring success with zucchini, cucumber, radish, turnip, tomatoes, and a variety of beans. This year has been the best crop so far with bigger plans for autumn. She is also enjoying the NES scan service helping client's pinpoint health concerns with some very interesting outcomes and will qualify as a NES Health Practitioner in 2022.

Receptionist, Assistant to Trichologist and Hairdresser extraordinaire Vanessa is as busy as always and in the process of moving house to the lovely Samford Valley where she has big plans to grow her own food and get some chickens too. One of her daughters Hannah has been helping us out in clinic with some back-end work and enjoying the work opportunity.

Irene continues to help us too behind the scenes our scope comparisons and webwork. We are lucky she can still fit us in as she is super busy as Mum of two while learning and growing within her own small business creating natural self-care products, [Jeila & Co.](#)

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.

Absolique Christmas Trading and Closure: reception will close end of day Friday 17th December and reopen Tuesday 4th January 2022. Please be sure to get your product orders in early. Please see below our December/January trading hours.



Friday 17th December – *Reception Open, last day before the new year*

Monday 20th December – *Closed*

Tuesday 21st December – *Reception Closed, Trichology Clinic open by appointment only*

Wednesday 22nd December – *Reception Closed, Trichology Clinic open by appointment only*

Thursday 23rd December – *Reception Closed, Trichology Clinic open by appointment only*

Friday 24th December – *Closed through to Tuesday 4th January*

Tuesday 4th January – *Reception Reopens*

Wednesday 5th January - *Reception Open*

Thursday 6th January – *Reception Open*

Friday 7th January – *Reception Open*

Saturday 8th – Monday 10th January – *Closed*

Tuesday 11th January - *Reception Closed, Trichology Clinic open by appointment only*

Wednesday 12th January - *Reception Closed, Trichology Clinic open by appointment only*

Thursday 13th January - *Reception Closed, Trichology Clinic open by appointment only*

Friday 14th January - *Reception Closed, Trichology Clinic open by appointment only*

Saturday 15th January - *Reception Closed, Trichology Clinic open by appointment only*

Tuesday 18th January – *Reception Reopens, Trichology Clinic open by appointment only*

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